



### Other News

**Lauren Evans** arrived with us in September for the placement year of her Psychology degree at Cardiff University. She is currently busy scoring test results from the Treatment Study : we could not function without help from our student interns— thank you, Lauren! **Matt Lomas**, until recently our research assistant, has moved on to a new study within the medical school, with a future PhD project in view.

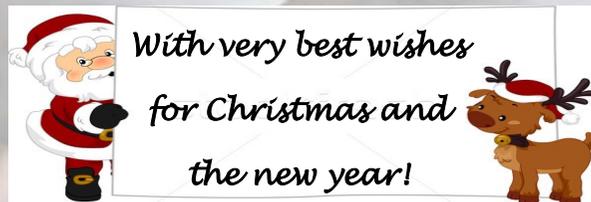
### Funding

The TIME study is at a crossroads. Our recent Dunhill Medical Trust Funding has come to an end, and the project is currently being supported by core funding for the main researchers. We will apply for further research funding over the coming year, but this is always an uncertain process. If anyone has ideas for fund raising— or indeed spare funds to donate— please let us know.

### Thanks to you

As ever, we are hugely grateful for your help with the TIME project. Without your contributions, the study would not exist. Over the past decade it has enabled us to learn much more than we knew previously about the clinical, radiological and neuropsychological features of TEA. This work has raised awareness and speeded the diagnosis of management of this eminently treatable condition. The TIME website continues to attract national and international enquiries: <https://projects.exeter.ac.uk/time/index.php>

If you have questions about the project, or would like us to send you copies of our papers, please let us know.



**Principal Investigators**  
Prof Adam Zeman  
Prof Chris Butler

**Research Fellows**  
Dr Sharon Savage  
Dr John Baker  
Mr Matt Lomas

**Collaborators**  
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# time

## The Impairment of Memory in Epilepsy

### Christmas Newsletter 2018



Delegates to the TIME Family Day 27.6.2018

**Thanking you very warmly for your contribution to the TIME project this year. This letter summarises our recent activities and progress.**

#### The TIME Project

University of Exeter Medical School — Cognitive Neurology Research Group,  
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## TEA Family Day

We held our first TEA Family Day on the 27th June 2018, coordinated by Dr Sharon Savage, until recently our research fellow. We were delighted that it went down well with our participants: it was hugely enjoyable for all the members of the TIME team. Around 50 patients and their partners attended, on a hot Summer's day. The programme included the following presentations:

- Adam Zeman: history of TEA and the TIME project;
- Dr John Baker: our understanding of TEA based on our series of 115 patients;
- Sharon: our broadly reassuring results on the long-term outcome;
- Matt Lomas (research assistant): progress on the 'TIME Treatment Study'.
- Jon Curson and John Francis: first-hand experiences of TEA.
- Prof Narinder Kapur (who coined the term TEA): ways of optimising memory, with contributions from Serge Jezequel and Paul Lomas;
- Anne Parish: the now up and running Facebook group for people with TEA.

Finally we broke up into small groups so that all delegates could contribute to a discussion of future research priorities: we identified several main areas including raising awareness of TEA among doctors, investigating causes, triggers and associations of TEA, optimising treatment, approaches to memory rehabilitation and aspects of prognosis. We have subsequently established a research partnership group of patients who are keen to shape decisions about our future research.



Sharon Savage addressing the TIME Family Day

Delegates clearly enjoyed meeting one another and sharing experiences: we found the day inspiring. We hope to run another Family Day in the future.

You can read more about the day on our TIME website.

## Current Projects

We have recently completed our 'TIME Treatment Study' which will indicate whether the use of anticonvulsants in TEA helps the memory problems that occur between attacks as well as the attacks themselves. We are eagerly awaiting results from collaborators in Oxford and London that will shed light on possible genetic and auto-immune contributions to TEA. We will soon submit for publication a paper based on the 115 patients presented by John Baker at our family day, and further work by Sharon on the prognosis of TEA. We are very grateful to those of you who have agreed to take part in our autopsy study of brain changes in TEA: we trust that this study will be a long time coming, but thank you for your commitment. John Baker has recently collected the final data from his complementary study of epilepsy occurring in dementia, the PRESIDE project: this will increase our understanding of how frequently epilepsy occurs in dementia and how it differs from TEA.

## Publications

Recent publications include a paper describing in detail the autobiographical amnesia that can accompany TEA and temporal lobe epilepsy (**Neuropsychologia, 2018; 110:55-64**); papers by Kathryn Atherton and Serge Hoefjeijzers, describing work to which many of you contributed, examining accelerated long term forgetting (ALF—both in **Cortex, available on-line**); a joint study with Professor Nick Fox in London, investigating accelerated long-term forgetting in people with familial Alzheimer's disease (**Lancet Neurology, 2018;17:123-132**) and a book chapter by John Baker, in press, describing the key features of TEA.

**A full list of our publications are available on our website:**

**<https://projects.exeter.ac.uk/time/>**

## Presentations

Adam Zeman and Matt Lomas presented the team's work at meetings in the UK and abroad, including at the British Neuropsychiatric Association meeting (for which our work on the follow-up of accelerated long-term forgetting and autobiographical memory won a prize) and the 'Epilepsy, Brain and Mind' meeting in Brno this Summer. It was clear in Brno that TEA has – finally – been acknowledged by the wider community of epilepsy specialists as a distinct epilepsy syndrome.