

Hello, I am Kathy and I hope my epilepsy story will inspire you....

After having numerous medical issues, I was diagnosed with epilepsy as a small child. Living with epilepsy as a child was difficult because other children were afraid of me. Even my teachers did not understand epilepsy or what to do. My seizures increased in my later teen years and it took the doctors a long time to realize it was hormonal related.



My doctors tried different medications, but it did not help to control my seizures. After testing and evaluation, it was determined that I was not eligible for surgery, so I have remained on medications my whole life. I have never been seizure free, but in my case, after menopause my seizures have significantly reduced. As long as I stay on my medications and take them as scheduled, my seizures have been controlled.

The most difficult challenge I have faced is not being able to drive because I am not seizure free and I have no peripheral vision. Fortunately, I had a successful career for 24 years at JPMorgan Chase performing data entry work. I have always been focused on my health and today I enjoy working out at the gym five days a week on twenty different machines doing cardio, lifting weights, and upper and lower body strengthening. In addition to that, I am active at my church and help with gardening, meals-on-wheels, the Emmanuel Dining Room, and I also participate in the women's bazaar group. At home I like gardening, puzzles, bowling and watching General Hospital for the past 45 years! I take joy in spending time with my family, and for the past several



years my niece and nephews have joined me in participating in the Freedom From Seizures 5K.

I first became involved with the EFDE when I was in high school and my mom and I would attend the young adult support group. In 1994 my parents attended the EFDE auction and won a big teddy bear that they brought home to me to add to my teddy bear collection. I still have that teddy bear today. I began walking in the EFDE “Summer Stroll for Epilepsy” (now the Freedom From Seizures 5K) when I was 24 years old and I just marked my thirty-second year walking. One of my yearly highlights is raising money for the walk and I am proud to say that I have been the top individual fundraiser for the past 29 years, raising \$14,000 just this year! Knowing that this money is going to educate children and the community about epilepsy and what to do if someone has a seizure, makes all of my efforts worth it. In March of 2023 I was honored to receive the Delaware Epilepsy Warrior Award for my dedication to the epilepsy community in Delaware.

