

What is the **HELP4HEROES** program?

The Epilepsy Foundation of Greater Los Angeles is an advocate of prevention, early intervention and proper treatment. It is our hope that through education, veterans of the Iraq and Afghanistan conflict will be better advocates for his or her own health and medical care and seek appropriate treatment. The **HELP4HEROES** Program will educate returning veterans about the problems of traumatic brain injury and post-traumatic epilepsy by providing informational packets, educational seminars, and resources to veterans with epilepsy and their family members at the VA Medical Center in West Los Angeles, community and veterans' health fairs and other venues.

Why do veterans and their families need to be educated about traumatic brain injury and post-traumatic epilepsy?

Traumatic Brain Injury is becoming commonly known as the “signature injury” of the Iraq and Afghanistan conflicts. Brain injury puts an individual at risk for epilepsy. While the symptoms of a mild case of traumatic brain injury may dissipate in a matter of days or weeks, the rate at which more severe cases of traumatic brain injury develop into post-traumatic epilepsy is rapidly accelerating.

How can our family support our returning veterans and the **HELP4HEROES** program?

Join the Epilepsy Foundation of Greater Los Angeles in our pro-active efforts to help our nation's heroes by participating in our annual Epilepsy Freedom Walk. This year's Epilepsy Freedom Walk, held on Sunday, October 18, 2009 at Griffith Park, will continue to honor our country's heroes -- veterans and especially veterans who are returning with traumatic brain injury or post-traumatic epilepsy. Proceeds from the Walk will help support the **HELP4HEROES** Program. We welcome you to form a team and join us for a fun day in the park.