

## PEDAL TO PARIS



This year The Sandhu Charitable Foundation supported Epilepsy Research UK by sponsoring (on a £1 for every £1 raised matched funding basis) Mary Gavigan in her "Pedal to Paris" (from London) cycle on a road bike. Mary took part in order to raise much needed funds for this lesser known charity. The reason she did it was because her life has been impacted by the sudden onset of epilepsy in a close family member.

Epilepsy is a common condition that affects approximately one in 103 people. It is usually diagnosed in children and people over 65 years of age, although it can affect any one. Epilepsy causes recurrent seizures which are the result of too much electrical activity in groups of neurons within the brain. Hyperactive neurons cannot communicate with each other normally and this leads to seizure behaviour.

The behaviour seen when someone experiences a seizure varies according to the region of their brain that is affected. Visit Epilepsy Research UK's ["Background to seizures"](#) page for more information and download their leaflet ["What is epilepsy?"](#) to read more about different types of seizure.

Epilepsy Research UK is currently funding research to find out exactly what happens to the brain before and during a seizure:

Professor John Jefferys, at the University of Birmingham, is studying a certain type of brain wave and its role in seizure generation. You can learn more [here](#)

This is just one project from the Epilepsy Research UK research portfolio, which includes studies into many different aspects of epilepsy. To view the full portfolio, please click [here](#).

**For further information please contact:-**

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