

Estonian League Against Epilepsy

2021-2022 Report

CHAPTER OFFICERS

Ulvi Vaher
Ande Lindmäe
Aleksi Rakitin
Kristiina Trupõld
Kateriine Orav



Officer Election Date: 11 April 2022

ACTIVITIES AND ACCOMPLISHMENTS

With the support of the ILAE Estonian chapter and the Estonian Neurology and Neurosurgery Association the development of the “Epilepsy Management in Reproductive Age Women and During Pregnancy” guideline was started. From the Estonian chapter Sulev Haldre, Ande Lindmäe, Kristiina Lepik, Aleksi Rakitin, and Ulvi Vaher were part of the guideline working group and participated in monthly or bimonthly meetings. The guideline was published in 2022 and several activities took place to spread awareness about the new guideline.

CHALLENGES FACED IN 2021 AND 2022

As everywhere else, the COVID-19 pandemic posed severe restrictions on in-person meetings and no chapter meetings were possible in 2021. With the start of the Russia-Ukraine war there has been a massive influx of Ukrainian refugees to Estonia, many of them with neurological diseases including epilepsy. The registration of Ukrainian refugees has gone relatively smoothly in Estonia and therefore the refugees have had access to free healthcare and medicines that they require. Luckily there have not been shortages of antiseizure medicines in Estonia caused by the war.

FUTURE PLANS FOR 2023

- Chapter meetings: The next chapter meeting is planned on 20 April 2023. The topic of the meeting will be “Epilepsy Pharmacology,” and as guest speaker we have invited Professor Cecilie Johannessen Landmark from Oslo University Hospital. A second meeting will be planned for Autumn 2023.
- In 2023 we are working towards better availability and reimbursement for newer antiseizure drugs in Estonia (such as lacosamide, brivaracetam, cenobamate) as many are not available for our patients.
- Implementation of a Valproate Pregnancy Prevention programme
- Development of the www.epilepsia.ee website to provide better information on epilepsy in Estonian to patients and careers

RESEARCH AND PUBLISHED ARTICLES

- Pre-pregnancy counseling for women with epilepsy: Can we do better? Rakitin A, Kurvits K, Laius O, Uusküla M, Haldre S. *Epilepsy Behav.* December 2021; 125:108404. doi: 10.1016/j.yebeh.2021.108404. Epub 11 November 2021.
- International collaboration between ERN-EpiCARE centers: Structural mapping of GABRB3 variants reveals genotype-phenotype correlations. Johannesen KM, Iqbal S, Guazzi M, et al. (Vaheer U.) *Genet Med.* March 2022; 24(3):681-693. doi: 10.1016/j.gim.2021.11.004. Epub 7 December 2021. PMID: 34906499
- The gain of function SCN1A disorder spectrum: novel epilepsy phenotypes and therapeutic implications. Brunklaus A, Brünger T, Feng T, et al. (Vaheer U.) *Brain.* 21 November 2022; 145(11):3816-3831. doi: 10.1093/brain/awac210. PMID: 35696452
- Epilepsy surgery – an underutilized treatment for drug-resistant epilepsy. Orav K. *Eesti Arst* 2022; 101(8):430–436
- Epilepsy management in reproductive age women and during pregnancy. Rakitin A, Vaheer U, Kirss A, Saar M, Kallavus K. *Eesti Arst* 2022; 101(11):644–647

MEETINGS

- Due to the COVID-19 pandemic there were no seminars organized by the chapter in 2021.
- 11 April 2022: “Epilepsy Genetics” seminar in Tartu with guest speaker Dr. Angel Aledo-Serrano from Madrid Ruber International Hospital. During the meeting, new chapter officers were elected.

Report submitted by Kateriine Orav