



Syncope Trust And Reflex anoxic Seizures®

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Working together with individuals, families and medical professionals to offer information and support on Syncope and Reflex Anoxic Seizures

**Thousands of children mis-diagnosed with epilepsy and suffering with RAS now have access to BMA award winning educational materials produced by STARS Charity.**



STARS 'Jack has RAS' information booklet has been Highly Commended in the 2019 BMA Patient Information Awards. The BMA patient information awards established in 1997 to encourage excellence in the production and dissemination of accessible, well-designed and clinically balanced patient information.

'Jack has RAS' is an educational resource which includes a fictional story about a character 'Jack' with 'RAS' (Reflex Anoxic Seizures- unexplained loss of consciousness/fainting). This story is written specifically to explain through illustrations and simple language what RAS is. The idea was conceived to help siblings and young friends understand RAS and through the story be reassured that they are not to blame for their brother or sister's faint. It encourages a child to ask questions and appreciate that even with RAS they can still join in all the fun and not be left out of activities. Harry the Hedgehog encourages reader participation!

Up to 39% of children with reflex anoxic seizures are all too often mis-diagnosed with epilepsy. RAS is a cause of up to 6% of visits to A&E! It can take months even years to reach the correct diagnosis. Meanwhile children are often excluded from every day activities. STARS charity provides information, support, education and awareness to help parents and their families to obtain a correct diagnosis and how to better manage living with the condition.

**Patrons:** Prof. John Stephenson, Prof. Christopher Mathias, Prof. Rose Anne Kenny, Dr William Whitehouse, Dr Adam Fitzpatrick, Dr Wouter Wieling, Sir Elton John CBE, Twiggy Lawson, John Burton Race, Selma Blair

**Trustees:** Mr Andrew Fear, Prof. Rose Anne Kenny, Mrs Cathrine Reid, Dr William Whitehouse

**Founder & Chief Executive:** Mrs Trudie Lobban MBE

Registered Charity Number: 1084898 © STARS 2016



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Trudie Lobban MBE, Founder & CEO of STARS said 'having had a child diagnosed with RAS I know only too well the impact it has on the child, siblings, friends and schools and clubs. I wish this resource had been available 26 years ago when my daughter was diagnosed. We have seen first hand the difference this resource has made to so many children and their families. A better understanding and awareness helps to ensure the child is treated like any other child and is included in activities with plans in place to know how to manage a RAS attack should it occur. No child should be excluded because of RAS, all children should be included helping them to manage RAS and to lead active lives – just like any other child! Thanks to the BMA award we will achieve even greater awareness which in turn will help thousands of families.'

For further information about STARS or RAS, visit the website at <http://www.stars.org.uk> . To view more illustrated resources for children [click here](#)

**Notes to editors**

STARS provide support to ensure that anyone presenting with unexplained loss of consciousness receives the correct diagnosis, the appropriate treatment, informed support and sign posting to the appropriate medical professional.

- Reflex Anoxic Seizures (RAS) is the term used for a particular fit which is neither epileptic nor due to cyanotic breath-holding, but which rather results from a brief stoppage of the heart through excessive activity of the vagus nerve.
- 30% of adults and 39% of children diagnosed with epilepsy have an underlying (often fatal) arrhythmia
- 1 in 3 visits to A&E are due to syncope but often the person has regained consciousness before the healthcare professionals see them making it difficult to capture the cause.

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