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Epilepsy talks soon for professionals and the public

**Letter from GRACE TAN
Chairman, Singapore Epilepsy Foundation**

We refer to the letter, "Boy with fits just left to rest" (Aug 14) by Mdm Yue Lai Theng.

The Singapore Epilepsy Foundation (SEF) agrees with Mdm Yue's concern about the importance of promoting public awareness of epilepsy (commonly known as fits or seizures).

Epilepsy is not a disease, and it is not contagious. It is a common neurological disorder that causes sudden, uncontrollable electrical surges in the brain. These brief interruptions in brain activities cause periods of altered awareness, known as seizures, whose nature and intensity vary from person to person of any age.

One of the SEF's objectives is to promote greater awareness and information on epilepsy and its management to the general public especially to teachers at pre-schools (including childcare centres), mainstream and special schools.

The basic understanding of first aid for epilepsy will help provide comfort to the individual who has a seizure and will ensure minimal harm during and after the occurrence of the seizure.

In the coming months, the SEF, in collaboration with the medical teams of public hospitals and professionals in neurology, will be organising a series of talks on epilepsy awareness and management for healthcare professionals, teachers, caregivers and the public.

Please visit our website at www.epilepsy.com.sg for details to be announced or email your enquiries to info@epilepsy.com.sg.