



# Foundation Information Page

## FACTS

- 1 in every 10 people will have a seizure in their lifetime
- In San Diego County 50,000 people are diagnosed with epilepsy; that is 3,000,000 Americans.
- More than half of these individuals continue to have seizures even with treatment.
- Epilepsy can occur at any age; affecting people of all ages, all races.
- More people have epilepsy than Cerebral Palsy, Multiple Sclerosis and Parkinson's disease combined!

**The Epilepsy Foundation of San Diego County works to improve the quality of life for those with seizure disorders.** Our free services include individual and family counseling; career development; information and referral; individual advocacy; a parent network; adult and parent support groups; in-service educational seminars; a speakers bureau; classroom presentations; scholarships; and summer camp for children with epilepsy.

## VISION

An informed community in which people with epilepsy and seizure disorders enjoy respect, dignity, and the opportunity to achieve full potential free from stigma and bias.

## MISSION

The Epilepsy Foundation of San Diego County leads the fight to stop seizures, find a cure and overcome the challenges created by epilepsy.

## GOALS

- Improve self-esteem and social skills of children and adults with epilepsy.
- Increase individual and public understanding about the potential and needs of those with epilepsy regarding education, employment, recreation, and housing.
- Promote equal opportunity in employment and full participation in life.
- Increase awareness of the legal rights of persons with epilepsy.
- Promote prevention and early recognition of epilepsy.

## WHAT IS EPILEPSY?

Epilepsy (recurring seizures) is a common disorder of the central nervous system. Temporary electrical changes in the brain result in seizures, ranging from momentary staring spells to life-threatening convulsions. Some of the known causes of epilepsy are head injuries, strokes, tumors, birth defects, infections, genetic conditions and chemical changes in the brain, including those induced by drugs and alcohol.

**Your donation stays in San Diego to help our citizens who are affected by seizure disorders.**