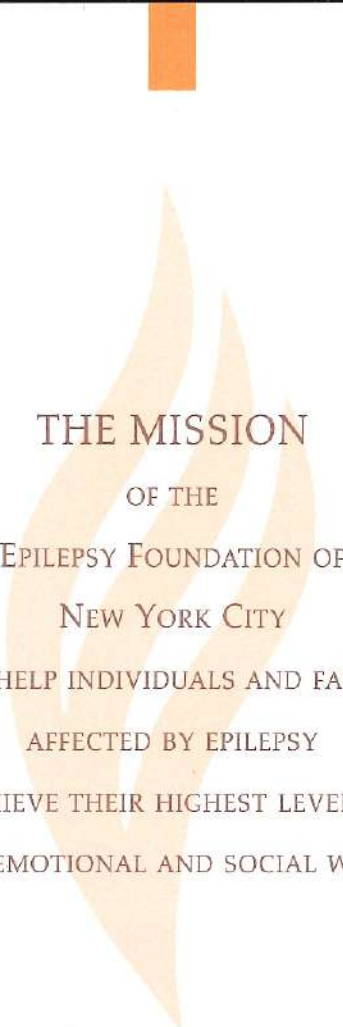




A PERSONAL RUN TO BENEFIT THE EPILEPSY FOUNDATION OF NEW YORK CITY



THE MISSION
OF THE
EPILEPSY FOUNDATION OF
NEW YORK CITY
IS TO HELP INDIVIDUALS AND FAMILIES
AFFECTED BY EPILEPSY
ACHIEVE THEIR HIGHEST LEVEL OF
PHYSICAL, EMOTIONAL AND SOCIAL WELL-BEING.

AN INTRODUCTION TO EPILEPSY

Epilepsy is a neurological disorder that briefly interrupts the normal electrical activity of the brain. Normally, neurons, which are cells that carry electrical impulses, form a network allowing communication between the brain and the rest of the body. Neurons "fire" or send electrical impulses toward the surrounding cells, stimulating neighboring cells to fire. In people with epilepsy, too many neurons fire at one time, causing an "electrical storm" within the brain, which results in physical changes called seizures.

PREVALENCE

- Over 2.5 million Americans have seizure disorders.
- An estimated 110,000 people living in New York City have some form of epilepsy.
- 25% are severely disabled by epilepsy and are living with seizures for which there is no successful treatment.
- Epilepsy is higher in frequency than cerebral palsy or autism.
- There are approximately 6,000 new cases of epilepsy reported each year in New York City.

AGE OF ONSET

- 25% of new cases are reported before the age of five.
- 70% of new cases are reported before the age of eighteen.
- There are as many cases of epilepsy in children ten years and younger as there are in persons sixty years and older.

CAUSES

The cause of epilepsy cannot be identified in 70% of cases. The remaining cases are most frequently caused by head injuries, strokes, brain tumors, infections such as meningitis, lead poisoning or injury during childbirth. Genetics is assumed to play a role when no specific cause can be identified. There is some evidence of heredity with epilepsy, but it is minor.

TYPES OF SEIZURES

Scientists have identified more than 20 different types of seizures. They are classified as either partial or generalized with subdivisions in each category.

PARTIAL SEIZURES occur when the disturbance occurs in just one part of the brain, affecting whatever physical or mental activity that area controls. They are divided into simple, complex and secondarily generalized seizures.

- A simple partial seizure takes place during a conscious state. Symptoms vary depending on the area of the brain involved, and can include a change in muscle activity, abnormal functioning of the five senses, rapid heartbeat or breathing rate and/or affected perception and memory.
- A complex partial seizure is accompanied by impaired consciousness and recall. It may also involve staring, automatic behavior such as lip smacking, chewing, walking, grunting, repetition of words or phrases, or other symptoms and signs.
- A secondarily generalized seizure begins as a partial seizure and then spreads to affect the rest of the body. If the whole brain is affected it causes a generalized convulsion or fall.

GENERALIZED SEIZURES

happen when the electrical disturbance sweeps through the whole brain at once, causing loss of consciousness, falls, convulsions or massive muscle spasms. Types of generalized seizures include tonic-clonic, absence and myoclonic.

- Tonic-Clonic seizures, previously referred to as "grand mal," begin with simultaneous loss of consciousness and the tonic phase (stiffening of the body). The person falls to the ground and often may cry out as the chest muscles stiffen. Next comes the clonic phase, during which the muscles rhythmically jerk.
- Absence seizures, previously referred to as "petit mal," result in brief episodes of impaired awareness. There also may be small motor movements, changes in muscle tone, or automatic behaviors.
- A myoclonic seizure produces a sudden shock-like jolt to one or more muscles which increases muscle tone and causes movement. These sudden jerks are like those that occur in some people as they fall asleep.

TREATMENT

Application of modern treatment methods can achieve full control

of seizures in about 75% of cases. Some seizure disorders in infants and early childhood are still highly resistant to current methods of treatment.

- Medications – The major form of treatment is long-term drug therapy. A number of anti-epileptic drugs are available for use.
- Surgery – Brain surgery is used when medications fail and when the brain tissue causing the seizure is confined to one area of the brain and can be safely removed without damaging personality or function.
- Dietary control – A high fat, high calorie diet such as the Ketogenic Diet may be successful in some cases of childhood epilepsy when standard treatment fails.

STIGMA

Despite medical advances, epilepsy is a misunderstood condition that continues to be shrouded in ignorance and fear. This often leads to prejudice and rejection by family and friends, the inability to get or hold a job, and discrimination in schools. For many people with epilepsy, these situations can be more difficult to cope with than the actual seizure disorder.

MARATHON HISTORY

The modern Athens Marathon commemorates the run of the soldier Pheidippides from a battlefield at the site of the town of Marathon, Greece, to Athens in 490 B.C., bringing news of a Greek victory over the Persians. Legend has it that Pheidippides delivered the momentous message "Niki!" ("victory"), then collapsed and died, thereby setting a precedent for dramatic conclusions to the marathon.

When the modern Olympic games were inaugurated in 1896 in Greece, the legend of Pheidippides was revived by a 24.85 mile (40,000 meters) run from Marathon Bridge to Olympic Stadium in Athens.

Traditionally the final event in the Olympics, the first organized marathon on April 10, 1896 was especially important to all Greeks. Greece was hosting those first modern Olympic Games. The Greeks had yet to win a medal, and had one final chance to bring glory to their nation. Twenty-five runners assembled on Marathon Bridge. The starter mumbled a few words and fired the gun, and the race was on. "The excitement of the crowd waiting at the finish line at the newly constructed replica of Athens' ancient stadium was beyond description" writes the Greek historian Querquetani. Spiridon Louis, a Greek postal worker from the village of Marusi and veteran of several long

military marches, crossed the finish line a full seven minutes ahead of the pack. His time was 2 hours, 58 minutes, 50 seconds for the 40 kilometer distance (average pace of 7:11 minutes per mile).

When it was all over, nine runners finished, 8 of them Greeks. The host nation was ecstatic, and the marathon was born. The United States was one of 9 nations at the 1896 Athens Olympics, thanks to sponsorship of athletes by the Boston Athletic Association.

Planning for North America's first marathon began on the boat back to the United States and the first annual Boston Athletic Association marathon was conducted on April 19, 1897, the date chosen to commemorate the famous ride of Paul Revere in 1775. At the 1908 Olympic Games in London, the marathon distance was changed to 26.2 miles to cover the ground from Windsor Castle to White City Stadium, with 385 yards added on so the race could finish in front of the Royal Family's viewing box. This added 1.35 miles to the course, and is the origin of the Marathon tradition of shouting "God save the Queen!" (or other words relating to the Queen) as mile post 24 is passed. After 16 years of extremely heated discussion, the 26.2 mile distance was established at the 1924 Olympics in Paris as the official marathon distance.



EPILEPTICS THROUGH THE AGES

Pythagoras

6th Century B.C. Mathematician & Philosopher

Napoleon Bonaparte

19th Century Emperor

Socrates

5th Century B.C. Philosopher

Charles Dickens

19th Century Novelist

Alexander the Great

4th Century B.C. Conqueror & King

Edgar Allen Poe

19th Century Poet & Short Story Writer

Julius Caesar

1st Century B.C. General & Statesman

Vincent Van Gogh

19th Century Artist

Joan of Arc

15th Century Crusader

Harriet Tubman

19th Century Leader of the Underground Railroad

Sir Isaac Newton

17th Century Scientist

Alfred Nobel

19th Century Inventor & Philanthropist

George Frederick Handel

18th Century Composer

Fyodor Dostoevsky

19th Century Novelist

“WE MAKE A LIVING BY WHAT WE GET,
BUT WE MAKE A LIFE BY WHAT WE GIVE.”

—WINSTON CHURCHILL

Thank You!

Upon the completion of this form, please detach and send with payment
using the enclosed self addressed stamped envelope to:

CATHLEEN DAVIDSON

10 Pine Street, Nyack, NY 10960 • Telephone: (914) 358-4625

Checks should be made payable to: The Epilepsy Foundation of New York City

Three years have passed since many of us came together to support the efforts of Incarnation Children's Center, New York City's only residence for HIV infected children. In 1997, we raised over \$26,000 through my running of the New York City Marathon and a tremendous show of love, support and generosity from many of you. I am pleased to say that the dust has not yet settled on our achievement as since then, relationships have blossomed that have inspired others to run races, host events and contribute many thousands of dollars for ICC's growing programs.

I write to you now as I embark on the next challenge. On November 5, 2000 I will run the Athens Marathon in Greece. This race is 26.2 miles and is based on the original course run by Pheidippides almost 2,500 years ago from a battlefield at the site of Marathon, to the capital in Athens. The course was formally dedicated as such during the first modern Olympic games held in Athens in 1896.

Of course, I would not undertake such an endeavor unless in the name of a worthy cause.

Epilepsy is a chronic, unpredictable neurological condition characterized by intermittent electrical and chemical disturbances in the brain that cause seizures. I have chosen this cause for my mother, Cathleen, who was first diagnosed with Generalized Tonic-Clonic Epilepsy at age 12, has since lived coping with the condition through uncertainty, social stigma, often prejudice, and a dependence on a variety of daily preventive medications. Personally, I am physically unaffected by Epilepsy, but growing up exposed to the condition certainly hastened my compassion for others and appreciation for how fortunate so many of us are to live without such a handicap.

I am writing to ask for your support in raising money for children who suffer from Epilepsy and for the programs designed to mitigate the cost of medication, advance research toward an ultimate cure and increase social awareness of Epilepsy to battle the stigma and prejudice that so many children face.

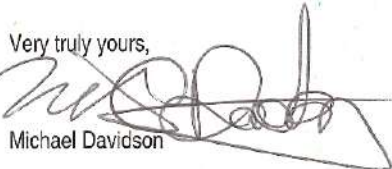
Your contributions will go directly to The Epilepsy Foundation of New York City without the burden of intermediary administrative expenses. The costs of my training, travel and lodging will be absorbed by me, independent of your contributions.

I have included more detailed information on Epilepsy and the Marathon for your convenience. I have also included a sponsor form and self-addressed stamped envelope that I ask you use to make your contribution. You will note on the sponsor form that my mother is collecting all of the contributions and, in the days following the race, will make the ultimate delivery to the Epilepsy Foundation of New York.

Please send your contributions as soon as possible, and certainly before November for your support, as it did last time, will serve as a great boost for me as I run the race. Although I will be on a short-term work assignment in Tokyo for the next few months, "all systems are go", and I will be training while most of you are sleeping. My mother will continue to keep me posted on our progress and, believe me, what a boost this will be for her.

Thank you and God Bless for your care and generosity.

Very truly yours,



Michael Davidson