

March 05, 2021

Dear Colleagues,

It indeed is a great honor to participate in the elections for members of the ILAE-Asia/Oceania Committee for the 2021-25 term.

All of us, over many decades, are focused on a single goal – Epilepsy Care in its Entirety having contributed towards the region in every available capacity. Despite our region's heterogeneity (inter-country as well as intra-country) our dedicated, visionary past and present regional leaderships have been able to bridge many epilepsy gaps in the region. But this is not enough and more bridges need to be built and crossed.

I belong to a developing country where 2.2 million people have epilepsy yet it remains an orphan medical condition. It is not the priority of the government who is still struggling with diseases like TB and Polio. Primary care doctors usually lack enough knowledge, number of neurologists are inadequate, epilepsy management is time-consuming and society full of misconceptions. I have been working for the cause of epilepsy since a quarter of a decade with a small team of focused dedicated colleagues and despite many limitations we have made some significant achievements nationally and internationally. We started small, never gave up, and have innovative alternates to achieve our goals following our work motto; Do whatever you can with whatever little you have.

### **Epilepsy for All in the Region.**

- Being an inclusive society, would suggest non-chapter countries to be incorporated into regional activities; probably by associating a non-Chapter with an ILAE Chapter or other suitable legal method.
- Closely work with the committee members sharing my experiences help customize methods to address epilepsy-related issues.
- Support telemedicine and tele-education through various cyber-platforms
- Epilepsy Education on various levels, especially mentoring of mentors and postgraduate medical examining board members in epilepsy in the developing world shall be my priority.
- Research to be encouraged, providing guidance, supervision and some financial assistance to poorly resourced country.
- Help provide assistance in getting suitable innovative research from a developing country published in reputable international journals.
- Encourage harmony between ILAE and IBE local chapters for holistic management.

My experience of working within a setup with limited resources, out of the box thinking and implementation of the indigenous unconventional plans have helped our Chapter achieve our goals. If given a chance, with my personal experiences, I hope to contribute significantly but of course not without the co-operation and guidance of the region's chair and senior experienced colleagues. I am ready to put my best and achieve as a team.

Yours Sincerely,



Dr. Zarine Mogal  
President, Epilepsy Association of Pakistan (ILAE-Chapter)  
Secretary, Epilepsy Support Pakistan (IBE-Chapter)  
Member, ASEPA  
Co- Head, National Epilepsy Centre, Karachi, PAKistan