



International Essential
Tremor Foundation

Your Voice for Essential Tremor



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FOR IMMEDIATE RELEASE

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March is National Essential Tremor Awareness Month

Essential Tremor Has No Familiar Face

LENEXA, KS – It takes away someone’s ability to perform the simplest tasks – writing, dressing, cooking, applying makeup. Eating and drinking become physically difficult. It leaves people feeling depressed and helpless. It’s called essential tremor and an estimated 10 million people across the U.S. have it.

Essential tremor is a neurological condition that causes shaking of the hands, head, voice, legs or trunk. Many mistake it for Parkinson’s disease, although it’s eight times more common. And while it’s associated with older adults, it is diagnosed in middle-aged adults, teenagers and even toddlers. The reality is: essential tremor has no familiar face.

In 2010, Congress passed a resolution declaring March as National Essential Tremor Awareness Month. It is a time to raise public awareness about essential tremor and its impact.

“The International Essential Tremor Foundation works on behalf of all those who have essential tremor to provide support and resources, and to fund research to find better treatment options,” said Patrick McCartney, executive director of the IETF. “We believe by educating the public, we can help people better identify essential tremor and diminish the stigma associated with it.”

Each year, the IETF creates special themed materials to celebrate NETA Month. Take a look and plan ways you can help raise awareness.

- **Free NETA Month Posters.** Order one online to display at your office, school, grocery store or another public space.

www.essentialtremor.org/awarenesstools/.

- **NETA Month Logos and Banners.** Download them and share them on your social media sites, www.essentialtremor.org/awaresstools/.
- **Tremor Talk Blog.** Subscribe to the IETF's blog and share our posts. <http://tremortalk.org/>.
- **Social Media Posts.** Follow the IETF on social media and share and like the posts to increase engagement (and education).
- **NETA Month Proclamation.** Approach your state/local government and have them declare March as National Essential Tremor Awareness Month. Use these online resources to help. <https://www.essentialtremor.org/awaresstools/>.
- **Speak Out.** If you have ET, use this month as an opportunity to be a speaker at a local event to talk about what it means to have ET.
- **Do It Yourself (DIY) Fundraising Ideas.** Hold a local fund raiser or educational program to raise ET awareness locally. Use these ideas on our website. <https://www.essentialtremor.org/diy/>.
- **Reach Out.** Look around and if you see someone who exhibits signs of ET, reach out with compassion. Share our website address with them so they have some resources, www.essentialtremor.org.
- **Join Our Mailing List.** Keep up with news about ET and the IETF by signing up for our mailing list. <https://www.essentialtremor.org/tremor-gram-sign-up/>.

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About The International Essential Tremor Foundation:

Headquartered in Lenexa, KS, the International Essential Tremor Foundation was founded in 1988 and is the leading organization in the world dedicated to those affected by essential tremor. The mission of the IETF is to provide hope to the essential tremor (ET) community worldwide through awareness, education, support, and research.