



Featured Health Alert

Seizures

What do you need to know about seizures and how can you help?

Individuals with developmental disabilities often face an array of medical issues that require careful consideration and monitoring; this includes seizures. Seizures fall into a broad category called epilepsy. Epilepsy is a neurological brain disorder where the nerve cells in the brain are overactive and abnormal. When people think of seizures, they often think of convulsions in which a person's body shakes rapidly and uncontrollably. Not all seizures cause convulsions. There are many types of seizures and some have mild or moderate symptoms. Seizures fall into two main groups. Focal seizures, also called partial seizures, happen in just one part of the brain. Generalized seizures are a result of abnormal activity on both sides of the brain.

Risks for seizures include but are not limited to:

- Medication and medicine changes
- High fevers
- Head injuries and certain diseases such as cerebral palsy and diabetes
- Individuals who have had past seizures or recurring seizures due to a brain disorder called epilepsy.

Awareness of risk is important. Be alert to medication changes or other past triggers that might activate an underlying seizure disorder.



Home Safety Tips for Persons with Epilepsy

Before adopting any measures to help an individual remain safe in the home, be sure you know the type of seizures the individual experiences, their frequency, their triggers, and where they occur most often. This information will aide in the decision about which safety measures will be most beneficial to the individual with epilepsy.

Most seizures last from 30 seconds to 2 minutes and do not cause lasting harm.

However, it is a medical emergency if seizures last longer than 5 minutes or if a person has many seizures in a row. Call 911 or follow the orders from a health care provider.

Develop a Seizure Plan with a health care provider that includes what to do if the individual has a seizure and have the doctor review and sign the plan. Have this plan reviewed at least annually. Keep the Seizure Plan available and assure anyone who provides support has read and understands it. Also, keep a seizure record and take it to appointments with the health care provider (record any triggers as well). Finally, take all medications as prescribed.



National Go Red Day

February 2, 2018

Do you know your numbers?

The American Heart Association recommends that you be aware of five numbers key to your overall heart health. These numbers are important to know in order to determine your risk for developing Cardiovascular Disease. The five key numbers you should ask your healthcare professional about are:

1. Total Cholesterol
2. HDL (good) Cholesterol
3. Blood Pressure
4. Blood Sugar
5. Body Mass Index (BMI)
6. Learn about your health numbers by scheduling an appointment with your healthcare provider today

<https://www.goredforwomen.org/fight-heart-disease-women-go-red-women-official-site/know-your-risk/know-your-numbers/>



Symptoms of a Heart Attack

- **Chest pain or discomfort.**
- **Discomfort in other areas of the upper body.** Can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.**
- **Other symptoms.** May include breaking out in a cold sweat, nausea, or light-headedness.

If you think that you or someone you know is having a heart attack, you should **call 911 immediately.**



It's Flu Season!

The 2017-2018 flu season has hit the nation hard. However, it's not too late to protect yourself and those around you from the flu. Call your local pharmacy or doctor's office to schedule your flu vaccination.

Along with proper annual vaccination keep the following tips in mind during flu season and all year to stay healthy.

- Wash your hands
- Cover your cough
- Stay hydrated
- Get proper nutrition and rest
- Stay home when you are sick and encourage others to do the same!



2018 Training Dates

Join the Department of Behavioral Health and Developmental Services Health Supports Network team and learn how to present educational and skill building activities for your staff.

Skin Integrity and Oral Health Training Dates

February 8, 2018 Charlottesville, VA

March 22, 2018 Petersburg, VA

April 12, 2018 Roanoke, VA



Register today to reserve your spot!

www.surveymonkey.com/r/ORALandSKIN