

Adult Neurology

Reed C. Perron, MD John T. Nasr, MD
Hugo N. Lijtmaer, MD Amrit K. Grewal, MD
Daniel R. Van Engel, MD Olga Noskin, MD
Kenneth A. Levin, MD Yamini Naidu, MD
Kenneth A. Citak, MD Daniel Berlin, MD, MSc
James T. Shamma, MD Fumin Tong, MD, PhD
Susan P. Molinari, MD Elena Zislin, PA-C

Pediatric Neurology

Peter L. Heilbronner, MD, PhD
Jennifer A. Cope, MD
Alexis M. Dallara-Marsh, MD
Mitchell Steinschneider, MD, PhD
Heather Weiner, APN

Managing Partner

Hugo N. Lijtmaer, MD

Chief Operations Officer

David T. Contento, FACMPE

Neuro Rehabilitation Center

Kenneth A. Citak, MD
Medical Director

John Jensen, PT
Director of Rehabilitation

PREVENTIVE MEASURES **IN PHOTOSENSITIVE EPILEPSY PATIENTS**

Below are some suggestions that may help reduce the risk of a seizure, especially if you are sensitive to light:

- Avoid video games with high contrast flashing
- Avoid clubs with high contrast flashing lights
- Cover one eye in case of a potentially provocative situation
- Wear eyeglasses that diminish the amount of light as much as possible
- Wear blue colored lenses, if that has been proven to be effective
- Use 100 Hz, LCD, or TFT screens
- Use small TVs and computer screens
- Diminish the contrast of TV and computer screens
- Use remote control
- Keep distance to any screen of ideally at least three times its width