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## TOP NEWS OF THE QUARTER

- Relocated to a more functional and better-equipped centre, improving clinical flow and service delivery
- Expanded national access through an epilepsy helpline supported by Ethio Telecom
- Delivered clinical care to 479 children and 512 adults, identifying 115 new epilepsy cases
- Strengthened diagnostics and continuity of care, 52 EEGs, 29 MRI referrals, 478 anti-seizure medication prescriptions, 76 home monitoring visits
- Built community capacity by training 98 Health Extension Workers from five Addis Ababa sub-cities
- Expanded public education through epilepsy at school and epilepsy at work initiatives
- Hosted three expert-led webinars on EEG, anti-seizure medications, and status epilepticus, with regional participation beyond Ethiopia
- Strengthened partnerships and visibility through supporter visits and institutional engagement



## MESSAGE FROM THE CEO

Dear Friends,

**This quarter was about one thing: making epilepsy visible where systems have long failed families.**

CareEpilepsy Ethiopia moved into a new home and expanded its reach with a national helpline, supported by Ethio Telecom. This has strengthened our ability to respond to families seeking care, many of whom arrive after years of unanswered questions or exclusion from services.

Between April and June, 438 people sought epilepsy care through our centre. Some had lived with seizures for years without a diagnosis, while others had been turned away elsewhere. We conducted 52 EEG assessments and supported 29 people to access MRI scans. For one mother whose child had long experienced unexplained “spells,” an EEG was not just a test—it was the first moment her concerns were recognised and a clear treatment plan offered. Accurate diagnosis remains the bridge between fear and effective care.

Community-level capacity building was a key focus. We trained 98 Health Extension Workers from five sub-cities in Addis Ababa, equipping them to recognise epilepsy, refer patients appropriately, follow up treatment, and address stigma with confidence. As frontline providers, their role is critical to closing the treatment gap.

Public education remained central to our work. We distributed 13,500 educational leaflets and 150 posters across schools, clinics, workplaces, and communities. Through Safe at School, 8,585 students and teachers learned how to respond safely to seizures, while 409 participants joined Safe at Work sessions on supporting employees with epilepsy. Webinars on EEG, anti-seizure medications, and status epilepticus extended learning beyond Ethiopia.

Alongside clinical care, psychosocial support continued through our helpline, which assisted 230 people with guidance and reassurance. Our partnerships grew, including a new MoU with Addis Guzo to support access for patients with physical disabilities, while professional and youth volunteers strengthened clinics, awareness, and advocacy.

With gratitude and hope,  
Enat Yewnetu  
Founder and CEO, CareEpilepsy Ethiopia



## AT-A-GLANCE IMPACT

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## THEMATIC AREA 1. CLINICAL CARE AND ACCESS



In this quarter, 479 children and 512 adults received epilepsy care. We identified 115 new cases, 65 children and 50 adults. Services included 52 EEGs, 29 MRIs, 478 ASM prescriptions, and 76 home monitoring visits, turning delayed diagnosis into structured, ongoing care.

Clinical services were strengthened through the commitment of volunteer neurologists who supported specialist clinics throughout the quarter. Dr Behalu and Dr Nardos provided expert consultations in April, followed by Dr Sisay and Dr Shewalem in May, with Dr Abel and Dr Meskerem continuing this work in June. Clinical care also extended beyond the clinic through follow up and home based support, ensuring patients were not left to navigate epilepsy alone after diagnosis.



## THEMATIC AREA 2. WORKFORCE AND SYSTEMS STRENGTHENING



Strengthening epilepsy care at community and primary health level is essential to closing the treatment gap. This quarter, CareEpilepsy Ethiopia trained 98 Health Extension Workers from five sub-cities in Addis Ababa, equipping them to recognise epilepsy, manage seizures safely, and refer patients appropriately, strengthening early detection and follow-up at the first point of care.



# THEMATIC AREA 2. WORKFORCE AND SYSTEMS STRENGTHENING

# MONTHLY WEBINAR

CAREPILEPSY ETHIOPIA



**MONTHLY WEBINAR SERIES ON EPILEPSY**

**TOPIC**

EEG AS A DIAGNOSTIC TOOL

**SPEAKER**

**Dr. John R. Pollard, MD**  
Neurologist, Director of the  
ChristianaCare Epilepsy  
Center



**JOIN OUR WEBINAR!**

**DATE:**  
26 April, 2025

**TIME:**  
5:00 PM - 6:00 PM (EAT)

Meeting ID: 225 352 1222  
Passcode: 4j6nTq

**Epilepsy and Anti-seizure Medications (ASMs);  
Advances in Research, Diagnosis and Treatment**

**MONTHLY WEBINAR SERIES ON EPILEPSY**

**17 May, 2025** **5:00 PM - 6:00 PM (11 seat local time)**

Meeting ID: 223 352 1222  
Passcode: 4j6nTq

**Speaker**



**Dr. Etsegenet Tizazu, MD**  
Neurologist, Epileptologist  
USA

**Speaker**



**Dr. Yeshewaneh Beyene**  
Doctor of Pharmacy  
USA

**093 848 3536**  [www.careepilepsy.org](http://www.careepilepsy.org)

CAREPILEPSY ETHIOPIA



**MONTHLY WEBINAR SERIES ON EPILEPSY**

**TOPIC**

MANAGEMENT OF STATUS EPILEPTICUS

**SPEAKER**

**Dr. Ebtisam Alumin, MD**  
Neurologist, Epileptologist,  
and Assistant Professor at  
Medical School of Georgia



**JOIN OUR WEBINAR!**

**DATE:**  
21 June, 2025

**TIME:**  
6:00 PM - 7:00 PM  
(EAT/Pretoria)

Meeting ID: 822 1190 7864  
Passcode: 027787

Our three webinar sessions create a clear and purposeful progression through the full spectrum of epilepsy care, starting from diagnosis, moving into emergency management, and then deepening into long-term treatment. Each topic fills a gap that is particularly visible in Ethiopia's health system, where epilepsy remains overshadowed by other health conditions and where access to accurate information is limited for both families and frontline health workers. The reach of these sessions extended beyond Ethiopia, attracting clinicians, pharmacists, and advocates from several African countries who share similar challenges in epilepsy care.

Thank you to every expert who contributed their time and knowledge to make these sessions possible.



## THEMATIC AREA 3 - COMMUNITY EDUCATION AND AWARENESS



### AWARENESS AT TIGIL LENETSANET PRIMARY AND MIDDLE SCHOOL

This quarter, CareEpilepsy Ethiopia delivered targeted awareness through two core programmes, *epilepsy@school* and *epilepsy@work*. Through *epilepsy@school*, we reached 8 schools, engaging 7,965 students and 40 teachers with practical guidance on recognising seizures and responding safely.



Through *epilepsy@work*, awareness sessions were delivered in 2 workplaces, reaching 207 workers with guidance on seizure response and inclusion. Sessions at the Yekatit 12 Hospital outpatient waiting area also reached families and community members seeking care.

## THEMATIC AREA 4: PSYCHOSOCIAL WELLBEING & COMMUNITY SUPPORT

### Caring with Confidence: A Family Training Program on Epilepsy



Family and caregiver training was also prioritised. Caregivers received practical guidance on seizure management, medication adherence, and reducing fear at home, improving confidence and strengthening links between households and health services, and helping families manage epilepsy more safely and consistently over time.

What made the training powerful was the honesty in the room. Parents shared their struggles. This session reaffirmed a core belief: when families are equipped, patients thrive.



## THEMATIC AREA 5. PARTNERSHIPS AND COLLABORATION

This quarter, partners and supporters spent time with our team, seeing epilepsy care as it truly is, inside clinics, schools, and communities. Visits from our Atlanta supporters and engagement with partners such as TotalEnergies helped deepen understanding, strengthen trust, and keep epilepsy visible in spaces where it is often overlooked.



### A VISIT FROM OUR ATLANTA SUPPORTER

Witnessing Impact Through a Visit from Dr Yeshewaneh, a committed supporter from our Atlanta group, who saw firsthand how his support is shaping epilepsy care on the ground.



### SHARING OUR MISSION WITH TOTALENERGIES

CareEpilepsy staff shared the mission and work of the organisation with TotalEnergies staff during the 2025 Easter celebration, opening dialogue on epilepsy care, awareness, and impact.



### ECA HEALTH PROMOTION PROGRAM

Championing Epilepsy Awareness at the ECA Health Promotion Program as CareEpilepsy stood alongside the Director of ECA to highlight epilepsy awareness and the impact of our work.



## Expert Insights: Epilepsy & Beyond

# MENTAL HEALTH



When the Mind Carries Its Own Weight.....

Living with epilepsy is not only about managing seizures. For many, the emotional weight is just as heavy. Worry, sadness, and the fear of being misunderstood can slowly take hold, especially when a child is trying to fit in at school or an adult is fighting to stay confident at work. These feelings often stay hidden because families are focused on medication and triggers, yet the mind quietly asks for attention too.

The signs can be subtle, becoming quieter than usual, avoiding friends, losing interest in things once enjoyed, struggling to sleep, or carrying a constant sense of tension. These moments are worth pausing for. They are reminders that emotional wellbeing needs care, not dismissal.

Support begins with listening. Counselling, gentle guidance, supportive family conversations, and when appropriate, safe medication can lift a person back to balance. When we treat both seizure activity and emotional pain with equal respect, people living with epilepsy find renewed strength, confidence, and dignity in their daily lives.



# BECAUSE YOU DESERVE IT

After months of tireless work planning the National Epilepsy Month and our 10-Year Anniversary, our amazing team deserved a break!

From heartfelt gifts to playful moments, this was our way of say: Thank You.

Thank you to our special friends in London who covered the cost.



You are seen. You are valued. CareEpilepsy Ethiopia is what it is because of YOU.

## OUR GREAT HEROES



### Abigail

By Abigail

Volunteering with CareEpilepsy Ethiopia helped me to redefine my purpose. It changed how I see the world, and more profoundly, how I see myself.

I've always been passionate about service, active in school clubs like the First Aid Club, the Supportive Quad, and the College Counseling Club. But my time at CareEpilepsy Ethiopia elevated that passion into something deeper—something enduring.

Under the mentorship of Dr. Bezawit Ketema and alongside a team of tireless advocates, I witnessed the unseen strength of people living with epilepsy. I met patients who faced stigma with quiet bravery and families who held them up with unwavering love. Their resilience pierced through me. It didn't just move me—it changed me.

Through awareness campaigns, outreach, and fundraising, I learned that advocacy isn't just facts and figures—it's empathy, listening, and telling stories that matter. I found my voice in their silence, and in doing so, I found direction.

This experience solidified my dream to pursue healthcare—not just as a career, but as a lifelong mission. One day, I hope to return to rural Ethiopia to help bridge the gap in care for those living with neurological conditions like epilepsy.

CareEpilepsy Ethiopia didn't just give me something to do, it gave me something to live for. I will carry it with me always.



## OUR JOURNEY: A MOTHER'S UNSEEN WAR

In a small, dimly lit home tucked away from the noise of the city, two brothers live with epilepsy. The older child, restless and impulsive, also lives with severe ADHD. Their days are shaped by seizures, confusion, and emotional strain, challenges their mother carries with quiet determination.

She does not carry this alone. The boys' grandmother stands beside her, helping where she can despite her own fatigue. Yet even shared responsibility does not lighten the burden. Managing medication, unpredictable seizures, and complex behaviours has become a daily struggle, both emotionally and financially.

At first, the family tried to cope on their own. With limited income, buying medication meant skipping meals. As costs rose, stability slipped further away. The older boy stopped sleeping through the night. The younger would seize without warning, on the floor, in bed, in his mother's arms. Fear settled into the home, replacing routine and rest.

Exhaustion has taken its toll. The mother has grown thinner from months of worry and missed meals, always putting her children first. The grandmother does what she can, preparing simple food, selling small items, asking quietly for help, but she too is tired. The boys cling to their mother, unaware of the weight she carries, needing her constant presence. Still, the mother holds onto hope. She dreams of a day when care does not depend on counting every coin, when medical visits are not delayed by unpaid bills, and when her children can sleep without fear.

CareEpilepsy Ethiopia exists for families like this. Through clinical care, access to diagnostics, medication support, psychosocial counselling, and caregiver guidance, the organisation works to ensure that families are not left to navigate epilepsy alone. By strengthening both medical and social support, CareEpilepsy aims to replace isolation with continuity of care, and help families move from survival toward stability.



## THE HEART OF CAREEPILEPSY ETHIOPIA

### Meet Our Team: Dr. Salem Taye

Dr. Salem Taye serves as the Clinical Care and Training Lead at CareEpilepsy Ethiopia, a role she stepped into after volunteering in the organization's summer program for two months. Her deep commitment to epilepsy awareness, her understanding of the stigma surrounding the condition, and her passion for humanitarian service naturally led her to dedicate herself to this cause.

Born and raised in Addis Ababa as the middle child in her family, Dr. Salem excelled academically while actively participating in extracurricular activities at Nativity Girls' School. Her dedication to both her studies and community engagement continued when she joined the University of Gondar as a medical student.



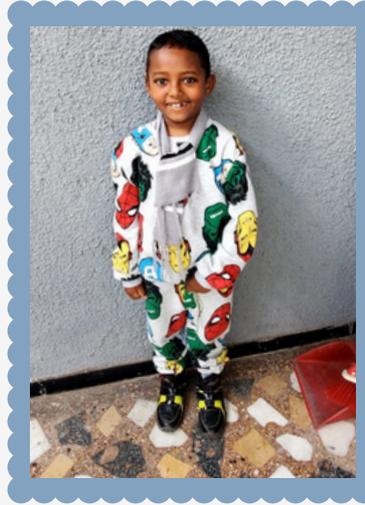
Over the course of seven rigorous years, she demonstrated resilience, hard work, and an unwavering commitment to her education. Alongside her medical training, she found time to contribute to various charity organizations, reinforcing her devotion to service.

Following her graduation, Dr. Salem chose CareEpilepsy Ethiopia as one of the organizations through which she could extend her humanitarian efforts. In her role, she plays a vital part in organizing both in-person and online clinical trainings, leading the clinic with professionalism and compassion. Her most cherished responsibilities include attending to patients, listening to their stories, and providing both medical and psychological support.

Beyond the clinic, she is deeply passionate about community outreach, particularly in educating the public about epilepsy—one of the most misunderstood and neglected diseases. Knowing that her efforts can transform the lives of people with epilepsy by fostering understanding and support within the community brings her immense joy. Her work at CareEpilepsy Ethiopia is not just a profession but a calling—one she embraces wholeheartedly in her mission to make a lasting impact.



# THANK you



CareEpilepsy Ethiopia thanks our partners and supporters, including Ethiopia Telecom, volunteer neurologists, youth and medical volunteers, Friends of CareEpilepsy networks in Addis Ababa, the Commercial Bank of Ethiopia, the Ministry of Health, Addis Ababa Health Bureau, London, Atlanta, DC, and Minnesota,, for their continued support this quarter.

## Ways to Support Our Work

Epilepsy care in Ethiopia requires consistency, partnership, and long term commitment. The work shared in this issue reflects what is possible when families, health workers, volunteers, and partners stand behind sustained care and awareness.

You can support this work by contributing financially, volunteering your time or skills, or helping extend awareness within your own networks. Each form of support strengthens access to care, training, and protection for people living with epilepsy.

To learn more, donate, or get involved, please look at the next page, visit our website or contact us directly using the details below.

**Epilepsy care is possible. The systems exist. What is required is commitment.**





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### Ways to Support us

#### DONATE

Give online  
[Donate Online](#)

Bank in Ethiopia  
CareEpilepsy Ethiopia  
Account Number:  
1000161849166  
COMMERCIAL BANK OF  
ETHIOPIA

### Why Choose Us ?

We're the only ones fighting for those with epilepsy in Ethiopia, and our 10-year track record proves we deliver the care and support they'd otherwise never get.



# CAREEPILEPSY ETHIOPIA

Saving Lives. Changing Perceptions

[SIGN UP HERE TO  
VOLUNTEER!](#)

—  
“Why spread epilepsy awareness if it’s not your story?”  
At one time, it wasn’t mine either. Until it was.  
—

