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3RD ANNUAL

Lifestyle Interventions For Epilepsy (LIFE)

November 1–3, 2024

Holiday Inn | Main Campus, Cleveland, Ohio



www.ccfcmc.org/LIFE24

*This Cleveland Clinic symposium is funded by
the generosity of **The Charles L. Shor Foundation.***

Lifestyle Interventions For Epilepsy (LIFE)

Despite the availability of more than two dozen anti-seizure medications, there remains a sizable number of patients (between 33% and 54%) who continue to suffer from recurrent seizures. Epilepsy surgery is an available and proven treatment modality for focal epilepsies, but a significant number of patients with multifocal epilepsy or generalized epilepsy are not good surgical candidates. In addition, patients with epilepsy often have difficulty to address psychosocial determinants of health such as stress, loss of employment, divorce and psychiatric comorbidities, including depression, anxiety, PTSD, and psychosis. Therefore, there is an acute need for non-pharmacologic/non-surgical interventions that complement the available traditional treatments for patients with various types of epilepsy.

The impact of lifestyle modifications on people with epilepsy is a growing field with various interventions that have shown potential for enhanced care. This inter-disciplinary program will critically review and discuss the current state of nonpharmacologic lifestyle approaches in epilepsy and its comorbidities by local, national and international experts. In addition, speakers will share best practices learned from treatment of other medical conditions.

Target Audience

This educational activity is intended for physicians, nurse practitioners, physician assistants, residents, fellows, and other healthcare providers such as psychologists, therapists, social workers, scientists, researchers, professors, and pharmacists who interact with patients with epilepsy.

Learning Objectives

- Discuss the benefits and pitfalls of nonpharmacologic lifestyle interventions in select medical conditions
- Define the current state of the use of nonpharmacologic lifestyle interventions in epilepsy and its comorbidities
- Identify the current knowledge gaps of nonpharmacologic lifestyle interventions in epilepsy and its comorbidities
- Discuss the challenges and opportunities for the use of nonpharmacologic lifestyle interventions in epilepsy and its comorbidities
- Discuss the current knowledge about the mechanisms of these nonpharmacologic interventions
- Discuss opportunities for future research in genetic and molecular mechanisms and imaging

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Lifestyle Interventions For Epilepsy (LIFE)

Program Faculty

Symposium Directors

Robert Saper, MD, MPH
*Cleveland Clinic Wellness and Preventative Medicine
Cleveland, OH*

Elizabeth Spurgeon, MD
*Cleveland Clinic Epilepsy Center
Cleveland, OH*

Advanced Practice Providers Planning Committee

Susan Stanton, PA-C
Peter Cebull, MSN

Faculty

Jane Allendorfer, MD
*University of Alabama at Birmingham
Birmingham, AL*

Kayla Arrotta, PhD
Cleveland Clinic, Cleveland, OH

Simona Balestrini, MD, PhD
UCL Queen Square Institute of Neurology, London, UK

Danielle Beaudoin, RD
Cleveland Clinic, Cleveland, OH

Baruch Rael Cahn, MD, PhD
*USC Brain and Creativity Institute
Los Angeles, CA*

William Curt LaFrance, Jr, MD, MPH
*Brown University
Providence, RI*

Krishna Galla, MD
Cleveland Clinic, Cleveland, OH

Elizabeth Gedeon, LISW-S
Cleveland Clinic, Cleveland, OH

Leigh Goldie
*Empowering Epilepsy,
Cleveland, OH*

Suzanne Hanser, EdD, MT-BC
*Berklee College of Music
Boston, MA*

Ahsan Moosa Naduvil Valappil, MD
Cleveland Clinic, Cleveland, OH

Imad Najm, MD
*Cleveland Clinic Epilepsy Center
Cleveland, OH*

Sylvia Neme Mercante, MD
Cleveland Clinic, Cleveland, OH

Anna Shapiro Krew, MD
Cleveland Clinic, Cleveland, OH

Registration Information

Lifestyle Interventions For Epilepsy

November 1–3, 2024

Holiday Inn on the
Cleveland Clinic Main Campus
8650 Euclid Ave
Cleveland, OH 44106

Registration Fees

The Charles L. Shor Foundation has covered the registration cost for participants. In-person attendance includes continental breakfasts, lunches, refreshment breaks, welcome reception and syllabus. Virtual attendance includes access to symposium and faculty presentations in PDF format. This program will be recorded and available for viewing afterward.

Registration Deadline

Pre-registrations are accepted online until 5:00 p.m. October 31, 2024, for in-person and October 30, 2024, for virtual live-stream.

For questions about registration or the need to cancel, email cmeregistration@ccf.org or call 216.448.8710.

Cleveland Clinic Center for Continuing Education reserves the right to cancel or postpone an activity at our sole discretion. In the unlikely event that this occurs, any registration fee(s) paid will be refunded. Be advised that Cleveland Clinic is not responsible for related costs including airline tickets, hotel costs, or any similar fee penalties incurred as a result of any activity cancellations or changes.

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Lifestyle Interventions For Epilepsy (LIFE)

Agenda

Friday, November 1, 2024 - Non-CME Session

- 6:00–6:15 p.m. **Welcome Address – Overview of Epilepsy**
Imad Najm
- 6:15–7:00 p.m. **Empowering Epilepsy**
Leigh Goldie
- 7:00–8:30 p.m. **Reception**

Saturday, November 2, 2024

- 8:00–8:30 a.m. **Continental Breakfast and Opening Remarks**
- 8:30–9:00 a.m. **Complementary Medicine for Epilepsy: An Overview**
Robert Saper
- 9:00–9:30 a.m. **Panel Discussion**
Robert Saper, Simona Balestrini and Patient
Moderator: Elizabeth Spurgeon
- 9:30–10:00 a.m. **Break**
- 10:00–10:45 p.m. **Landscape of Epilepsy Research**
Elizabeth Spurgeon
- 11:00–11:45 a.m. **Environmental Factors and the Impact on Epilepsy**
Simona Balestrini
- 12:00–1:30 p.m. **Networking Lunch**
- 1:30–2:15 p.m. **Sleep and Epilepsy**
Silvia Neme Mercante
- 2:30–3:00 p.m. **Addressing Mental Health Challenges in Epilepsy**
Anna Shapiro Krew
- 3:00–3:30 p.m. **Panel Discussion**
Anna Shapiro Krew, Elizabeth Gedeon and Patient
Moderator: Faculty
- 3:30–4:15 p.m. **Mind-Body Practices: Mindfulness and Meditation & Stress in Epilepsy Management**
Baruch Rael Cahn
- 4:15 p.m. **Adjourn CME Session**
- 4:30–5:15 p.m. **Non-CME Workshop Meditation Session**
Robert Saper

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Agenda

Sunday, November 3, 2024

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| 7:30–8:00 a.m. | Breakfast |
| 8:00–8:45 a.m. | Memory and Cognitive Enhancement Therapies
<i>Kayla Arrotta</i> |
| 9:00–9:30 a.m. | Integrating Holistic Approaches into Epilepsy Care Plans
<i>Elizabeth Gedeon</i> |
| 9:30–10:00 a.m. | Panel Discussion
<i>Kayla Arrotta, Elizabeth Gedeon and Patient Moderator: Krishna Galla</i> |
| 10:00–10:30 a.m. | Morning Break |
| 10:30–11:15 a.m. | CBT & Biofeedback for Seizure Control
<i>William Curt LaFrance Jr</i> |
| 11:15–12:00 p.m. | Exercise in Epilepsy Management
<i>Jane Allendorfer</i> |
| 12:00–1:30 p.m. | Networking Lunch |
| 1:30–2:15 p.m. | Non-Invasive Neurostimulation and Epilepsy
<i>Krishna Galla</i> |
| 2:30–3:15 p.m. | Epilepsy Management Through Nutrition
<i>Ahsan Moosa, Naduvil Valappil and Danielle Beaudoin</i> |
| 3:30–4:15 p.m. | Art & Music Therapy for Stress Relief and Emotional Expression in Epilepsy
<i>Suzanne Hanser</i> |
| 4:15–4:30 p.m. | Conference Wrap-Up
<i>Course Directors</i> |

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Location

Holiday Inn on the
Cleveland Clinic Main Campus
8650 Euclid Ave
Cleveland, OH 44106

Hotel Reservations

A block of rooms for \$189/night + tax has been reserved at the Holiday Inn on the Cleveland Clinic campus, 8650 Euclid Ave, Cleveland, OH 44106, 216.707.4200.

Parking

Valet parking is available at the hotel in addition to self-parking garages on the Cleveland Clinic main campus.

Faculty Disclosure

The Cleveland Clinic Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Integrity and Independence requiring mitigation of all faculty conflicts of interest. Faculty declaring a relevant financial relationship will be identified in the activity syllabus.

American with Disabilities Act

The Cleveland Clinic Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify Shana Spade at spades@ccf.org or 216.213.9575 at least two weeks prior to the activity.

For further information about this activity, contact Shana Spade at spades@ccf.org or 216.213.9575.

Health & Safety

All applicable Centers for Disease Control (CDC), state, and local safety protocols will be enforced for this event. Additional attendance requirements may be implemented to ensure attendee health and safety.

Accreditation

In support of improving patient care, Cleveland Clinic Center for Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

- **American Medical Association (AMA)**
Cleveland Clinic Center for Continuing Education designates this live activity for a maximum of 12.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- Participants claiming CME credit from this activity may submit the credit hours to the American Osteopathic Association for Category 2 credit.
- **American Nurses Credentialing Center (ANCC)**
Cleveland Clinic Center for Continuing Education designates this live activity for a maximum of 12.25 ANCC contact hours.
- **American Academy of PAs (AAPA)**
Cleveland Clinic Center for Continuing Education has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 12.25 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.
- **American Board of Surgery (ABS) MOC**
Successful completion of this CME activity enables the learner to earn credit toward the CME requirements of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.
Credit will be reported within 30 days of claiming credit.

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