

TAKE CONTROL



SEE A SPECIALIST

If your seizures are not controlled.



TAKE YOUR MEDICINE

On time, every day, exactly as prescribed by your doctor.



KEEP A HEALTH DIARY

Of seizures, test results, and questions for your doctor.

MY PLAN



CREATE AND SHARE YOUR OWN SEIZURE RESPONSE PLAN

Get your doctor's input and share it with your family, friends, co-workers, and teachers.



KNOW YOUR SEIZURE TRIGGERS

For many people not getting enough sleep, certain types of foods, or feeling stressed can cause seizures.



What is epilepsy?

More than 154,584 people in Central & South Texas have epilepsy.

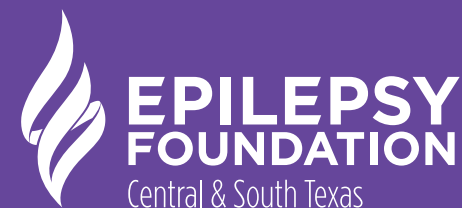
- A chronic brain disorder with unpredictable seizures.
- Seizure types vary as does age of onset.
- Epilepsy can affect anyone.
- The fourth most common neurological condition.
- One in 26 people will experience epilepsy in their lifetime.

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Central Texas Office

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WE'RE HERE TO HELP YOU!



OUR MISSION

Leading the fight to overcome the challenges of living with epilepsy and to accelerate therapies to stop seizures, find cures, and save lives.

OUR VISION

A world without epilepsy; lives free from seizures.

OUR SERVICES

OUR PROGRAMS



Get Healthy

- Medical clinics for the uninsured.
- Emergency medication.
- Diagnostic tests.
- Mental health counseling.

Be Educated and Prepared

- Transition to independence.
- Seizure first aid training for schools and the community.
- Health fairs.

Get Social and Be Enriched

- Support groups.
- Studio E Art Therapy.
- Camp Brainstorm.

Five-day, four-night camp for youth with epilepsy. Builds social skills, self-esteem, independence, and lifelong friendships. Features a variety of exciting recreational activities and informal learning.



Fundraise • Volunteer • Intern

Advocate

- Teens Speak Up!
- Ongoing efforts to protect the rights of people with epilepsy and promote public policies that benefit them.
- Patient safety and health.
- Regular communication with policy makers.

Fund Innovative Therapies and Research

- Eliminate seizures, side effects, and other consequences of epilepsy.
- More effective prevention.
- A cure.

Stay Connected  



Pencil us into your calendar. [EFCST.org/Events-List](https://www.efcst.org/Events-List)



[EFCST.org](https://www.efcst.org)



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