



International Essential Tremor Foundation

Your Voice for Essential Tremor



**BOARD OF DIRECTORS**

Kelly E. Lyons, PhD  
President

Shari Finsilver  
Vice President

Mitch Fiser, CPA, CFP  
Treasurer

Paul Rodden  
Secretary

Patrick M. Reidy

Heath Steele

**MEDICAL ADVISORY BOARD**

Holly Shill, MD- Chair

Kelvin Chou, MD

Arif Dalvi, MD

Leon S. Dure, IV, MD

Rodger Elble, MD, PhD

W. Jeffrey Elias, MD

Leslie J. Findley, TD, MD, FRCP

Cole Giller, MD

Mark Hallett, MD

Adrian Handforth, MD

Dietrich Haubenberger, MD

Peter Hedera, MD

Arif Dawood Herekar, MD

Joseph Jankovic, MD

Michael M. Johns III, MD

Anthony E. Lang, MD, FRCP(C)

Peter LeWitt, MD

Elan D. Louis, MD

Fatta Nahab, MD

William Ondo, MD

Jill L. Ostrem, MD

Alexander Rajput, MD, FRCP(C)

Sara Salles, DO

Mark Stacy, MD

Claudia Testa, MD, PhD

Jay Van Gerpen, MD

**STAFF**

Patrick McCarney  
Executive Director

**Contact:**

Tammy Dodderidge  
Marketing and Communications Manager  
[tammy@essentialtremor.org](mailto:tammy@essentialtremor.org)  
(913) 689-2731

**FOR IMMEDIATE RELEASE**

*Invitation to the Essential Tremor Community in Philadelphia and Surrounding Areas*  
**Attend a Free ET Forum to Learn about Treatment Options, Coping Tips and More**

LENEXA, KS – Imagine trying to drink a glass of water, but can't get the glass to your mouth without spilling the water everywhere. Or trying to apply mascara with shaky hands. These are just a few of the everyday challenges for people with essential tremor (ET).

ET is a neurological condition that causes a rhythmic trembling of the hands, head, voice, legs or trunk. People in Philadelphia and the surrounding areas who are impacted by ET (and their caregivers) are invited to learn about coping techniques, treatment options and research at the Essential Tremor Education Forum scheduled for Saturday, March 10 from 9 a.m. to noon at the Hilton Philadelphia City Avenue. The International Essential Tremor Foundation (IETF) conducts free forums throughout the year across the U.S. to provide support to ET patients, increase awareness of the condition, and advocate for people who are impacted.

"Many people have heard of Parkinson's disease, but most have never heard of essential tremor," said Patrick McCarney, IETF executive director. "ET affects more than 10 million people across the U.S. and it can be debilitating for many. Our role at the IETF is to educate the public about this condition and provide support for those who have it. We also fund research to find treatment options that will hopefully lead to a cure."

The forum will feature diagnosis and treatment by Andres Deik, M.D., assistant professor of clinical neurology at the University of Pennsylvania, Parkinson's and Movement Disorders Center. Julia Wood, MOT, OTR/L, occupational therapist, will talk about the physical and emotional challenges associated with the disease. McCarney will give an update on the role of IETF in raising awareness to ET.

**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.