



Technical Seminar for Adults

Insight on causes of, treatments for, and current research related to epilepsy.

When Phil Haydon was a teenager, he was hit accidentally on the head with a house brick and developed epilepsy. He was in and out of medical care and eventually fitted with a vitallium plate to cover the hole in his skull, and given medications to prevent seizures. Phil has been fortunate to have his epilepsy medically controlled since 1976. He is now an internationally recognized neuroscientist, and Chair of the Department of Neuroscience at Tufts University School of Medicine. He runs an active laboratory researching a multitude of neurological disorders, including epilepsy.

PRESENTATION

Thirty years of studying the brain allows Phil to describe how the brain is supposed to work, some of the known causes of disorders such as epilepsy, why some current treatments are effective, and areas of research seeking the next pharmaceuticals for people who do not currently have medical control of their seizures. Some topics that can be covered include:

- Why might bacon, avocados, and mayonnaise be good fuel for the brain?
- What are some of the surgical options for those with uncontrolled seizures?
- Why are some people not able to control their seizures with medicine?

The presentation can be pitched at different levels based on the expertise of the audience. The content will be appropriate for adults

who seek a deeper understanding of epilepsy, its causes, and the future of treatment. The event could take place in a covered outdoor space with tables and chairs or in an inside classroom style setting, with projection capabilities. Attendees will receive a Sail For Epilepsy flag customized with the latitude and longitude of the port stop.

One More Step Challenge

A brief question and answer session will be followed by the One More Step Challenge, a signature feature of the Sail For Epilepsy program. The audience will be encouraged to identify something that they can do to live a fuller life. Participation in the Challenge results in becoming a Virtual Shipmate. The first names of all Virtual Shipmates are added to our boat so they can join us as we sail the oceans of the world. Phil will feature select Virtual Shipmates in videos and connect live with Shipmates while offshore.

HOST REQUIREMENTS

- secure suitable location
- provide tables / chairs / tents / volunteers as needed
- seek local sponsorship to offset host costs (host will keep all proceeds)
- sell tickets or manage any required advanced registration
- provide any necessary food or drink
- publicize to local audience

