



Peace of Mind Lecture Series

Tips on Lifestyle Modifications After An Epilepsy Diagnosis

Presented by **Dr. Santoshi Billakota**

Epilepsy is a complex disorder with many implications outside of seizures. Epilepsy management has been historically based around pharmacological treatment of seizures. However, the epilepsy community is increasingly recognizing the important role of lifestyle in seizure management. The focus of this talk is to discuss lifestyle management, self-care, and the role these play in epilepsy management.

About the presenter: Santoshi Billakota is a board certified neurologist and epileptologist. She is an alumna of UCLA where she received her Bachelor of Science degree in Neuroscience. She went on to do medical training at Duke University and completed her epilepsy fellowship at Columbia Medical Center. She is now a clinical assistant professor at NYULH and the Comprehensive Epilepsy Center. Her clinical interests lie in epilepsy during adolescence and young adulthood, especially for women with epilepsy. In her spare time, she likes to run, hike, travel, and spend time with friends and family.

Wednesday, January 8, 2020
6:30 – 8:00pm

NYU Langone Health – Alumni Hall B
550 First Avenue, New York, NY 10016

Please register by Friday, January 3, 2020
Online: nyulangone.org/give/peaceofmindlectures
Phone: 646-558-0900

\$5 Suggested donation
Capacity is limited

