

**INTERNATIONAL  
ESSENTIAL TREMOR  
FOUNDATION**

*Hope through research, awareness and support*

# WELCOME

For more than a decade, the IETF has provided information, services, and support for people who have ET as well as for the people who love and care for them. The only international organization dedicated to ET, the IETF encourages and promotes research to determine causes, treatment, and ultimately, the cure for essential tremor. Because knowledge is essential in making informed decisions, we have provided the following material to help you learn more about essential tremor and the IETF.

- Letter from the Executive Director
- Patient Information Handbook
- All about the IETF
- Order/Membership Form
- Ways to Learn More

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# THANK YOU!



*Catherine S. Rice  
Executive Director*

Dear Friend,

Thank you for your interest in the International Essential Tremor Foundation (IETF). People like you make it possible for us to provide patient services, education, and a physician referral service. Your support helps us increase public awareness of essential tremor (ET) and fund research that could lead to a cure for this life-altering condition.

We invite you to join with us to make a difference for thousands of courageous people around the world who live every day with ET. As an IETF member, you will receive *Tremor Talk*, our quarterly publication that covers research advances, new drugs and surgical procedures, coping suggestions from members, articles by physicians who specialize in treating tremor disorders, support group news, and information that can help you or someone you care about cope with ET.

Your generous membership will help us continue and expand our programs and provide vital services for people living with ET. Thousands of IETF members around the world mean strength and power, both of which are essential to finding better therapy, prevention, and a cure for essential tremor.

To join or donate to the IETF, simply fill out the membership/donation form on page 11 or become a member or donate online by going to the IETF website at [www.essentialtremor.org](http://www.essentialtremor.org) and click on "Join IETF" or "donate to IETF".

Sincerely,

A handwritten signature in blue ink that reads "Catherine S. Rice".

Catherine S. Rice  
Executive Director

Donations to IETF are tax-deductible as allowed by law.

## **Mission of the IETF**

To provide global educational information, services and support to those affected by essential tremor (ET), and to health care providers, while promoting and funding ET research.

# PATIENT INFORMATION HANDBOOK

If you have essential tremor (ET) or you know or care for someone who has the condition, you're likely looking for information. This is a great place to start to familiarize yourself with ET.

## What is Essential Tremor:

Essential tremor is a neurological disorder that causes the hands, head, voice, legs, or trunk to shake rhythmically. Although there are many possible causes of tremor, ET is the most common. Generally, tremor occurs during action such as while eating, drinking, or writing. This is called *action tremor* or *kinetic tremor*. The tremor of ET can also occur in positions against gravity. Holding your arms out in front of your body, for example. That is *postural tremor*.

ET can be frustrating and embarrassing, and it can even lead to social isolation. In some cases, ET can be quite disabling, causing difficulty with such normal daily activities as writing, eating, drinking, and speaking. In many cases, ET progresses with time, leading to more severe tremor or tremor in additional parts of the body. Sometimes, however, ET progresses so slowly changes may not be apparent in the person's lifetime.

ET does not affect life expectancy. People who have ET have life expectancy equivalent to that of the population as a whole.

ET can affect people of any age, gender, and race. Although the condition is often genetic and can occur in many members of the same family, it sometimes occurs when there doesn't appear to be any known family history of tremor. Age of onset, severity of tremor, body parts affected, and response to treatment vary from person to person, even within the same family.



## Who gets ET?

ET is one of the most common movement disorders. Up to 10 million people in the United States and many more worldwide have ET. While tremor is more commonly seen in older people, ET can affect anyone at any time between early childhood and old age. Researchers estimate that 4 to 5.6 percent of people aged 40 to 60 have ET. The incidence rate for people age 60 and older is estimated at 6.3 to 9 percent.

## How is ET diagnosed?

There are no medical tests to confirm the diagnosis of ET. It is diagnosed during a neurological examination after the physician evaluates symptoms and rules out other potential causes of tremor such as:

- medication side effects,
- thyroid disease,
- excessive stress or trauma,
- excessive use of caffeine or other stimulants,
- presence of other movement disorders such as Parkinson's disease.

During the neurological examination, your doctor will generally collect a complete medical history as well as specific information about your tremor. Here are some questions your doctor may ask.

- Do you have a family history of tremor?
- Have you ever had a head injury?
- Does your tremor occur during action or while you are at rest?
- How long have you had tremor and did it begin after a particular incident?
- What parts of your body are affected?
- Did it come on suddenly and has it gotten worse over time?
- Are there specific factors that make your tremor worse such as stress, caffeine, or alcohol intake? Are there specific things that improve your tremor such as alcohol?
- What medications – both over-the-counter and herbal – and prescriptions are you taking and what medications have you taken in the past? (Certain medications may cause tremor, so it's a good idea to bring a list of the medications you are taking or the pill containers themselves. It is also helpful to bring any medications you have taken in the past.)



## What causes ET?

Although ET is thought to be related to a part of the brain called the cerebellum, no specific brain abnormalities have been confirmed. There is no certain cause. In most cases, ET appears to be an autosomal dominant disease. That means each child of a parent with ET has a 50 percent chance of inheriting ET. Not everyone who inherits a gene develops symptoms, however.

Some people who have ET do not have a family history of tremor. This suggests the possible influence from other factors such as exposure to environmental toxins. There is currently no genetic test for ET.

## What are other causes of tremor?

Many things can cause tremor. To avoid a mis-diagnosis, it's important that you see a doctor who has been trained to diagnose and treat tremor disorders.

Some causes of tremor include:

- Enhanced physiologic tremor (the natural tremor that occurs during stressful or fear-provoking situations),
- Medication-induced tremor (including prescription medications such as beta-adrenoceptor agonists, valproic acid, thyroxine, tricyclic antidepressants, selective serotonin reuptake inhibitors, procainamide, methylxanthines, antipsychotics, and lithium),
- Over-the-counter medications,
- Herbal remedies and illegal drugs,
- Post-traumatic tremor resulting from a head injury,
- Presence of another neurological disorder, most commonly Parkinson's disease or dystonia (involuntary muscle contractions).

Because it is possible to have both ET and another disorder that causes tremor, ET is often confused with Parkinson's disease (PD). Here are some differences between ET and PD.

- The type of tremor is different. PD tremor generally occurs at rest, while ET occurs during action.
- PD has additional features, such as slowness and stiffness, while ET is generally associated only with tremor.
- People who respond to ET medications do not generally respond to medications used for PD.

# PATIENT INFORMATION HANDBOOK

## Medications for ET

If your ET is mild and not bothersome to you, you may not need treatment. If, on the other hand, ET interferes with your ability to work, perform daily activities, or interact socially, you may want to consider available therapies.

Because there is currently no cure for ET and medications are estimated to be effective for about half of patients, it is important for you to have realistic expectations about therapy

Treatment goals are to reduce the severity of the tremor and to improve daily functioning and quality of life. Achieving these goals may take time because each person responds differently to the available treatments. In addition, you may need to try more than one treatment before you and your physician find the best one for you.



## First Line Therapies

### Beta-Blockers

#### Propranolol (Inderal®)

Propranolol is currently the only medication approved by the Food and Drug Administration (FDA) for the treatment of ET, and approximately 60 percent of persons with ET receive benefit from it. It is available in both immediate and long-acting formulations.

Propranolol is in a class of drugs called *beta-blockers*, which are used primarily for treating high blood pressure. It is not clear exactly how propranolol works in treating ET. Your doctor may prescribe propranolol to be taken as needed, such as during particularly stressful situations, or daily if disability is persistent. Tremor reduction generally occurs one to two hours after a single 10 to 40 milligram (mg) dose, and the effect generally lasts about four hours. A once-daily, long-acting preparation is also available.

Although propranolol is most effective for hand tremor, it may also be effective for head and voice tremor. Individual response is variable and complete tremor reduction is rare.

Side effects of propranolol are usually mild and are more frequent at higher doses (more than 120 mg a day). The main side effects are decreased pulse rate and blood pressure. Less common side effects are fatigue, depression, impotence, nausea, weight gain, rash, and diarrhea. If you experience unpleasant side effects, be sure to talk with your doctor.

If you have heart failure, diabetes mellitus, or asthma, be sure to talk with your general medical doctor before you take propranolol.

Propranolol typically begins in divided doses from 10 to 60 mg a day. While most patients benefit from doses less than 120 mg a day, the daily dose can be increased to 240 to 320 mg a day if necessary. No additional benefit has been seen in doses greater than 320 mg a day. Older patients should begin at 10 mg a day, and the dose should be slowly increased to 80 to 100 mg a day. Propranolol-LA should be started at 60 mg a day and can be slowly increased to 120 mg a day or higher as needed and tolerated. Do not abruptly stop this medication without first talking with your physician.

Other beta-blockers such as atenolol, metoprolol, and nadolol may also be beneficial for ET.

#### Primidone (Mysoline®)

Primidone is an anti-seizure medicine that also reduces tremor. It is used widely to treat ET. Approximately 60 percent of people with ET are helped by primidone, and the benefit usually lasts 24 hours after each dose.

When you first start taking primidone, you may experience nausea, poor balance, dizziness, fatigue, drowsiness, and flu-like symptoms that generally subside after a couple of days. You can reduce the possibility for these symptoms by starting with an extremely small dose at bedtime and gradually increasing the dose until tremor is suppressed. If you experience more serious side effects, you should contact your doctor.

Although primidone may have initial side effects, there are few long-term problems. Primidone can be used successfully for many years with occasional dose adjustments.

Primidone should be started at 12.5 mg (one quarter of a 50 mg tablet) or 25 mg (half a 50 mg tablet) at bedtime. After one week, the dose can be increased to 50 mg at bedtime. The dose can be increased by 50 mg a week typically up to a dose of 250 mg a day or until adequate tremor control is achieved. Doses of up to 750 mg a day provide benefit in some patients. Primidone can be taken as a single dose at bedtime or in divided doses throughout the day.

## Combination Therapy

If your tremor is not well controlled by propranolol or by primidone alone, you may experience better results when you take both medicines together.

## Benzodiazepines

Clonazepam (Klonopin®), diazepam (Valium®), lorazepam (Ativan®), and alprazolam (Xanax®) are frequently used to treat ET. These drugs are especially helpful in patients with associated anxiety.

Although diazepam has been shown to improve tremor, it is typically not as effective as propranolol.

Alprazolam has been shown to significantly reduce tremor as well as symptoms of anxiety, but side effects such as mild fatigue and sedation have been reported. The effectiveness of alprazolam has been found to be equal to that of primidone.

If benzodiazepines are used for long periods in large dosages, they can become addictive. There is also risk of withdrawal symptoms if the drugs are stopped too suddenly.

These drugs may be useful in patients who do not respond to other medications or who have associated anxiety. Side effects include sleepiness, dizziness, depression, fatigue, loss of coordination, memory loss, and confusion.

## Alcohol

Adults with ET often notice that drinking alcohol reduces tremor for one to two hours. When you use alcohol responsibly, it can be very effective in temporarily reducing tremor. It may even be helpful to have one to two drinks during social events to suppress tremor. There are, however, important issues to consider in using alcohol for ET. Rebound tremor may occur after excessive alcohol use, making tremor temporarily more severe the next day.

If you use alcohol to reduce tremor, be sure to talk with your doctor about it. You should avoid excessive use of alcohol. And never consume alcohol if you plan to drive.

## Emerging Treatments

### *Gabapentin (Neurontin®)*

Gabapentin is an anticonvulsant. It has a modest benefit in ET and should be considered as second- or third-line therapy or tried by patients whose tremor is unmanageable by other medications. Gabapentin is generally well tolerated. Side effects include fatigue, slurred speech, drowsiness, impaired balance, and nausea especially when beginning drug therapy. The drug has a short half-life and requires multiple doses a day. In older patients, gabapentin should be initiated at 100 mg three times daily and in younger patients it is often initiated at 300 mg three times daily.

### *Topiramate (Topamax®)*

Topiramate is an anticonvulsant that has been shown to be effective in controlling tremor in some patients. Starting with a low initial dosage and slowly increasing the dosage over time can minimize side effects. Doses should be started at 25 mg or 50 mg at night for the first week and increased by 25 mg to 50 mg a day each week, depending on side effects, to a total dose of 300 to 400 mg a day. Side effects include numbness or tingling (paresthesias), memory loss, and weight loss.

### *Mirtazapine (Remeron®)*

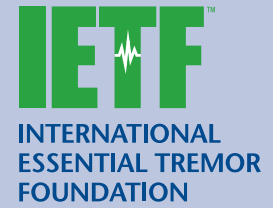
Mirtazapine is an antidepressant. Due to its lack of effectiveness for the majority of patients and its significant side effects, mirtazapine is not recommended for the routine treatment of ET. Adverse effects include confusion, dry mouth, weight gain, frequent urination, balance and gait difficulty, nausea, and blurred vision.

## Miscellaneous Agents

### *Botulinum Toxin Injections*

If medications fail, you may consider therapy that involves injecting botulinum toxin into muscles. Botulinum toxin injections have been useful in the treatment of some patients with head and voice tremor and sometimes hand tremor. The toxin must be placed into target muscles by a trained specialist and repeat injections may be needed. Transient weakness of the injected muscles is a potential side effect. This treatment can be expensive, so be sure to check with your insurance provider about coverage.

# PATIENT INFORMATION HANDBOOK



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## Surgical Alternatives

If medical treatment is not successful and your tremor continues to cause disability, surgical alternatives such as deep-brain stimulation of the thalamus or thalamotomy might be an option. You can learn more about surgical treatments for ET in “Surgical Treatment of Essential Tremor,” which is available from the IETF office.

## Are there other treatments for ET?

Many people have tried acupuncture, hypnosis, and massage therapy with unconfirmed benefit. People whose tremor worsens with stress or anxiety may find biofeedback or behavioral therapy helpful. Other people have found physical and occupational therapy helpful in terms of suggestions for using heavier utensils, cups, and glasses; wrist weights; plate guards; heavier, wider writing instruments; and other adaptive devices. These can provide considerable benefit in activities of daily living.

## Getting the most out of doctor visits

You should work closely with your doctor to find the most effective treatment for you. And you need to remember that you may have to try several treatments before you find the one that works best for you. Take an active role in your treatment and learn as much as you can about ET.

Visit the IETF website ([www.essentialtremor.org](http://www.essentialtremor.org)) to learn more about what treatments are available and what their limitations are. If you don't have Internet access, you can call the IETF toll free at 888-387-3667 to get printed copies of the information.

Discuss your symptoms with and ask questions of your doctor. It is important to discuss expectations of treatment results, side effects, and other issues such as employment. The more you know about ET and treatment, the easier it will be to adapt and minimize daily disability.

## Practical Suggestions

There are many ways to minimize the degree to which ET interferes with your life and work. Here are some practical suggestions.

- Learn as much as you can about ET.
- Make sure your physician is knowledgeable about ET and is actively working with you to control your tremor.
- Don't hide your tremor. Talk about it to friends, relatives, and colleagues. The more everyone learns about ET, the faster public awareness will increase. And greater awareness will bring attention to research so desperately needed to help find appropriate treatments and a cure.
- If your child has ET, you may want to talk to teachers in person about the neurological basis for symptoms. Order the free IETF booklet “Children with ET: A guide for parents and other caring adults” and share it with your child's teacher. “Tremor Disorders in Children: A Clinical Discussion” is an IETF booklet you may want to share with your physician.
- Find ways to reduce stress and learn some relaxation techniques.
- Avoid things that may worsen tremor such as caffeine and certain prescription medications.

You can get many more ideas by calling the IETF and asking for the booklet “Coping with Essential Tremor.”

## Support Groups

Call the IETF toll free at 888-387-3667 or visit the website ([www.essentialtremor.org](http://www.essentialtremor.org)) for information about joining or starting an ET support group. We need volunteers to lead support groups in many areas of the country. Please take the time to reach out to help others help themselves. Support groups don't happen until people volunteer to start them.

# ALL ABOUT THE IETF

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## Essential Tremor: A Neurological Disorder

Essential tremor (ET) is a neurological disorder causing rhythmic trembling of the hands, head, voice, legs, or trunk that can affect persons of any age, gender and race. ET is often genetic and can occur in multiple members of the same family although this is not always the case.

While tremor is more commonly seen in older individuals, ET can affect persons of any age. The age of onset, severity of tremor and body parts affected can vary from patient to patient, even within the same family. Similarly, the benefits from medication and surgical therapies can vary from person to person.

Generally, the tremor of ET occurs with action such as while eating, drinking, writing, etc. which is referred to as a kinetic tremor or while holding a posture against gravity such as with the arms outstretched in front of the body which is referred to as postural tremor.

## Diagnosing ET: A Clinical Diagnosis

ET is diagnosed after clinical examination by a physician. There are no genetic or laboratory tests to confirm the diagnosis of ET, however brain scans and blood tests can be done to rule out other disorders. The process typically begins with the patient's medical history. Your physician will check for medications that might cause tremor, review your medical history and your family history and perform an examination to evaluate your tremor and determine if you have additional symptoms.

*ET —*  
*There is*  
**NO CURE,**  
*But for Some*  
**IT CAN BE CONTROLLED**

## ET: There Is NO CURE, But For Some It CAN Be CONTROLLED

While no cure has been found for ET, pharmaceutical and surgical treatments can help control tremor in many patients.

- **Medication:** The most commonly used medications are propranolol (Inderal®) and primidone (Mysoline®). There are other medications available to temporarily lessen the severity of ET. For additional information, please request a complimentary information packet.
- **Surgery:** Surgical techniques for tremor control such as deep brain stimulation of the thalamus or thalamotomy are available when conventional drug therapies fail to substantially improve a disabling tremor.

## International ESSENTIAL Tremor Foundation:

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The IETF, a charitable, not-for-profit, membership-based organization, works globally to provide patient support, educate the healthcare community about ET, fund research into its cause and cure and increase awareness and understanding about the disorder. Founded in 1988, the IETF

provides timely and reliable information to all individuals seeking information about tremor.

IETF members include patients and their families, health care providers, educators and volunteers who

support the mission and efforts of the IETF, its Board of Directors and its Medical Advisory Council.



# ALL ABOUT THE IETF



## The IETF: Educating, Informing and Advocating

The IETF:

- publishes a quarterly newsletter for patients, caregivers and healthcare providers. The newsletter provides updates on advances in research affecting ET, coping tips for patients, news on treatments, support group information and articles written by healthcare providers who specialize in ET.
- has a library that contains over sixty-five articles and six booklets written by tremor specialists about the various aspects of tremor.
- helps to increase understanding in the medical community regarding ET and about medical strategies on how to treat, control and help patients cope with ET.
- increases public awareness within communities by sponsoring ET patient conferences that bring diagnosis and treatment options to the forefront.

## The IETF: Serving our Patients & Families

Our patients and families are our primary concern at the IETF. That is why we provide a range of services to meet their needs, including:

- **Referrals:** The IETF maintains an extensive international referral database to connect patients and families with knowledgeable movement disorder neurologists who offer treatment plans for tremor control.
- **Support Groups:** The IETF helps to organize local groups to help members cope with ET through the support and ideas of others. Friendships frequently develop among people facing similar challenges.
- **Research:** The IETF encourages and promotes research to help find the cause that will lead to effective treatment and a cure. The IETF funds this research through seed grants for scientists who specialize in the study of tremor disorders. The IETF also funds collaborative efforts to initiate ET research and education with the National Institutes of Health and other granting institutions.

# ALL ABOUT THE IETF

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## Join the IETF: Support the Cause, Fund Research to Find a Cure

If you know about ET, you know there is a need to get involved. There are many ways you can help.

- **Join and support the IETF.** As our membership increases our ability to make a difference also increases. A louder, stronger voice will increase research funding and will ultimately lead to a cure for ET.
- **Start a support group in your area.** There are more people in your community that have been diagnosed with ET than you would expect.
- **Volunteer for a tremor research study.** The IETF notifies members when studies are ongoing in their areas.
- **Support the IETF awareness programs.** By giving a financial gift regularly – on a quarterly, half-yearly or annual basis – you not only become involved in the cause, you help us expand and enhance our public, patient and medical awareness programs.
- **Plan a gift and make a bigger impact than you can imagine.** Consider setting up a bequest, trust, or deferred gift on behalf of the IETF. Your attorney will help you make a greater difference than you ever dreamed possible in the fight to improve the lives of those affected by ET.
- **Pay membership dues for someone else.** You may want to help one of our members or someone you know and love. Many who are affected by ET are not financially able to contribute. Your support will encourage them — and will further the work of the IETF.

*If I am  
not for  
myself,  
who  
will be  
for  
me?*

*Rabbi Hillel*





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## MEMBERSHIP & DONATIONS

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There are many ways to join the IETF (fill out and mail in this form or join online at [www.essentialtremor.org](http://www.essentialtremor.org)) and different benefit levels to choose from. Please check the level you would like to join. If the level you choose includes publication packets please remember to check which one(s) you would like to receive.

- \$30 Basic:** Includes medical alert card, discounted publication rates, discounted meeting rates, and quarterly newsletters.
  
- \$50 Bronze:** Basic package plus one packet of publications. (Check which packet you would like to receive)
  - Packet 1 (Diagnosis, History & Genetic Factors)       Packet 2 (Diet, Alternative Therapies, Exercise & Medications)
  - Packet 3 (Other Tremor Disorders)                       Packet 4 (Set of Educational Booklets)
  
- \$100 Silver:** Bronze package plus a set of Beverly Myers note cards and a hard copy of the annual report. (Check which packet you would like to receive)
  - Packet 1 (Diagnosis, History & Genetic Factors)       Packet 2 (Diet, Alternative Therapies, Exercise & Medications)
  - Packet 3 (Other Tremor Disorders)                       Packet 4 (Set of Educational Booklets)
  
- \$250 Gold:** Silver package plus online membership & a total of two publication packets. (Indicate which packets)
  - Packet 1 (Diagnosis, History & Genetic Factors)       Packet 2 (Diet, Alternative Therapies, Exercise & Medications)
  - Packet 3 (Other Tremor Disorders)                       Packet 4 (Set of Educational Booklets)
  
- \$500 Platinum:** Gold package plus complete set of publications & participation in the feedback survey.
  
- \$1000 President:** Platinum package plus newsletter recognition, membership in the exclusive President's Club and a set of ET Patient Education Videotapes/DVDs.

**Enhance your membership:**

- \$15 Add online membership:** Chat with medical advisory council physicians online, member-to-member discussion group, and unlimited access to current and past newsletters.
  
- \$15 Add a family member or friend:** They will receive the Basic package for half the price.

Name of family member or friend \_\_\_\_\_

Relation \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Country \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Please refer to the next page for donation and payment options.



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## DONATION AND PAYMENT OPTIONS

In addition to my membership dues, I would like to donate \$\_\_\_\_\_ toward

(please check)

Research  Honorarium  Memorial  General Fund

I am not interested in becoming a member, however, I would like to donate \$\_\_\_\_\_ toward

(please check)

Research  Honorarium  Memorial  General Fund

In Honor/ Memory of \_\_\_\_\_

Name of the individual you wish us to notify \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_ Country \_\_\_\_\_

Help serve future generations  Please send me information on planned giving and/or bequests

\*\*\*Due to excessive U.S. bank fees for non-U.S. checks, Canadian and international membership dues and donations must be paid with a credit card or U.S. currency.\*\*\*

Membership Dues \$ \_\_\_\_\_

Donation \$ \_\_\_\_\_

International Postage \$ \_\_\_\_\_

(Residents in Canada add \$5.00, International add \$10.00)

Total \$ \_\_\_\_\_

*Donations to the IETF are tax deductible as allowed by law.*

Payment of membership dues and/or donation (Please indicate below how you will pay for your order)

Name \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Country \_\_\_\_\_ Email \_\_\_\_\_

Check is enclosed

Charge my  MasterCard  VISA  Discover  American Express

Name of cardholder \_\_\_\_\_

Signature \_\_\_\_\_

Account No. \_\_\_\_\_ Exp. Date \_\_\_\_\_

\*\*\* PLEASE BE ADVISED: THE IETF PROTECTS ALL THE INFORMATION PROVIDED ABOVE, YOUR PERSONAL INFORMATION IS NEVER SOLD OR GIVEN TO OUTSIDE SOURCES.\*\*\*

### WE NEED YOUR HELP!

We are gathering critical information that will be of great help to essential tremor researchers and will be used in research for developing statistics so national incidence rates of essential tremor can be determined. Providing this information is optional and as always confidential.

Thank you for taking the time to fill out these few simple questions.

1) Do you have essential tremor?  Yes  No

2) What age were you diagnosed? \_\_\_\_\_

3) Birthdate (month/year): \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

4) Gender:  Male  Female



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## EDUCATION PUBLICATIONS & VIDEOS ORDER FORM

The IETF offers members and non-members the opportunity to increase their knowledge and understanding about essential tremor through various publication packets and educational videos. Expert neurologists write the articles in these publications specifically for the IETF.

- Packet #1: Diagnosis, History and Genetic Factors: This packet contains 24 articles dealing with: *Can a Child have ET, ET & Aging, Is ET a risk factor for Parkinson's.*
- Packet #2: Diet, Alternative Therapies, Exercise & Medications: In this packet you will find 23 articles focusing on such areas as *Alcohol, alcoholism & ET, Exercise for relaxation: Improve life's quality, Medications and ET.*
- Packet #3: Other Tremor Disorders: This 14 article packets deals with other forms of tremor, such as, *Orthostatic Tremor, Voice Tremor, Tremor and other movement disorders.*
- Packet #4: Set of Educational Booklets: This set includes the following booklets: *Coping with essential tremor, Surgical Treatments of essential tremor, Glossary of Terms, Children with essential tremor- A guide for parents and other caregivers, and Tremor Disorders in children- A Clinical Discussion.*

**Patient Education Videotapes/ DVDs:**

- Kelly Lyons, Ph.D. – Director of Research, Parkinson’s Disease and Movement Disorder Center, University of Kansas Medical Center, speaks on current ET research and its importance.
- Arif Dalvi, M.D. – Assistant Professor of Neurology, University of Chicago, speaks on the diagnosis and treatment of tremor.

Paying for your order, please indicate which packet(s) you would like to receive

Title	Member	Quantity	Non-member	Quantity	Total
Packet 1	\$12.95		\$16.95		
Packet 2	\$12.95		\$16.95		
Packet 3	\$9.95		\$12.95		
Packet 4	\$6.95		\$9.95		
Kelly Lyons, Ph.D: VHS/ DVD (circle one)	\$19.95		\$29.95		
Arif Dalvi, M.D.: VHS/ DVD (circle one)	\$19.95		\$29.95		

Due to excessive U.S. bank fees for non-U.S. checks, Canadian and International orders must be paid with a credit card or in U.S. currency.

PAYING FOR YOUR ORDER, Please indicate how you will pay.

- Check enclosed
- Credit Card:    M/C    VISA    AmEx    Discover

Name of Cardholder \_\_\_\_\_

Acct. Number \_\_\_\_\_ Exp Date \_\_\_\_\_

Name \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Country \_\_\_\_\_ Email \_\_\_\_\_

Total from above     \$ \_\_\_\_\_

International Postage \$ \_\_\_\_\_

(Residents of Canada add \$5.00  
International add \$10.00)

Total                     \$ \_\_\_\_\_

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