

Epilepsy Families Southeast Wisconsin

10345 North Port Washington Road, Mequon, Wisconsin

www.efsewi.org

(414) 271-0110



April

NEWSLETTER

Upcoming Events

Art Therapy—Saturday, April 25, 2026
1-3 pm

Update Dinners—Thursday, May 28
and Saturday, August 20 and Tuesday,
November, 17

24th Annual Brainstorm Walk/Run—
Sunday, June 28, 2026

Purple Picnic—Saturday, September
12, 2026

Art Therapy House
7646 N. Teutonia Avenue, Brown Deer

May 28 Update Dinner features Dr.
Maria who will speak about depres-
sion, anxiety, and isolation.

WE'VE MOVED!

Our new address is
10345 North Port Washington Road
Mequon, WI 53092

Tips for Smart Watches with Epilepsy

- Select Appropriate Technology – Choose wearables designed for motion detection or that monitor heart rate, sweat, and shaking,
- Optimal Device Setup – ensure the watch is worn snugly to ensure accurate heart rate and movement tracking. Turn on “Always On” for data streaming, and set up the “Get Help” or panic button for manual alerts during aura or non-convulsive seizures. Emergency alerts can notify caregivers or parents if a seizure occurs and can send the user’s location via GPS.
- Customize sensitivity – high sensitivity reduces missed seizures but increases false alarms from daily activities like showering or exercising. Adjust this based on your specific seizure type.
- Pair with Specialized Apps – Utilize dedicated seizure tracking apps like Seizure Tracker for logging, or My Medic Watch for automatic caregiver alerts.
- Ensure Connectivity – these devices generally require a paired smartphone (within 5 to 10 feet) to function, so maintain a stable Bluetooth connection.

Tips continued on next page.

Tips for Smart Watches with Epilepsy continued

- Data Management & Caregiver Sync – Configure the app to send automatic alerts to caregivers, and use the device’s data logs (location, duration, intensity) to inform your doctor’s care decisions.
- Battery Maintenance – Make a habit of charging the device and paired smartphone during low-risk times to ensure 24/7 monitoring, particularly for nocturnal seizures.
- Customize Settings – Configure medication reminders to improve adherence.
- Check Compatibility – Verify that the smartwatch and its app are compatible with the user’s smartphone.
- Consider Data Costs – Be aware that many seizure detection apps require a subscription or data plan.
- Practice with the Device – Test the alerts and cancellation functions frequently to ensure you and your caregivers know how to respond to alarms properly.
- Use as a Tool, Not a Substitute – Remember that wearables are meant to support – not replace – prescribed medication and medical care.

Epilepsy News

Brain May Reinforce Seizures During Sleep

The brain may inadvertently “learn” to have seizures by treating them like important memories to be stored. This study found that after a seizure, the brain enters a deep sleep state that mimics memory storage—and that this effect can persist into the following night’s sleep. In effect, this “saves” the seizure’s path like a normal memory, strengthening the disease. The findings suggest new opportunities to prevent epilepsy from worsening by targeting brain activity during the hours immediately following a seizure and during the subsequent night of sleep—a critical period when harmful brain changes may occur. Understanding the relationship between seizures and sleep could help explain why epilepsy can worsen over time and why memory, mood, and sleep problems are common in people with the condition.

From website <https://newsnetwork.mayoclinic.org/discussion/brain-may-reinforce-seizures-during-sleep-mayo-clinic-study-suggests/> accessed on March 26, 2026.

Researchers Clarify How Ketogenic Diets Treat Epilepsy

A review outlines how these strict high-fat, low-carbohydrate diets strengthen the brain’s energy systems. Reduce inflammation, and protect neurons—providing therapeutic benefits that current medications do not offer. Ketogenic diets significantly limit carbohydrates, so the brain no longer relies on glucose as its main fuel. Instead, the body shifts to produce ketones, which provide a steadier, more efficient source of energy. The change helps stabilize overactive neurons and supports healthier energy regulation in the brain. Together, these effects can make seizures less likely to occur.

From website <https://news.cuanschutz.edu/news-stories/researchers-clarify-how-ketogenic-diets-treat-epilepsy-guiding-future-therapy-development> accessed on March 26, 2026.