



International Essential
Tremor Foundation

Your Voice for Essential Tremor

MARCH
is National Essential
Tremor Awareness
MONTH
EssentialTremor.org

BOARD OF DIRECTORS

Kelly E. Lyons, PhD
President

Shari Finsilver
Vice President

Mitch Fiser, CPA, CFP
Treasurer

Paul Rodden
Secretary

Melissa Armitage

Paula Nauer, MD

Patrick M. Reidy

Heath Steele

MEDICAL ADVISORY BOARD

Holly Shill, MD- Chair

Kelvin Chou, MD

Arif Dalvi, MD

Leon S. Dure, IV, MD

Rodger Eible, 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

Sheng Han-Kuo, 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 McCartney
Executive Director

Contact:

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

FOR IMMEDIATE RELEASE

June 1, 2018

Invitation to the Essential Tremor Community in Minneapolis 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 Minnesota 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, June 23 from 9 a.m. to noon at the Minneapolis Airport Marriott. 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 McCartney, 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 Dr. Lauren E. Schrock, assistant professor, department of neurology at the University of Minnesota Twin Cities. Peggy Borders, OTR/L, CLT, CKRI, cancer rehab occupational therapist with Courage Kenny Rehabilitation Institute, will talk about the physical and emotional challenges associated with the disease. McCartney 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.