



International Essential  
Tremor Foundation

Your Voice for Essential Tremor

MARCH  
is National Essential  
Tremor Awareness  
MONTH  
EssentialTremor.org

**Contact:**

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

## Free Education Forum in KC Connects People Afflicted with Uncontrollable Shaking

It's a condition impacting more than 10 million Americans, yet many have never heard of it. It's often mistaken for Parkinson's disease, but it's eight times more prevalent.

Essential tremor is a neurological condition that causes an involuntary shaking in the hands, head, voice or trunk. The late actress Katharine Hepburn had it. Coronation Street star Rob Mallard has talked about his struggles with it, and Academy Award winning director Adam McKay has been diagnosed with it.

On Saturday, November 2, the International Essential Tremor Foundation will be hosting a free education forum to provide support and education for people living with essential tremor. The event will take place from 9 a.m. to noon at the Hyatt Place Kansas City in Lenexa City Center.

"At this forum, people will gain a better understanding of their condition and what options for treatment are available," said Patrick McCartney, executive director of the IETF. "Hopefully they will also realize, as they look around the room, that they are not alone in this condition; that there are millions all over the world affected, just like them."

Speakers at the forum will include:

- Dr. Harsh Gupta, assistant professor of neurology at the University of Kansas Medical Center.
- Kelli Reiling Ott, OTD, OTR/L, occupational therapist and clinical assistant professor at the University of Kansas Medical Center.

Registration is open through Oct. 30. Register online at [www.essentialtremor.org/seminars](http://www.essentialtremor.org/seminars) or call (toll free) 888-387-3667.

# # #

**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.