

About Us

Our mission: To support independence, quality of life and community participation for people with and affected by epilepsy.

Our Services

Public Education: Custom designed, in-person educational sessions about epilepsy, seizure first aid, and the social and emotional impact of epilepsy are available for schools, workplaces, daycares, or any interested community organizations.

Support Services: Individual and group support is available. A number of information sessions and workshops are also available throughout the year.

Resource Library: The EAC is home to a range of articles, books, videos and other printed information about epilepsy.

Volunteer Opportunities: A number of opportunities are available on an on-going and occasional basis.

Contact Us

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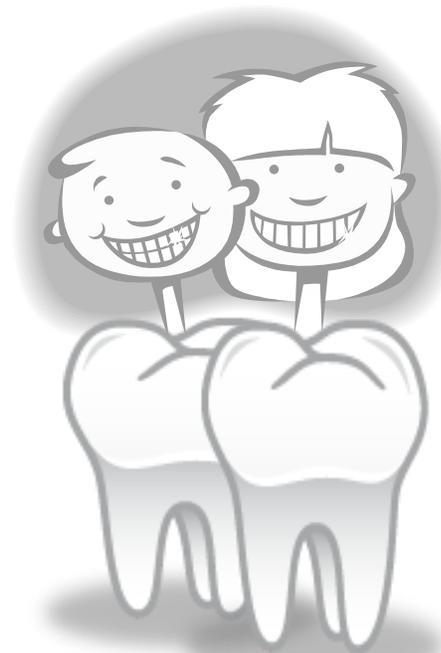
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Dental Implications of Epilepsy



**Epilepsy Association
of Calgary**

What You Should Know

Some anti-epileptic medications can affect the health of your teeth and gums. It is important to speak with your dentist prior to receiving dental treatment, to ensure that he or she is properly informed of your diagnosis and any medications you take.

In general, most dental work for people with epilepsy should be done using local anesthesia.

Your dentist or MD may also prescribe Phenobarbital or other medications in addition to your regular anti-epileptic medication(s) to take before your appointment.

Regularly provide your dentist with any updated information regarding changes in medication or seizure activity. This will help the dentist in creating a treatment plan that works best for you. Be sure to ask your dentist if you have any questions.

It is also a good idea to monitor your oral hygiene and alert a health care professional of any changes.

Dilantin and Gum Problems

Dilantin (phenytoin) is a drug that is commonly used in the treatment of tonic-clonic seizures. Research indicates one of the adverse effects of this medication is gingival hyperplasia (the overgrowth of gum tissue). Gingival hyperplasia occurs in approximately 25% to 50% of people taking Dilantin on a long-term basis.

Characteristics of Gingival Hyperplasia:

- Overgrowth typically first appears between teeth and is generally more marked between the front teeth and on molar surfaces nearest the cheek
- The degree of tissue overgrowth may be related to dosage and duration of use of Dilantin
- GH is more common in children than adults
- Prevalence is the same in males and females
- Overgrowth does not usually occur in places where teeth are missing or for those who wear dentures

Preventative Measures

Here are a few simple steps you can take to reduce the impact of gingival hyperplasia:

Brush your teeth daily using a soft, multi-tufted toothbrush after meals and before going to bed. Flossing daily, along with use of a rubber gum stimulator will also help.

Avoid foods that easily stick between teeth, especially those high in carbohydrates, to prevent gum irritation and overgrowth.

Be sure to Inform your dentist if you are taking Dilantin or any other medication that affects oral health.

Schedule dental appointments (every three months is suggested) for a check up and a professional cleaning. Surgical removal of excess tissue is possible should it become a problem to your health.



*“You don't have to brush your teeth—
just the ones you want to keep.”*

- Author Unknown