

# Comprehensive Epilepsy Center

NOVEMBER 2017

CHILDREN'S  
HEALTH

SPECIAL  
POINTS OF  
INTEREST:

- Camp EEG
- Jeremy's Story
- Staff Spotlight
- Upcoming Epilepsy Events



## Fall Family Fun at Camp EEG

Camp EEG is a family camp that is held at Camp John Marc in Meridian, TX. Families that are affected by epilepsy with children ages 0-17 get to enjoy a weekend in October filled with classic camp activities—zip lining, fishing, arts and crafts, sports and games, cooking. What a great way to spend time as a family and get to know others in the epilepsy community!



## Jeremy's Story

Jeremy, age 19, has been a patient at Children's since he was eight months old. Jeremy had become very fussy and was regressing in some of his milestones so his mother, Cynthia, brought him to his pediatrician to be checked out. Jeremy's pediatrician diagnosed him with an ear infection and prescribed antibiotics, but when it wouldn't clear up, Cynthia brought him to Children's Medical Center Dallas for a second opinion.

Dr. Swift, a neurosurgeon at Children's Health, inserted a shunt into Jeremy's brain after discovering that Jeremy was suffering from hydrocephalus, a condition caused by too much fluid on the brain.

Jeremy recovered well from surgery and went on to have a relatively healthy childhood. Several years later, however, at the beginning of his junior year in high school, Jeremy became sick with what his family doctor thought was a sinus infection. Three days later, Jeremy began throwing up and became severely disoriented. His mom thought that maybe his shunt was not working properly so she brought him back to Children's.

Dr. Swift and his team discovered that the sinus infection had moved into Jeremy's brain and would need to be surgically taken out. Jeremy required two surgeries before the infection was able to be completely removed.

Between the two surgeries, Jeremy spent about a month in the ICU recovering before he was able to be discharged to a rehab facility, where he had to learn to walk and talk all over again.

"After all my surgeries, I thought I'd just be able to go home at the end," Jeremy says. "It was tough, but I had to learn that everything takes time."

During his recovery from surgery in the hospital, Jeremy began having periodic seizures and was evaluated by Susan Arnold, M.D., medical director of the Comprehensive Epilepsy Center at Children's Health and associate professor of neurology and pediatrics at UT Southwestern. She started him on a medicine that she hoped would be effective in stopping additional seizures but would require him to place one of his teenage milestones temporarily on hold: driving.

"Jeremy had just started driving before his first seizure and was so disappointed he had to give that up because of his condition," says Cynthia.



Jeremy worked hard to regain the physical and cognitive skills he had temporarily lost and returned back to school after the New Year. Dr. Arnold continued monitoring his seizures during regular check-ups for the next few years, and eventually he was able to wean off the medicine and get back behind the wheel.

Today, he's a sophomore at Prairie View A&M University working on a degree in Computer Science.

His surgeries affected his ability to understand large amounts of information at one time so Jeremy has worked with his university to develop an individualized education program to help ensure his success in school. Whether it's breaking down assignments into smaller individual pieces that are easier for him to manage or equipping him with certain tools like a recorder to help him capture his professors' lectures in class, Jeremy is grateful for the services available to him, and other students like him, who require additional support throughout their educational experience.

"The university has been so great to work with," says Jeremy. "It may take me a little longer to understand what it is that my professor is trying to teach me, but the resources available have been so helpful as I work towards my goals."

Jeremy says he has learned a lot about himself throughout all his challenges, including his determination to never give up, a message he wants to share with others.

"You may have gone through some tough days, but you're still the same person," he says. "You can't let what you're going through get you down. You have to set your goals, never give up, and if you need assistance along the way, go out and get it."

# Shawna Joins the Epilepsy Team

**How long have you worked at Children’s and what is your role?**

I have been at Children’s Health since the beginning of August. My fiancé’s job relocated us from Los Angeles where I worked as a nurse care manager for the Epilepsy Surgery Program at the Neurological Institute of Children’s Hospital Los Angeles for 3.5 years.

**Name your 3 favorite things to do when not at work. And what is your favorite hobby?**

If you had asked me this 3 months ago, I would have said weekend trips, going to the beach, and working in our yard. Now it’s more along the lines of exploring and learning Dallas/Texas.

Hopefully soon, we’ll be making some weekend trips to explore Texas and the surrounding states. Hobby? There is nothing better than relaxing with a good book.

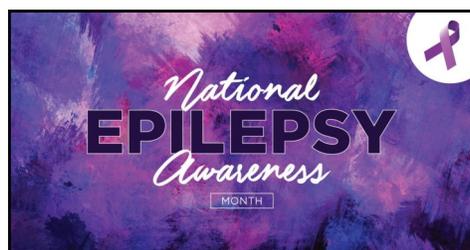
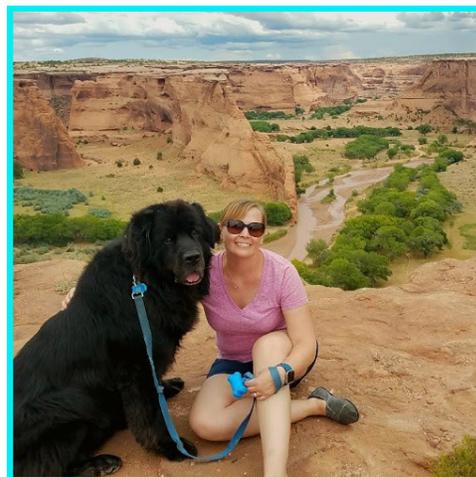
**Where is the most memorable place you have visited?**

My fiancé and I love to travel. So far the most interesting place we’ve been would have to be Siem Reap, Cambodia and visiting Angkor Wat. The food, the history, and the people are wonderful.

**What is the best part about working at Children’s?**

Everyone here is happy, even though we take care of sick children, this is a happy

place to work. I love how welcoming everyone has been since I started here; it has really helped me feel part of the Neurology team!



Happy Epilepsy Awareness Month from your Children’s Health family!





# Upcoming Epilepsy Events

## Teen Group

December 2 // January 13 // February 3 //

March 3 // April 21 // May 5

Time: 10:30am-12:30pm

Longhorn Conference Room at

Children's Specialty Center

\*\*if you are unable to attend in person, you can still

watch the presentation live at

[www.youtube.com/user/EpilepsyEFTX](http://www.youtube.com/user/EpilepsyEFTX)

## Teen Outing

What: Bowling, Food, and Fun

Who: Teens living with epilepsy ages 12 and older

When: 11am-1pm January 6

Where: Main Event in Grapevine

(407 W. State Hwy114 Grapevine, TX 76051)

Cost: Free!

Please RSVP at [epilepsyprogram@childrens.com](mailto:epilepsyprogram@childrens.com)

## 2018 Stroll for Epilepsy

Saturday, April 7, 2018

Dallas Zoo

<http://eftx.org/stroll/> for more

information and to register

## Resource:

Dallas Independent School District (DISD) has special services available to eligible infants, children, and young adults. To learn more about the Child Find program check out the link below:

<https://www.dallasisd.org/Page/1331>

## Grupo de Apoyo de Epilepsia

25 de enero

5:30 a 7:00pm

Ambulatorio Pabellón de Children's

Sala de la Independencia

2350 N. Stemmons Freeway

Dallas, TX 75207



Comprehensive Epilepsy Center

Division of Child Neurology

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Would like to share your story in our newsletter? Email Lauren Suttle at [epilepsyprogram@childrens.com](mailto:epilepsyprogram@childrens.com)