


Test Your Memory

Current Focus at CNS :

- Alzheimer's Disease
- Epilepsy
- Depression
- Parkinson's Disease
- Schizophrenia
- Bipolar Disorder
- Chronic Low Back Pain
- Migraine
- Insomnia
- Diabetic Neuropathy
- Osteoarthritis

If you or someone you know is interested in participating in clinical Trials, or if you want more information, feel free to call and speak with one of our friendly outreach associates at 1-877-411-1616

Puzzles and quick memory tests like this help improve memory. This can help in the prevention of dementia and other forms of memory loss.



12772 Valley View St. Ste. 3
Garden Grove, CA 92845
1-877-411-1616

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CNS Network Newsletter

SEARCHING FOR A CURE, TOGETHER

EPILEPSY: What You Should Know

Epilepsy, also known as a seizure disorder, is a set of neurological disorders that affect the nervous system. Typically, people are diagnosed with a seizure disorder after having two or more seizure episodes that are not caused by a previously existing medical condition or alcohol/drug withdrawal. Generally, a thorough evaluation of medical records, and an EEG or electroencephalogram, is given by a neurologist in order to properly diagnose a person who has had episodes of seizures. Following a neurological evaluation, a neurologist can narrow down what type of epilepsy a person has based on specific symptoms endorsed. There are approximately 14 separate syndromes and disorders of epilepsy.

Epilepsy typically occurs when brain cells give off abnormal signals, which cause an "electrical storm" that in turn, produce seizures. There are two groups of seizure types: Primary Generalized Seizures and Partial Onset Seizures. Primary generalized seizures affect both sides of the brain and have hereditary factors. Under the umbrella of primary generalized seizures, the types are broken down to absence seizures, atypical



absence seizures, myoclonic seizures, atonic seizures, tonic seizures, clonic seizures, and tonic-clonic seizures. Each of these types of seizures produce different symptoms and behaviors.

Partial onset seizures are a result of one affected area of the brain. People who suffer from a traumatic head injury, stroke, brain tumor or infection are most likely affected by partial onset seizures. There are three types of partial onset seizures, simplex partial seizure, complex partial seizure, and secondary generalized seizure; each resulting in a different symptom and behavior.

Epilepsy is most prevalent in children and elderly adults. There are approximately 180,000 new cases of epilepsy each year, and approximately 2.5 million Americans suffer from epilepsy. Currently, there are seven known causes of epilepsy, these include: infections such as meningitis, depleted oxygen at birth, stroke, brain tumors, head injury, abnormal levels of blood sugar, and genetic conditions that result in brain injury. Despite the aforementioned causes of epilepsy, no cause is found for 70% of children and adults who suffer from the disease. According to the Epilepsy Foundation, about 10% of Americans will experience a seizure once in their lifetime.

Currently, there are new treatments and therapies in research today that aim to improve the efficacy of the currently available treatments for epilepsy. These new treatments are being studied in clinical trials at sites all across the country. We at CNS Network are one of such sites aimed at searching for tomorrow's cure today. If you would like more information regarding epilepsy research studies being conducted at CNS Network, call 1-877-411-1616 or visit our website at:

www.cnstrial.com

15th Annual "Meeting of the Minds" Conference

The 15th Annual "Meeting of the Minds" sponsored by the Mental Health Association of Orange County was held on May 12, 2009 at the Disneyland Hotel. The objective of the event was to raise awareness, and discuss how to reduce stigma, increase cultural sensitivity, and share resources for the mental health community. The most unique highlight of the Meeting of the Minds, was the various workshops throughout the day, which covered a plethora of mental health topics. There were also sponsored booths from all areas of mental health ranging from drug representatives of prominent pharmaceutical companies to outpatient day care programs and partial hospital programs. CNS Network was able to make connections with representatives in the mental health community, in addition to sharing information about new therapies for psychiatric indications, like schizophrenia, bipolar disorder, and depression, as well as join the event holders in raising awareness. CNS Network is looking forward to next year's "Meeting of the Minds" conference for Orange County's Mental Health Association.



"Healthy Mind, Healthy Body" Long Beach Mental Health Fair



The Long Beach Health and Human Services department sponsored a day for Mental Health Wellness on May 9, 2009, titled "Healthy Mind, Healthy Body" at Bixby Park in Long Beach. The event combined physical and mental health awareness by providing information on agencies and resources available to the Long Beach community. In addition to mental health associations and clinics, aerobic instructors and nutritionists gave free tips to live a healthy life. There were also educational sessions for interested participants attending the event. These educational sessions were taught by various professional mental health advocates from all walks of life. Mayor of the city of Long Beach, Bob Foster and 54th Assemblywoman Bonnie Lowenthal attended the event to show their support.

CNS Network was able to offer information about clinical trials. For over 10 years, CNS Network has specialized in Central Nervous System disorders, including Bipolar disorder, Schizophrenia, and Depression. It was a very successful event! CNS Network was proud to be able to sponsor and be a part of such an educational event for local community members.

WHAT IS BIPOLAR DISORDER?

Bipolar Disorder (sometimes called "Manic Depression") affects nearly 6 million people in the United States alone. It is commonly misdiagnosed as Major Depressive Disorder (MDD), as some of the symptoms of bipolar depression appear to be the same as Major Depression, and these include hopelessness, loss of appetite, difficulty sleeping and decreased motivation. Unlike MDD, however, Bipolar Disorder is characterized by a history of at least one manic episode in a person's lifetime. Symptoms of manic episodes include racing thoughts, decreased need for sleep and an increase in dangerous behaviors, such as substance abuse or hyper sexuality. Bipolar Disorder is a chronic condition which will require some form of life-long treatment, most often in the form of medication. Finding the right treatment is specific to each individual and is important for maintaining a stable mood and a healthy lifestyle. We at CNS Network are committed to searching for tomorrow's cure today. For more information, call us at 1-877-411-1616 to speak to one of our informative staff members or visit our website, www.cnstrial.com

Test your Memory

Research shows keeping your brain challenged with daily activities may decrease your risk to develop dementia. Such activities include puzzles, reading, dancing, board or card games, playing music, etc. Test your memory with this matching game. Spend 10 seconds memorizing where each pair is, then flip to the back. See if you can fill in the missing images.

