



# EPILEPSY FOUNDATION

## Epilepsy Foundation Launches New Digital Web Tool - “My Seizure Diary” to Help Millions Better Understand and Control their Seizures

New Web Tool to Provide Comprehensive Information on Epilepsy.com

The Epilepsy Foundation, the nation’s leader in epilepsy and seizures information and engagement, announced the launch of their new web tool “My Seizure Diary” ([diary.epilepsy.com](http://diary.epilepsy.com)). With over 40,000 users and 60+ new features, this fully redesigned tool will help people better understand and manage their epilepsy.

“My Seizure Diary” is a self-management web tool specific for seizures and epilepsy. Users will be able to track seizure activity and other symptoms, manage medication and therapies, and recognize triggers that will provide better communication to health care providers. “My Seizure Diary” will also organize health history, develop seizure response plans, and remind users to follow their treatment plans.

With the launch of “My Seizure Diary” encompasses many new updates to the Foundation’s previous myepilepsydiary U.S. version, originally started by the Epilepsy Therapy Project in 2006. The Epilepsy Therapy Project merged with the Epilepsy Foundation in 2013.

Some new key features of the diary include:

- Offline accessible – diary can now be used in offline mode then sync to website when internet access is available
- Recording and tracking seizures is easier - both individual and multiple events or clusters can be recorded in more detail. Identify a default seizure to track the most common seizure type with quick entry
- Rescue therapy management - recording and tracking rescue therapies used to prevent seizure emergencies
- Seizure triggers and event tracking - seizure triggers can be tracked over time separate from seizure events, which helps identify lifestyle, health, or environmental factors that may affect seizures or wellness

“Our goal with ‘My Seizure Diary’ is to give each user an opportunity to take control of their life,” said Philip M. Gattone, president and CEO of the Epilepsy Foundation. “We have worked tirelessly to provide a fully functional digital tool that will help users successfully manage their seizures while keeping track of critical information for their doctors and caregivers. The information provided from the user can also help researchers better understand the impact and ultimately help find a cure.”

“My Seizure Diary” is fully responsive – all parts of the diary can be used from any size device. The complete suite of web tools is found at [diary.epilepsy.com](http://diary.epilepsy.com).

The iOS and Android companion apps, available from iTunes and Google Play stores, for “My Seizure Diary” will also allow for quick recording and tracking.

The Epilepsy Foundation thanks [Upsher-Smith Pharmaceuticals](http://Upsher-Smith Pharmaceuticals) for their support of “My Seizure Diary” web tool.

Our technology partner [Intergen](http://Intergen), is a subsidiary of Empired Limited, an award-winning Microsoft solutions provider, with staff delivering information technology solutions across North America, Australia, Asia, and New Zealand.

###

Media Contact: LeAnn Harley | [lharley@efa.org](mailto:lharley@efa.org) | 301.918.3721

### About Epilepsy

When a person has one or more unprovoked seizures, they are considered to have epilepsy. Epilepsy affects 3 million people in the U.S. and 65 million worldwide. This year, another 150,000 people will be diagnosed with epilepsy. Despite all available treatments, 4 out of 10 people with epilepsy continue to experience uncontrolled seizures while many more experience less than optimal seizure control.

### About the Epilepsy Foundation

The Epilepsy Foundation, a national non-profit with nearly 50 affiliated organizations throughout the U.S., has led the fight against seizures since 1968. The Foundation is an unwavering ally for individuals and families impacted by epilepsy and seizures. The mission of the Epilepsy Foundation is: to lead the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives. The Foundation works to ensure that people with seizures have the opportunity to live their lives to their fullest potential. For additional information, please visit [epilepsy.com](http://epilepsy.com).

“Like” the Epilepsy Foundation on Facebook at [facebook.com/epilepsyfoundationofamerica](https://facebook.com/epilepsyfoundationofamerica)  
Follow us on Twitter at [twitter.com/epilepsyfdn](https://twitter.com/epilepsyfdn).