

condition. Along with information about epilepsy itself, there are discussions of lifestyle issues such as family relationships, school and work, sports, driving, drinking and drug use. Seizure management advice is also included.

Availability for loan:

FM 470 WEA 2001 Health Information & Wellness Centre, Mississauga
616.853 WEA Mississauga Library System
616.853 WEA Toronto Public Library System

COMMUNITY RESOURCES

Epilepsy Toronto

510 King Street East, Suite 224
Toronto, ONT M5C 1E5
Tel: 416-964-9095
E-mail: info@epilepsytoronto.org
Web: www.epilepsytoronto.org

Epilepsy Halton Peel

1270 Central Parkway West, Suite 100
Mississauga, ONT L5C 4P4
Tel: 905-450-1900
E-mail: info@epilepsyhaltonpeel.org
Web: www.epilepsyhaltonpeel.org

Epilepsy Ontario

1 Promenade Circle, Ste 308
Thornhill, ON L4J 4P8
Tel: 905-764-5099 OR 1-800-463-1119
Email: info@epilepsyontario.org
<http://www.epilepsyontario.org>

For Epilepsy Information coast-to-coast
Tel: 1-866-EPILEPSY

CONTACT

Health Information & Wellness Centres

Trillium Health Centre - Mississauga

100 Queensway West
Mississauga L5B 1B8
905-848-7511

Trillium Health Centre - West Toronto

150 Sherway Drive
Toronto M9C 1A5
416-521-4187

Email: hiwc@thc.on.ca
<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

905-615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

416-393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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Life. We're in it together.

Epilepsy



INTERNET SITES

Epilepsy Canada

<http://www.epilepsy.ca>

Epilepsy Canada is a national non-profit organization whose mission is to enhance the quality of life for people affected by epilepsy. The site contains information about the condition which includes causes, symptoms, diagnosis and treatment. There is also a Canada wide list of treatment centres, and links to the various provincial organizations and other relevant sites. Special sections aimed at children and teenagers explain the condition in appropriate terms.

Epilepsy Ontario

<http://www.epilepsyontario.org>

Epilepsy Ontario offers many of the same services as Epilepsy Canada, but at a provincial level. There is a useful list of local chapters and support groups at the site, and information about the organization's resource centre, which may be used by members of the public. Also featured is a quarterly newsletter *Sharing* which can be accessed at the site.

Canadian Epilepsy Alliance

<http://www.epilepsymatters.com>

The CEA is a Canada wide network of grassroots organizations dedicated to the promotion of independence and quality of life for people with epilepsy and their families. The site contains an excellent frequently asked questions section, and information about first aid for convulsive seizures. There is also a newsletter *Epilepsy Matters* and a section which features personal profiles of people living with the condition.

The Epilepsy Foundation

<http://www.efa.org>

The Epilepsy Foundation is a U.S. national voluntary agency dedicated to the welfare of people with epilepsy and their families. Click on the link 'About Epilepsy' to find comprehensive information on epilepsy, including medical, social and legal aspects of the condition. This site also provides access to many online discussion groups where those affected by epilepsy may interact with others around the world.

MedlinePlus <http://www.medlineplus.gov>

This authoritative site has a long list of articles and features on Epilepsy. At the MedlinePlus homepage, click on Health Topics, the first link listed. This will take you to a page where you can select your topic from an alphabetical display. Click on E and then follow the link for Epilepsy.

BOOKS

Epilepsy: the Facts 3rd ed. by Richard Appleton & Anthony Marson. Oxford UK: Oxford University Press, 2009

This easy-to-understand guide draws on the latest research to explain everything about the causes and effects of the disease, clearly and simply. The authors present constructive advice to help patients manage their condition, and cope with problems as and when they arise.

Availability for loan:

FM 470 A77 2009 Health Information & Wellness Centre, both locations

Living Well With Epilepsy by Carl W. Bazil. New York: HarperCollins, 2004

In this useful guide, Dr. Bazil demystifies

epilepsy and other seizure disorders and offers medical, practical, and emotional support to patients and their families. He explains how and why seizures occur, and discusses treatment options and strategies for daily living.

Availability for loan:

FM 470 B29 2004 Health Information & Wellness Centre, both locations
616.853 BAZ Mississauga Library System
616.853 BAZ Toronto Public Library System

Growing Up With Epilepsy: a Practical Guide for Parents by Lynn Bennett Blackburn. New York: Demos, 2003

The unpredictability of seizures often results in confusion about what it is fair to expect from a child with epilepsy. This book provides valuable help to parents for each stage in their child's life, offering guidance on how to build appropriate behaviour and enhance social skills.

Availability for loan:

FM 470.5 B52 2003 Health Information & Wellness Centre, both locations

Epilepsy and Pregnancy by Stacey Chillemi and Blanca Vazquez. New York: Demos, 2006

Women with epilepsy have special concerns when planning for the birth of child. This useful book provides the basic facts necessary to help them make good medical decisions throughout preconception, pregnancy, labour, delivery and the early days after childbirth.

Availability for loan:

FM 470 C44 2006 Health Information and Wellness Centre, both locations

Epilepsy and Seizures by Donald Weaver. Toronto: Key Porter, 2001

This clearly written book gives detailed, practical advice on living with an often challenging