



**International Essential  
Tremor Foundation**

*Your Voice for Essential Tremor*

## **IETF ANNOUNCES MARCH IS NATIONAL ESSENTIAL TREMOR AWARENESS MONTH**

*Former U.S. Representative Dennis Moore (D-KS) and the International Essential Tremor Foundation led effort to spotlight medical condition that affects nearly 10 million Americans*

**Lenexa, Kansas** (March 1, 2015) – The International Essential Tremor Foundation (IETF) proudly recognizes the anniversary of House Resolution (H.RES.) 1264, sponsored by former Congressman Dennis Moore (Third District - Kansas), officially designating the month of March as “National Essential Tremor Awareness Month.”

Essential tremor, a neurological movement disorder commonly referred to as “ET”, affects nearly 10 million people in the U.S. ET is very frequently misdiagnosed as Parkinson’s disease. The condition is often characterized by rhythmic, involuntary and uncontrollable shaking of the hands and arms during movement, but it sometimes can also affect the head, voice, legs and trunk.

While not life threatening, ET is a serious and progressive condition that can significantly affect a person’s quality of life – socially, professionally and emotionally. People with ET often have difficulty with everyday activities such as getting dressed, eating, drinking, speaking or writing.

Rep. Moore first learned of ET when a close personal friend was diagnosed with the condition. “I’ve seen firsthand the everyday struggles that an ET patient must conquer: the difficulty buttoning one’s shirt, the challenge of lifting a glass of water to your mouth or even signing your name,” said Moore. “I thought to myself, if one of my close friends weren’t affected by ET, I wouldn’t even know about this very serious condition and the challenges it presents to patients and their caregivers. That’s a problem that I hope the passage of this bill will change.”

H.RES. 1264 received geographically diverse and bi-partisan support among House members. In addition to the efforts of Rep. Moore, who sponsored the legislation, the IETF is grateful for all 56 House members who co-sponsored the bill.

“March is an important time for all those affected by ET,” said Catherine Rice, executive director of the International Essential Tremor Foundation. “We truly believe that where there is awareness, there is hope. The designation of March as National Essential Tremor Awareness Month provides our organization with another platform to educate the public about the condition, as well as raise much needed funds to find a cure.”

Despite the large number of people directly affected by ET, there is still very little awareness of the disorder. The IETF funds research to build a better understanding of ET and its implications. The Foundation works to create awareness so more people, including healthcare professionals, understand the condition and the challenges ET presents patients. Because ET can be treated, it is important for people to seek help early if they exhibit symptoms.

“The passing of this resolution has helped increase awareness of ET, and encouraged people to not only seek proper treatment but also to donate funds to support research efforts that identify better treatments

and hopefully one day, a cure for ET,” said Rice. “We are extremely grateful for the efforts of Rep. Dennis Moore, who sponsored the bill and all of his colleagues who cosponsored the resolution.”

**About The International Essential Tremor Foundation**

Headquartered in Lenexa, KS, and founded in 1988, the International Essential Tremor Foundation is the leading organization in the world dedicated to those affected by essential tremor. The mission of the IETF is to fund research that will find the cause of essential tremor and lead to better treatments and a cure, increase awareness about ET, and provide educational materials, tools and support to healthcare providers, the public, and those directly affected by ET.

The IETF has distributed more than \$750,000 in research grants, to fund 30 promising studies, in the search for the cause of ET. The Foundation has hosted numerous community awareness events across the U.S. to provide those affected with the basic knowledge necessary to become their own advocate when seeking treatment. And, the IETF also provides assistance to a vast network of support groups around the world. To learn more about essential tremor and the IETF mission, visit the IETF website at [www.essentialtremor.org](http://www.essentialtremor.org).

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