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FEBRUARY 2017 FACES E-NEWSLETTER

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1) I WILL BE POWERFUL

By: Caroline Anderson

I will be powerful
I fall asleep, tired and weary,
Just to be woken up with eyes teary.
I cannot sleep without being fearful,
But I will be powerful.

I know the feeling of no control,
The thoughts of terror fill my soul.
Even though this is stressful,
I will be powerful.

I no doubt have courage,
But I need someone who will encourage
That I am always hopeful.
I will be powerful.

Why can't they understand?
Will they never know what it's like firsthand?
Will I be able to remain faithful?
I will be powerful.

You can say that you know what I'm going through,
Underneath it all you have no clue.
There is no need to act sorrowful.
I will be powerful.

Epilepsy is a lightning bolt.
Boom! It strikes me like a colt.
Soon enough, I become woeful.
I will be powerful.

Epilepsy does not define me.
I wish everyone could finally see
That my life is more eventful. I am powerful.

2) EPILEPSY WARRIOR

BY: Kristina King



My name is Kristina King and I have been an epilepsy warrior for 26 years. I can remember having my first absence seizure when I was five. They went undiagnosed, often being mistaken as "daydreaming" until I had my first grand mal in high school. I was fortunate enough to spend 6 years seizure free without medication. My childhood neurologist confidently concluded that I had outgrown my juvenile epilepsy. But in 2009 my epilepsy came back worse than ever. For the next three years I suffered uncontrolled refractory seizures. I was put on more medications than I can remember and none of them worked. The side effects were intolerable and I slowly lost everything that I had worked so hard for. I

was once an aspiring Broadway dancer with an honors degree from NYU and the next thing I knew I was a frail shell of my former self. I hit my rock bottom during one rather long hospital stay in the summer of 2012 when a doctor inferred that I may never dance again. That was my turning point. A month later I made my first appointment with Dr. Steven Pacia. Dr. Pacia and everyone at The Comprehensive Epilepsy Center saved my life. It's been four years and I am proud to say that not only am I 15 months seizure free, I am back to dancing professionally. I recently completed my first Broadway National Tour and I did it without a single seizure. This has been such a journey for me and I know it's not even close to over. NYU Langone has been God send !!



3) FACES SCHOLARSHIP STORIES

By: Jessica

The FACES Scholarship has helped me to start back reaching for the stars later in life. I struggle with epilepsy (grand mal), and thankfully mine have been under control with medication, I know the seriousness and strain that comes with the condition. I chose to live my life to the fullest!! I am a dental hygienist and I am currently trying to achieve the goal of my bachelors in dental hygiene and this scholarship has helped to baby step me in this direction and make me realize that my dreams are possible no matter what your age maybe or even with epilepsy. Thank you for helping me along the way FACES!



By:

The scholarship I received through FACES was a true blessing. Having two siblings also in college makes money tight, so this scholarship was a tremendous help for my education. So many negative things come along with epilepsy, but receiving this scholarship reminded me to stay positive and always look for the bright side of everything. It is very comforting to know that I am not alone in what I have gone through. I would love to once again thank the FACES program for all they have done for not only me, but all people with epilepsy and other seizure disorders.

By: Kyle Sheridan

I've had epilepsy for about 13 years now (I'm currently 19), so receiving this scholarship has not only help me but was also very important to me. Throughout Middle School and High School I figured no one really took notice to people with epilepsy so to get something like this means a lot. Having received this helped me in my journey throughout college in LA. Going into a film school IN LA with scholarships to use towards education was a great leg up. I can't thank the FACES organization enough for selecting me for this scholarship. I am working hard in my second hard in 2017 not only towards my education, but to being a better man. And FACES was a huge jump start. Thanks guys.



By: Sandra Johnson



The FACES scholarship has helped me by helping me push more for an education. It allowed me to go for my dream of going to college even with epilepsy. This scholarship lessened my stress and money amount for student loan debt. I am beyond appreciative that I was given this amazing scholarship. It's one step closer to my success for a bright future.

4) FACES APARTMENT

BY: KATHIE CONNELLY

Our family is so appreciative for the wonderful accommodations offered to us through FACES. We are from out of state, and having expenses involved in traveling, and having our son facing two major surgeries made us very grateful for the comfortable hotel room which was lovely and also within walking distance to the hospital.

The hotel staff was very kind to us.

We were so pleased with the care our son received from Dr. Devinsky, Dr. Doyle, and their team. Also, the care was terrific at NYU Langone Medical Center.

I think, we as a family, are most thankful we had the opportunity to concentrate on supporting our son through a difficult time. FACES made that possible!



5) RECIPE OF THE MONTH



[CLICK HERE TO VISIT THE NUTRITION SECTION OF OUR WEBSITE!](#)

OVERNIGHT NO-COOK OATMEAL

We are two months into 2017 and, chances are, if you made a New Year's Resolution to lose weight or change your diet, you have already run out of ideas and/or steam. Breakfast is the most important meal of the day because it gets your metabolism going. Multiple studies have shown that people who eat breakfast weigh less than those who skip. With our fast-paced lives, getting a good breakfast in can be difficult! Here are two quick, easy ways to take a plain old breakfast staple (Oatmeal) to the next level. These oatmeal recipes are both quick and healthy breakfast ideas for you and your family. Both recipes incorporate chia or flax seed, which are the richest source of omega 3s in any non-marine whole food. In addition, both flax and chia contribute tons of fiber (4- 6g per 1 tablespoon), which helps you stay full. February is Heart Awareness Month and these two breakfasts are as heart healthy as it gets. Between the fiber, whole grains and omega 3s – these are sure to “warm” your heart and bellies this month.

Nutrition (makes 1 serving): 220 calories, 4g fat, 31g carbs, 7g fiber, 14g protein. This oatmeal recipe requires no cooking so can be done ahead of time so that you can “grab and go”. It is also packed with fiber and omega 3s!

Ingredients:

- ✓ 1/4 cup uncooked old fashioned rolled oats
- ✓ 1/3 cup almond milk or coconut milk
- ✓ 1/4 cup low-fat Greek yogurt
- ✓ 1-1/2 teaspoons dried chia seeds
- ✓ 1/4 teaspoon vanilla extract
- ✓ 1/4 to 1/3 cup raspberries (cut each berry in half), or enough to fill jar
- ✓ ½ tbsp. honey (optional)
- ✓ Cinnamon to taste



Directions:

In a half pint (1 cup) mason jar, add oats, almond milk, yogurt, chia seeds, vanilla, and raspberries. Put lid on jar and shake until well combined. Refrigerate overnight or as long as 2-3 days.

If you don't have time to make the above recipe, this next recipe can be assembled in less than 5 minutes. All the dry ingredients can be kept at your work desk for a quick breakfast if you don't have time before you leave the house

Be sure to check this recipe and consult with your dietitian for any modifications. Ketogenic diets are highly individualized treatments and this recipe should only be used as a guide.

6) NOTEWORTHY NEWS



Top 10 National Press Articles

- 1) [Easy Ways to Stay Energized from Dawn 'Til Dusk](#)
- 2) [Bo Jackson: I Won't Let My Kids Play Football](#)
- 3) [Most Comprehensive Report to Date Confirms Marijuana Relieves Pain, But Seeks More Evidence on Other Benefits](#)
- 4) [Most Marijuana Medicinal Benefits Are Inconclusive, Wide-Ranging Study Finds](#)
- 5) [Here's How To Take The Best Nap Of Your Life](#)
- 6) [FDA Grants Fast Track Designation to NRL-1 for Epileptic Seizures](#)
- 7) [This One Scandinavian Trick Will Guarantee You Get More Sleep in 2017](#)
- 8) [Neurelis Intranasal Diazepam Treatment for Epilepsy Granted Fast Track Designation By FDA](#)
- 9) [2016's Top Five Advances in Neurology](#)
- 10) [Dr. Orrin Devinsky to Receive the American Epilepsy Society's 2016 J. Kiffin Penry Award at December Annual Meeting](#)
- 11) [N.F.L. Reports a Decline in Concussions This Season](#)