

# Epilepsy Families Southeast Wisconsin

735 N. Water Street Ste. 902, Milwaukee, Wisconsin

[www.efsewi.org](http://www.efsewi.org)

(414) 371-0110



## February

# NEWSLETTER

## Upcoming Events

Art Therapy—Saturday, February 28, 2026 1-3 pm

Purple Day—Thursday, March 26, 2026

24th Annual Brainstorm Walk/Run—Sunday, June 21, 2026

Purple Picnic—Saturday, September 12, 2026

## International Epilepsy Day

February 9, 2026

International Epilepsy Day is a global initiative led by the International Bureau for Epilepsy (IBE) and the International League Against Epilepsy (ILAE). The day aims to increase understanding of epilepsy. In 2026 they will launch the Epilepsy Pledge—a new way for our community to turn awareness into tangible progress.

From website <https://internationalepilepsyday.org/> accessed on January 30, 2026.



Having fun at Art Therapy. Next session February 28, 2026

Art Therapy House

7646 N. Teutonia Avenue, Brown Deer

# Epilepsy News

## Depression Increases Epilepsy Risk

People with depression have a more than doubled risk of developing epilepsy. Worse, depression then makes epilepsy more difficult to treat. “Our findings show a consistent association that suggests an increased risk of developing epilepsy after depression, but they do not show that depression causes epilepsy,” Dr. Ali Rafati said in a news release. “We need to learn more about the biological connection, but the link between depression and epilepsy could be related to shared brain networks, stress and inflammation pathways and sleep issues,” Rafati added. “People with epilepsy are known to be at a higher risk for mood disorder, but our study uncovers new information that those with epilepsy are more likely to fail their first treatment,” Dr. Samuel Terman said.

From website <https://medicalxpress.com/news/2025-12-depression-epilepsy-harder.html> accessed on February 4, 2026.

## TikTok Videos Mislead on Epilepsy Care

Fake clickbait TikTok videos about epilepsy treatments are receiving more views than accurate, evidenced-based offerings, a new study says. More than half of TikTok videos regarding epilepsy featured claims that were false, misleading and potentially harmful. “On TikTok, the videos that reach the widest audience are often the least accurate,” Dr. Evelina Dedic said. “That creates a real risk for people with epilepsy, because misleading treatment claims can delay effective care, can encourage unsafe alternatives and increase mistrust of medical experts,” Dedic said. People with epilepsy should pay close attention to the credentials of video creators to see whether they have legitimate medical training, researchers said. Patients should be especially cautious of cure-all claims or quick fixes, and discuss any advice they pick up on social media with a doctor before applying it.

From website [https://medicalxpress.com/news/2025-12-tiktok-videos-epilepsy-experts.html#google\\_vignette](https://medicalxpress.com/news/2025-12-tiktok-videos-epilepsy-experts.html#google_vignette) accessed on January 9, 2026.