

## National Essential Tremor Awareness Month Proclamation Text

Recognition of March as (City/State) Essential Tremor Awareness Month

Whereas, Essential Tremor is the most common neurological movement disorder affecting nearly ten million Americans; and

Whereas, Essential Tremor is frequently misdiagnosed as Parkinson's disease and the condition is often characterized by rhythmic, involuntary and uncontrollable shaking of the hands and arms during movement, but can also affect the head, voice, legs and trunk; and

Whereas, Essential Tremor is not life threatening and is not a normal outcome of aging, as believed by many people, but is an abnormal condition, primarily genetic, affecting people of all ages, including newborns; and

Whereas, Essential Tremor is a serious and progressive condition that can significantly affect a person's quality of life – socially, professionally and emotionally and people with Essential Tremor often have difficulty with everyday activities such as getting dressed, eating, drinking, speaking or writing; and

Whereas, the International Essential Tremor Foundation was founded in 1988 and is the leading organization in the world dedicated to helping those affected by Essential Tremor through awareness, education, support and funding research to identify effective treatments and hopefully, a cure for the condition.

Therefore, be it resolved that the Members of (Governing Body) hereby recognize and designate March as (City/State) Essential Tremor Awareness Month to help raise awareness about the nation's number one neurological condition affecting approximately ten million Americans and to encourage people to support the observance of National Essential Tremor Awareness Month by participating in the educational activities of the International Essential Tremor Foundation.