

A NEW DAY PEDIATRIC PSYCHOLOGY

HEALING THE HURT. EDUCATING THE MIND. INSPIRING THE SOUL.

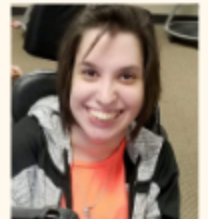


A New Day Pediatric Psychology, PLLC falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

Epilepsy: Conquering the Fight With Seizures

WRITTEN BY ASHLEY MOHESKY, FEATURED WRITER



Epilepsy is a neurological disorder that causes seizures due to abnormal brain activity. For some people, seizures can result in blank stares, while others have seizures in which their entire body will shake (also known as grand-mal seizures). Other symptoms of epilepsy include: temporary confusion, loss of consciousness or awareness, and moments of *deja vu*. Focal seizures only occur in one part of the brain that is abnormal, within focal seizures are two categories: focal without loss of consciousness, and focal seizures with impaired awareness. Focal seizures without loss of awareness is when an individual does not necessarily lose consciousness, but their emotions begin to change, or they start to experience changes in the way things taste, smell, feel, or look. On the other hand, focal seizures with impaired awareness involves changes in consciousness or awareness. Some people may have repetitive movements, such as rubbing hands together or walking in circles. Causes of epilepsy are genetic factors, head trauma, brain conditions, infectious diseases, prenatal injury, and developmental disorders.

Although people with epilepsy can live a regular life, there is always

going to be a time when a seizure will occur. Thus, resulting in individuals having to be cautious about their daily activities. This constant reminder can cause people to become depressed and angry about their diagnosis. When this happens, it is important for family and friends to be there for the person, but not devalue their feelings. It is okay to for people with epilepsy to be angry and wonder why they have to live with the disorder. However, it is vital to figure out ways to cope with the negative feelings in a healthy manner.

For parents of children with epilepsy, there are many hard days due to doctor appointments, medications, medical tests, IEP meetings, and much more. However, children with the disorder are beautiful souls who bring joy to everyone that crosses their path. While epilepsy can make a child's life difficult, it is important to remember that it does not make up their entire life, only part of it. There are ways to fight epilepsy and live a wonderful life through a healthy mindset.

Epilepsy vs PNES

So, if you have not heard of PNES it stands for Psychogenic Non epileptic Seizures. Here are some quick facts about what it is so that you feel better equipped to overcome this diagnosis.

- Episodes look like epileptic seizures
- They are not caused by sudden abnormal electrical discharges in the brain (determined by EEG)
- Sudden onset involves involuntary movements (out of one's control) and/or changes in consciousness (person appears "out of it")
- Likely psychological in origin. This does not mean the individual is making it up or it's "all in their head". It means there is a psychological basis vs neurological or biological basis for the episodes.
- Symptoms include: bladder and bowel problems, chronic pain, unexplained pain, gait & balance issues, involuntary movements, headaches, seizures, paralysis & weakness, sensory issues, speech and visual problems.
- According to the Diagnostic Manual for Psychiatric Disorders (DSM-5), PNES is classified as a conversion disorder or functional neurological (abnormal central nervous system functioning of unknown etiology) symptoms disorder.
- Often diagnosed by a Neurologist. Ideally treated by a health or pediatric psychologist and neurologist jointly.
- To find out more about PNES, stay tuned for a special issue coming soon...

Reference: Northeast Regional Epilepsy Group, Dr. Lorna Myers

**Does every day with
your child feel like a
struggle?
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This newsletter is issued every first and third week of each month.

The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.


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