**9 March 2022**

**Media Release – for Immediate Release**

**Blackbutt man Lance Nash wants to raise epilepsy awareness**

Lance Nash has had to overcome many obstacles since being diagnosed with epilepsy in 2016 after sustaining a head injury at work. Now 41 years of age, the Blackbutt local want to raise awareness of epilepsy, particularly in rural localities. He is sharing his story as part of Epilepsy Queensland's Make March Purple campaign, ahead of World Purple Day, March 26.

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“They slowly progressed into tonic-clonic [convulsive] seizures which turned my life upside down. I was no longer able to do the things in life that made me happy and fell into a world of depression after my diagnosis,” Lance recalls.

Going out in public is considerably anxiety-inducing for many people with epilepsy, including Lance. “I used to be a very confident person but my epilepsy took all my self-confidence away and meeting new people makes me very anxious,” Lance says, “My speech, memory, comprehension and learning abilities have been significantly affected”.

One thing Lance won’t be silent about is the need to raise more awareness about epilepsy among the public. “Raising awareness for epilepsy in schools and workplaces is extremely important and I feel there just isn’t enough awareness within communities,” Lance says.

“The Make March Purple campaign is a great opportunity to take a moment to reach out, speak, and support people with epilepsy and their families, and most importantly raise awareness and funds to provide further support for programs such as counselling and research.”

CEO of Epilepsy Queensland, Chris Dougherty says the funds raised during March contribute towards

free education and workshops to help families understand their epilepsy.

“Working with someone to recognise what might trigger their seizures and what they can do to

manage their condition is important work. We have been working in the community for over 50 years to help people live well with epilepsy,” says Chris Dougherty.

“We deliver thousands of free training workshops to families all over Queensland, giving carers the skills and confidence to administer rescue medication that can be lifesaving. We also provide psychosocial support to help people cope with what can be a very challenging diagnosis.”

“The people we support want us to raise awareness of the impact that epilepsy has on their

everyday life. They want us to help everyone to understand that epilepsy is not just seizures, it

interrupts their employment, education, and relationships.”

**WHAT: Make March Purple** is an Australia-wide campaign supported by epilepsy organisations across the country and the national peak body – Epilepsy Australia.

**WHEN:** Make March Purple Campaign runs from March 1- 31st 2022

**WHY: To raise awareness and share information about one of the world’s most common serious neurological conditions – epilepsy. Find more information** [HERE.](https://bit.ly/MakeMarchPurple)

**WHO:** Globally 65 million people live with epilepsy. In Australia, every 33 minutes a person receives a life-changing epilepsy diagnosis. In Queensland 30,000 people and their families are impacted.

To support Make March Purple visit: <https://bit.ly/MakeMarchPurple>

**MEDIA:**If you would like further information or are interested in setting up an interview or photo opportunity, please contact:

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**ABOUT EPILEPSY**

Epilepsy is a medical condition that affects the brain and causes recurring seizures.

Epilepsy is the most common serious neurological condition in the world.

Seizures occur when the brain’s nerve cells (neurons) misfire and generate sudden,

uncontrolled bursts of electrical activity in the brain.

Signs of a seizure vary depending on where in the brain the electricity occurs

Children under 5 years and adults over 60 years are the most common groups

to be diagnosed with epilepsy, however.

Epilepsy can affect ANYONE, at any age or stage of life.

50% of people do not know the cause of their epilepsy

30% of people with epilepsy will not respond to medication and seizures will remain uncontrolled.

**ABOUT EPILEPSY QUEENSLAND**

*For more than 50 years,* [***Epilepsy Queensland***](http://www.epilepsyqueensland.com.au) *has delivered help and hope to people and*

*families impacted by epilepsy. Each year, we answer nearly 4000 calls to*

*our Epilepsy Helpline and we deliver over 2000 community education sessions. We advocate for the 30,000 Queenslanders living with the condition and we are the organisation that 3000 newly diagnosed Queenslanders turn to each year for help, understanding, and information.*