

Epilepsy Link

A NEWSLETTER OF THE EPILEPSY COMMUNITY IN SINGAPORE



EPILEPSY CARE GROUP
(SINGAPORE)

Epilepsy Care Group (Singapore) Symposium 23 October 2021



Epilepsy Care G...
Hayden Tan



Living Well with Epilepsy.....

What's New

COMMENTARY

ECG 19TH FLAG DAY

CHRISTMAS APPEAL

Commentary by Goh Keng Hwee

At least 30 delegates from six different countries met virtually for a symposium on Living Well with Epilepsy Beyond the Pandemic organized for persons with epilepsy, their families and caregivers on 23 October 2021.

The programme was organized by Epilepsy Care Group (Singapore) as part of the 28th Anniversary of the Group. This first-ever virtual meeting provided the platform for rich multi-cultural exchanges between Africa, China, India, Malaysia, Malta, and Singapore, forged by a common identity in coping and involvement with epilepsy.

The Symposium was chaired by ECG executive director Sherman Goh, and co-chaired by Hayden Tan who is also the IT Team Lead.

.....*Beyond the Pandemic*

That afternoon's welcome address was immediately followed by a series of presentations on a comprehensive range of topics

One of the key factors to one's ability in coping with epilepsy is strong family support, emphasised by neurologist Dr Choong Chew Thye in her presentation on **'Epilepsy and the Family'**. Epilepsy affects family in many ways, and unfounded concerns about the condition lead to negative attitude..

Dr Harry Teoh's message in his talk on Epilepsy and Lifestyle drove home the point that normalcy is possible with a dose of common sense despite epilepsy and it should be an attainable goal for persons with epilepsy.

Coping with epilepsy as with other life-stage development, is life-long. Both Goi Ming Ying and Chris Ang Wei Jie shared on their struggles with epilepsy. Their struggles and coping with the condition gradually led to an incremental acceptance of the disease. Ming Ying and Chris were recipients of the International Bureau for Epilepsy 'Outstanding Persons with Epilepsy' Awards.

ECG's invited guest speaker, Dr James Tan, an organisational psychologist, shared on four connections in building resilience in his session, **Working Towards Resilience**. They are 1) building connections, 2) develop healthy thinking, 3) fostering wellness, and lastly 4) finding purpose.

The final speaker, Diana Koh, spoke on the impact of the long pandemic on persons with epilepsy based on studies in various parts of the world. From these lessons, she shared tips on coping. She also shared signs of Covid-19 fatigue and drew common themes on impact on persons with epilepsy such as worries, fear of contracting Covid-19, and hospitalisation, stooping or reducing medication, psychological distress.

And that was the end of what for all of us had been an intensely interesting symposium. We all agreed that appreciation was due to the organising committee of the Epilepsy Care Group (Singapore) for the effort they put into organising it, to the speakers for their willingness to share their expertise, and most of all to people with epilepsy who made such wonderful audience that made this all possible.



"Life is unfair to everyone makes life fair!"

The full recording of the symposium is available on Epilepsy Care Group's (Singapore) website: www.epilepsycare.org for a limited period only..