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MARCH MONTHLY NEWSLETTER

Welcome to the March edition of the TCN newsletter.

March is Epilepsy Awareness Month in Canada, a time to raise awareness and support those living with epilepsy. In this issue, we're sharing education, research updates, and insights on how medical cannabis may play a role in individualized seizure care.

Epilepsy

What it is:

- A neurological condition with recurrent seizures - sudden bursts of abnormal electrical activity in the brain.
- Seizures can affect awareness, movement, behavior, or sensations.

Diagnosis:

- Usually made after two or more unprovoked seizures.

Who can be affected:

- Can develop at any age, from infancy to adulthood.
- Contributing factors may include: Genetics, head injury, infections or stroke, brain development differences. In many cases, the exact cause is unknown.

What to know:

- Epilepsy is highly individual - symptoms and triggers vary from person to person. Awareness and understanding help create safer, supportive communities.

CBD & Seizure Management – What the Evidence Says

For many people living with epilepsy, seizures can disrupt daily life, sleep, and peace of mind. While anti-seizure medications remain the cornerstone of treatment, research shows that CBD (cannabidiol) - especially in medically regulated forms - can be a helpful adjunct therapy for some patients.

Clinical studies support that CBD may:

- Reduce seizure frequency and severity in certain types of epilepsy (notably Lennox-Gastaut and Dravet syndromes)
- Improve quality of life, including sleep and overall wellbeing, when used under medical supervision
- Potentially enhance the effectiveness of certain anti-seizure medications when carefully monitored

It's important to note that responses vary from person to person, and CBD is not a cure for epilepsy. Research continues, and outcomes depend on factors like epilepsy type, dosage, and treatment context.

Safety matters: CBD can interact with anti-seizure medications and may cause side effects in some cases, so close medical review and monitoring are essential.

Study Spotlight

Recent research continues to support the role of cannabidiol (CBD) in helping some patients with difficult to treat epilepsy. A 2025 real-world study published in Epilepsia Open evaluated over 100 patients with severe epileptic conditions - including Dravet syndrome, Lennox-Gastaut syndrome, and Tuberous sclerosis complex - who were treated with purified CBD in addition to their standard medications.

Key Findings:

- 69% of patients experienced at least a 50% reduction in seizures
- 21% had a 75% or greater reduction
- Many patients also reported improvements in alertness, sleep, and overall quality of life
- Most side effects were mild and manageable

Importantly, this study followed patients for an average of nearly 20 months, showing that benefits were sustained over time.

Read the Study HERE

DID YOU KNOW?

- About 1 in 100 Canadians live with epilepsy - that's roughly 300,000+ people across the country.
- Around 30% of people with epilepsy have drug-resistant epilepsy, meaning seizures aren't fully controlled with standard anti-seizure medications.
- The risk of epilepsy increases after traumatic brain injury, stroke, brain infection, or certain genetic conditions.

Travel Reminder

Travelling within Canada with medical cannabis?

- Carry products in original packaging and keep your medical documentation with you.

Note: Avoid travelling outside of Canada with cannabis, as it cannot be taken across international borders- even for medical use.

Seizure Wellness Tips

- **Stay Consistent:** Keep a routine for sleep, meals, and meds.
- **Prioritize Sleep:** Aim for 7–9 hours nightly.
- **Hydrate Often:** Drink water throughout the day.
- **Track Patterns:** Note triggers and seizure activity.
- **Be Prepared:** Carry medical info. or wear an ID.

Find out if medical cannabis is a safe option
Complete the TCN Intake HERE.

tcn The Clinic Network Clinic News & Updates

3 Month Follow up's

A friendly reminder that our 3-month follow-ups are part of ongoing care. These check-ins review treatment, monitor any changes in health, and help ensure care plans stay on track- they are not prescription renewals.

Reference(s):

https://www.ninds.nih.gov/health-information/disorders/epilepsy-and-seizures

https://www.healthline.com/health/cbd-oil-for-seizures

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