

# Epilepsy Families Southeast Wisconsin

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

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

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March

# NEWSLETTER

## Upcoming Events

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

Purple Day—Thursday, March 26, 2026

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

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

Purple Picnic—Saturday, September 12,  
2026

Art Therapy House  
7646 N. Teutonia Avenue, Brown Deer

ART THERAPY

CANCELLED

Saturday,

March 14, 2026

due to extreme

weather

conditions!

# Epilepsy News

## SUDEP Awareness and Effect on Parental Trauma, Grief, and Coping After the Death of a Child

Sudden unexpected death in epilepsy (SUDEP) is the leading cause of seizure-related deaths in people with epilepsy. A recent study explored the in-depth perspectives of parents who have lost a child to SUDEP, focusing on their experiences, grief, and coping strategies, while factoring in their demographics, the clinical features of their deceased children, and their previous awareness of SUDEP. About half of the parents interviewed were unaware of SUDEP before it occurred. “Unaware” parents expressed more intense trauma and prolonged maladaptive grief, characterized by guilt, extreme anger, and medical distrust. By contrast, “aware” parents described mitigated trauma, with less guilt- and anger-ridden grief, and reduced reliance on specialized support groups.

From website <https://www.cureepilepsy.org/news/sudep-awareness-and-effect-on-parental-trauma-grief-and-coping-after-the-death-of-a-child-a-qualitative-investigation/> accessed on February 26, 2026.

## Maternal Diabetes and Risk of Epilepsy in Offspring

A recent study examined the association among diabetes subtypes and epilepsy in offspring. Most studies have not distinguished among diabetes subtypes—type 1, type 2, and gestational diabetes mellitus - which each have distinct origins. Researchers found that 7.6% of children were exposed to maternal diabetes, with type 1 having the lowest occurrence of the three subtypes and gestational diabetes mellitus with the highest occurrence. Over a median follow-up of 10.2 years, 17,853 epilepsy cases were diagnosed. Children exposed to maternal diabetes had an increased risk of epilepsy. A longer duration of type 1 and type 2 was associated with an increased risk. Researchers concluded that maternal diabetes, particularly type 1 and type 2, is associated with an increased epilepsy risk in offspring.

From website [Maternal Diabetes and Risk of Epilepsy in Offspring | Pediatrics | American Academy of Pediatrics](#) accessed on March 5, 2026.

## Purple Day

Purple Day is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide. On March 26th annually, people in countries around the world are invited to wear purple and host events in support of epilepsy awareness. Last year, people in more than 85 countries on all continents participated in Purple Day!

From website <https://purpleday.org/> accessed February 26, 2026.