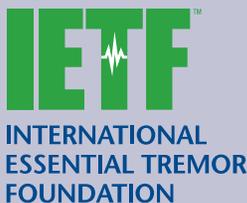




**The IETF has given back to
Carole Wagner what ET
took away...a voice.**

*Bob and Carole Wagner with Mitch,
one of their 11 grandchildren*



Hope through research, awareness and support

Like a quiet thief,
ET stole Carole Wagner's
ability to speak and
ended her career.

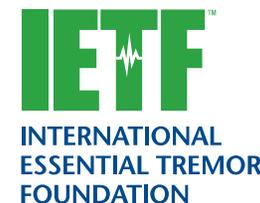
Joining the IETF and
participating in a local support
group became the salvation
Carole desperately needed.

The IETF provided her with the
tools she needed to resume life
as an independent woman.

Please, read on to learn how
your donation can help others
like Carole learn to cope.

*Bob, Carole and their family
thank you.*

**Help make a lasting difference —
donate today.**



PO Box 14005, Lenexa, Kansas 66285-4005 U.S.A.

Toll Free 888.387.3667 • 913.341.3880 • Fax 913.341.1296

Email: staff@essentialtremor.org • Website: www.essentialtremor.org

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Essential tremor is a stealthy thief. It can steal the ability to perform simple daily activities — drinking from a glass, shaving, applying makeup, eating. ET can steal self-confidence. It can swiftly take away peace of mind.

ET stole Carole Wagner's ability to speak and ended her career.

ET entered Carole's life in 1980, affecting her voice, jaw, and head. And, as is so often the case, it took more than a decade to get an accurate diagnosis. Deep-brain stimulation (DBS) surgery in 2000 controlled tremor in her right hand and brought improvement to her voice tremor. Over the past four years, however, tremors in her left hand and voice have worsened significantly. Carole's life has changed drastically.

Voice tremor caused such speaking difficulty that she had to retire from her position as information specialist with British Petroleum, where she created the Health, Safety and Environmental Affairs Department library. In addition to an undergraduate degree from Duquesne University, Carole holds a master's degree in library science from Case Western Reserve University.

"I reached a point where I couldn't communicate to do my job," she remembers.

ET's forced silence reaches into every aspect of Carole's life. "I used to be a talker, but now I rely on my husband Bob and other family members to talk for me."

Even that help isn't always enough. "Other people make doctor appointments for me, but once I get to the appointment, I can't let the doctor know what I really need."

Carole stopped using the phone long ago unless she's calling a family member. People ask if she speaks English or they simply hang up, she explains. Her inability to communicate has left an extremely limited social life.

Finding a voice through the IETF

Joining and becoming active in the IETF has made a huge difference in Carole's life. After working with a speech therapist, she launched a support group in Akron, Ohio, where she took speech therapy. "We have such a welcoming group of truly friendly, understanding people," Carole says with a smile. "I look forward to enjoying lunch on our meeting days. Everyone belongs to the IETF, and we have great discussions about topics in *Tremor Talk*."

Asked what counsel she would give others who have ET, Carole's response is quick. "Join the IETF and find a local support group."

The benefits are significant, she says. Not only does Carole cherish the social time and friendships that come with involvement in the Foundation and her support group, but speakers and topics help make life easier for people who have ET. An occupational therapist shared tips especially

helpful for people who have hand tremor. A physician discussed medications used to treat ET. A neurologist talked about DBS.

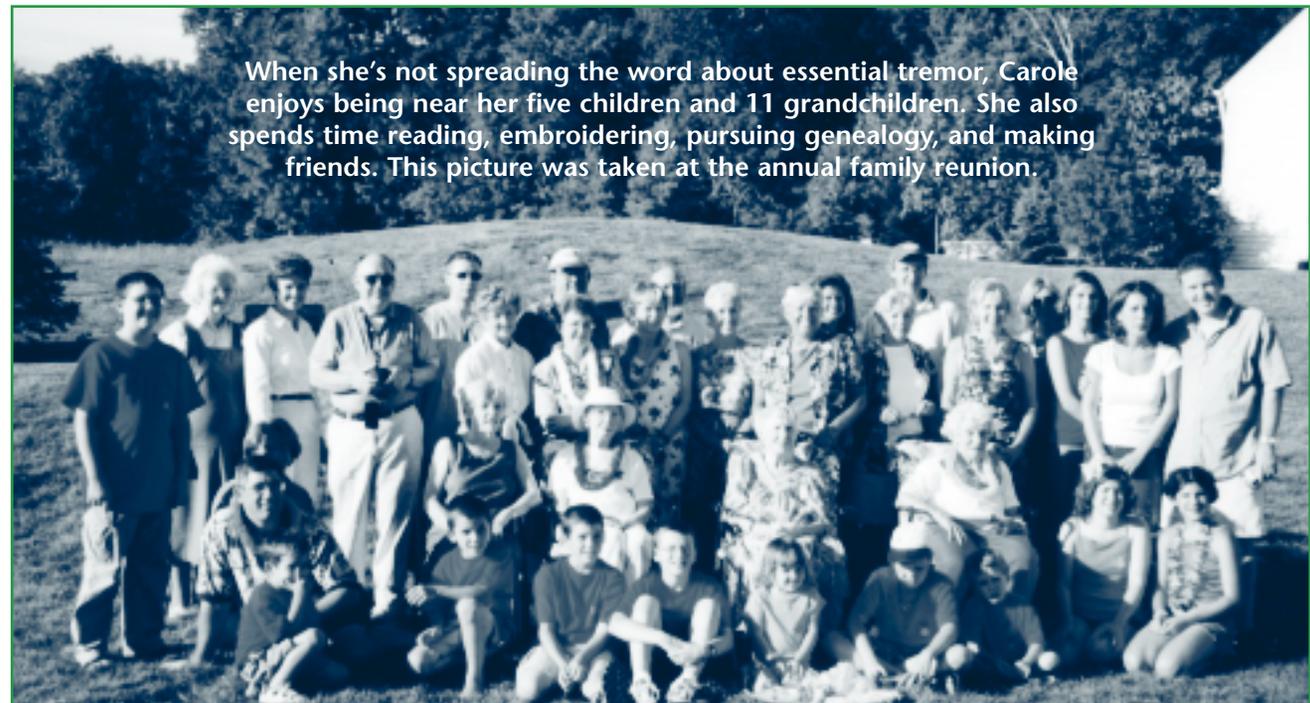
The IETF's increasingly successful efforts to educate the world about ET are also important aspects of membership for Carole.

"I want people to understand that shaking doesn't mean we're nervous. I want them to know that, with time and patience, we can do what everyone else does. It just takes us a bit longer."

Silencing the thief

"Thank heavens my profession made me comfortable with computers," she says. "I've made friends through my genealogy research, and e-mail enables me to maintain those friendships."

ET may have stolen Carole's voice, but it hasn't stopped her. She lets her fingers do the talking.



When she's not spreading the word about essential tremor, Carole enjoys being near her five children and 11 grandchildren. She also spends time reading, embroidering, pursuing genealogy, and making friends. This picture was taken at the annual family reunion.