

# EEG TO GO

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a division of  
Brain Science Technologies



## HOSPITAL QUALITY VIDEO EEG MONITORING SERVICES IN YOUR HOME.

State-of-the-art, EEG monitoring suite on site, as well as in-home hook up for our non-ambulatory patients. Comprehensive neurodiagnostic results and report available by our Epileptologist/Neuropsychologist upon request.

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Brad Levy, Director of Operations | Brad@eegtogo.com  
Dr. David Millett, MD, PhD | Medical Director

**EEG TO GO CALIFORNIA**  
Headquarters

4482 Barranca Pkwy. #240  
Irvine, CA 92604

**EEG TO GO FLORIDA**  
at the Rossignol Medical Center

2340 Dairy Rd. Suite #104  
Melbourne, FL 32904

**EEG TO GO TEXAS**  
at Health and Healing Pediatrics

11655 Independence Pkwy, Suite 200  
Frisco, TX 75035

**EEG TO GO ARIZONA**  
at the Rossignol Medical Center

4045 E. Union Hills Dr. #116  
Phoenix, AZ 85050

Office: 949-333-1682  
Fax: 949-333-5071  
Appointment Line: 949-312-1779  
www.eegtogo.com



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# EVERYBODY ASKS US...

## Why do we need overnight EEGs?

When most people hear the word seizure, they imagine a jerking body, stiffening of limbs, eyes rolling, etc just like on TV! The reality is, many people, ESPECIALLY KIDS WITH AUTISM, LANGUAGE REGRESSION AND OTHER DEVELOPMENTAL DELAYS can suffer from absence seizure activity, generally subclinical, therefore undetected. These events can appear as a short staring spell, sudden confusion, or a brief break in communication or activity.

**Too often, these events are categorized as behaviors and go undiagnosed and untreated.**

Most Epileptologists (a neurologist with additional training and certification) will recommend an overnight EEG, ranging from 24 to 72 hours in length. The diagnostic advantages of overnight EEG monitoring are well documented, and the data collected from a prolonged study which would include awake, busy, rested and asleep periods will have much stronger impact on the physician's ability to make the proper treatment recommendations.

## Why do we do EEG monitoring in the home?

We have found that many factors can influence how effective a natural living environment is during the EEG testing. Being that many spells occur during sleep, there are huge advantages to having this done at home or in a comfortable hotel room, as opposed to being attached to a hospital bed for several nights. We have found that patients with anxiety, the difference can be an agitated, uncomfortable patient with little or no sleep while In-patient, the patient can be reclined on their own couch with their own pillows, and their own pet or family members beside them. If we are to discover how your brain behaves during your normal day and night, why would we record you anywhere but at home?

## How is this done?

Our system involves both, equipment using the latest in technology and software coupled with our proprietary method for getting a professional hook up, 5-star concierge customer service and technical support. We are now able to record up to 96 hours without battery changes or maintenance. We simply connect the 24 electrodes, as well as 2 for heartrate, wrap a thin cotton cap over the head to protect the leads, and then the patient is ready to go with a small purse or back pack containing our recorder. Once the study is complete, the caregiver is able to remove the equipment at home and return it to the clinic.

We also send you home with a high performance HD video monitor, all set to "pop up" on its own, once you arrive home. This is how we obtain the video recording of the patient's behavior, and often most important, sleep. The process is quick and easy. Plug in power, hit the power button, watch the screen for your picture to appear!

- When requested by your physician, we can grant access to your Epileptologist to remotely view your EEG, remotely, while you are in your home. This is generally used when monitoring patients with uncontrolled, convulsive type seizures. \*Contact us for more info\*

## How do you hook us up?

Appointments are available Monday through Fridays in the morning only. This allows us to capture a full day of EEG once you leave the office. The process takes about 40 minutes, start to finish. We have a reclining chair or a bed, whichever better suits our needs.

We do have a Large TV and WiFi. Patients are free to use iPads and other electronic devices, listen to music or read books or magazines.

Stuffed animals and soft blankets always welcome.

- For those kids who will not stay calm and quiet, we do have a solution for them as well.
- WE DO NOT SEDATE CHILDREN FOR EEGs!

## What Insurance do you take?

At this time, we are In-Network with **Anthem Blue Cross, Blue Shield, Medicare and some local HMOs.** Feel free to call and / or email your insurance card for pre-approval of benefits.

## What do I need to do to prepare?

The only preparation required is clean dry hair. No product, spray or gel. You may want to wear a button down shirt to make it easier to change for bed. If you have a child who needs to visualize the process, feel free to visit our our facebook page : EEG to go to see pictures and reviews, or our website EEGTOGO.com to see our social story on how we do it! We have a video social story of the entire process.

## How do we fill our time while being monitored?

We encourage people to have a “busy brain & calm body.” We suggest tasks that use the brain, games, TV, homework, or reading, computer time, etc. Being that this is a wireless and Bluetooth system, you can take a brief walk around the neighborhood, but understand that while outside, you **WILL NOT BE RECORDING** video. Be diligent and return to the video monitor upon arriving home.

## What can I NOT do?

No swimming, No skydiving, no soccer, no gymnastics. No bath or shower! Calm body, remember?

## What happens if we see a seizure while recording the EEG?

When we are looking for yet undetected seizures, chances are that nobody at home will notice them, even during the test. We do supply a diary to log activities, as well as any curious behaviors or symptoms that may occur. For patients with a history of seizures, we supply an **EVENT NOTICE BUTTON**, which will book mark the EEG with the push of a thumb button. We mark any type of feeling or aura that the patient feels is connected to their events. It marks the study in those places, calling for the doctors added attention to that particular spot.



# BENEFITS TO DOING EEG AND WHY WE SCREEN KIDS WITH AN AUTISM DIAGNOSIS

- Scan for and detect Absence, and / or Abnormal Epileptiform activity.
- Locate and diagnose the location of the activity, type of seizure and frequency of discharges.
- Determine differential diagnosis of seizure activity vs. behaviors and other mood or sleep changes.
- Evaluate efficiency of current epilepsy medication(s).
- Evaluate for possible alternative psychiatric intervention.
- Evaluate cause of headaches or chronic insomnia.
- We are able to uncover conditions that have complex effects on kids with Autism, such as Landau Kleffner, ESES, Temporal Lobe Epilepsy, and more.
- We find that children with language deficits or regression are found to have left temporal discharges. Many of those kids show gains following diagnosis and treatment.
- Abnormal brain activity at night can effect daily performance, focus, mood swings and behaviors.
- Many times the EEG reveals poor sleep hygiene, and interruption between stages, and even little or no REM sleep.

In general, children with autism seem to show poor short range connectivity in the left hemisphere of the brain, which is responsible for language, while at the same time having an increased connectivity in regions that are further apart from each other, indicating some compensation or misbalance is occurring. The EEG tests have proved quite accurate – providing a clearer picture.

We work with industry leaders to provide you the best possible results . We are fortunate that many MAPS physicians, Biomedical specialists and Psychiatrists are now being proactive and referring patients for an EEG at the earliest onset of symptoms. We are proud to be able to expedite referrals to noted Epilepsy centers such as UCLA, CHLA, HOAG, and St Joeseeph's Heritage.

## How do I get an EEG ordered?

It's not that difficult to ask your primary care or your neurologist to order an EEG. Understand, it DOES need to be medically necessary. That means that the patient needs to be exhibiting seizure like symptoms, staring spells, loss of focus, or altered awareness.

**Consult your physician!**

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