



Alan C.
Springdale, AR
Born 1948
Diagnosed 1961

"When I was diagnosed, there was only one paragraph in the encyclopedia about epilepsy."

When he was eight years old, Alan was pulling his younger sister in a wagon on a hot summer day when he lost focus and control. He did not know it at the time, but he was having his first seizure. The seizures continued for the next five years, and when Alan was 13, they grew more frequent.

Alan's mother brought him to one of the only neurologists in Arkansas whose office was in a hospital basement, where he was diagnosed with epilepsy. Alan, who believes determination is in his genes, was concerned but decided to "press on" and continue to do everything a teenage boy did.

Alan completed high school and continued on to college after which he began a career. He continued to have seizures at night and simple partials during the day. Despite the struggles, Alan was able to obtain his Master's Degree and has been with the same company for over 20 years. Through working with his doctor, Alan was able to improve his seizure control.

Alan is currently working to start an Epilepsy Foundation chapter in his home state and mentors children with epilepsy in his spare time. He believes that having a sense of humor has allowed him to overcome the challenges he faced as a result of epilepsy.

As an Epilepsy Advocate, Alan hopes sharing his personal experience will build further awareness and understanding on living well with epilepsy.