



Registered Charity Number 1108016

www.matthewsfriends.org OR Telephone: 0788 4054811

Epilepsy affects about 1% of **ALL CHILDREN** in the UK and 25% of those children, will be resistant to medication and have a high association with disability, learning and behaviour problems. This has a major impact on theirs as well as family life.

The ketogenic diet is a high fat diet designed to mimic starvation and it has been used for the treatment of epilepsy for over eighty years. It is a very strict diet and **has to be medically managed**. It fell out of favour when anti-epileptic drugs came along but with the growing awareness that medication doesn't always work, and indeed the profile of their possible terrible side effects, use of the diet has again become more prominent. Many of the children with drug resistant epilepsy may benefit from the ketogenic diet with up to a third of all children put on the diet having a 90% reduction in their seizures or even becoming totally **SEIZURE FREE** whilst others have their seizures significantly reduced.

Unfortunately, due to a severe lack of resources and training, it is very much a postcode lottery at the moment whether parents are able to get their children on to the diet or not and this is where Matthews Friends come in.

- ✓ We raise awareness and promote the use of this diet
- ✓ We provide a telephone support line
- ✓ We provide an up to date website with lots of information for both parents and professionals.
- ✓ We have a Medical Board of the UK's leading experts as well as overseas experts.
- ✓ We have produced a DVD that is available for parents/professionals to learn more about the diet.
- ✓ We organise annual conferences and local workshops on the Ketogenic Diet
- ✓ We lobby for more funding to be made available for the use of the Ketogenic Diet.

We want to continue with all the work that we are currently doing and NOW we also want to start funding children through the diet so they don't have to wait years to get on it and have to endure more brain damage, more seizures, more medications and their side effects.

*** This is where we need **YOUR HELP** – we need to raise money to do this, the more we raise, the more children go on the diet – *it is that simple!*

*** Every £1000 we raise will fund a child through the first 3 months of the diet (which is when we can usually tell if the diet will be beneficial or not) AND help maintain all the work we do above.

THANK YOU FOR YOUR SUPPORT

Matthews Friends, PO Box 191, Oxted, Surrey, RH8 0WL