

## How can you help?

### Make a donation



The IETF receives no federal, state, or local government funding. The generous contributions of our annual donors enable us to sustain research grants, awareness initiatives, educational programs, and support services.

The IETF is a 501(c)3 nonprofit organization and donations are tax-deductible. You can make your donation online at [www.essentialtremor.org/donate](http://www.essentialtremor.org/donate) or call us (toll free) at 888.387.3667.

### Connect with Us

Join our **email** list – [www.EssentialTremor.org](http://www.EssentialTremor.org)

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Watch our videos – [www.YouTube.com/EssentialTremorIETF](http://www.YouTube.com/EssentialTremorIETF)

Listen to our **Talking Essential Tremor podcast series** – [www.essentialtremor.org/what-we-do/educational-programs/podcasts/](http://www.essentialtremor.org/what-we-do/educational-programs/podcasts/)

Follow us on **Linked In** – [www.linkedin.com/company/the-international-essential-tremor-foundation/](http://www.linkedin.com/company/the-international-essential-tremor-foundation/)

## Archimedes spiral

The IETF features an Archimedes spiral in our logo. Named after the Greek mathematician Archimedes (287-212 BCE), the spiral is a diagnostic tool for essential tremor: asking a patient to draw an Archimedes spiral is one of the ways physicians diagnose ET.

## International Essential Tremor Foundation (IETF)

Headquartered in Lenexa, Kansas, the International Essential Tremor Foundation is guided by a board of directors, a medical advisory board, an executive director and full-time staff. The organization consists of patients, physicians, educators, health care workers, parents, relatives, friends and volunteers.



Your Voice for Essential Tremor

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## Your Voice for Essential Tremor (ET)

International Essential Tremor Foundation (IETF)

[www.EssentialTremor.org](http://www.EssentialTremor.org)



Your Voice for Essential Tremor

Founded in 1988, the International Essential Tremor Foundation (IETF) 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.

## Essential Tremor FAQs

ET is a neurological condition that affects an estimated 10 million Americans and countless millions more worldwide.

ET causes rhythmic shaking of the hands, head, voice, legs and/or trunk, making everyday activities such as drinking, eating, and writing difficult, if not impossible.

ET is often misdiagnosed as Parkinson's disease, although it is eight times more common.

Although the median age of onset is 45 years old, ET can affect anyone at any age, even infants.

Many people feel ashamed and embarrassed by their tremor and become socially isolated. Depression and anxiety are very real side effects of living with ET.

There are few effective treatment options and no cure for this life-altering condition.

## How is the IETF your voice for essential tremor?

- The IETF is a non-profit organization with a full-time staff and hundreds of volunteers and advocates around the world promoting research, awareness and support for essential tremor.
- The IETF provides funding to researchers working to find the cause of essential tremor, better treatments and a cure.
- The IETF spearheaded the creation of a **National Essential Tremor Awareness Month in the United States (March)**, and works every year to help increase awareness among legislators and the general public.
- The IETF is a proud member of the **Alliance for Patient Access, American Brain Coalition (ABC), Movement Disorders Policy Coalition** and many other health policy organizations ensuring ET stays in the forefront of scientific conversation.
- The IETF provides free educational information and materials to everyone, to help educate healthcare providers, patients and their families on the latest advancements and options.

“When I was diagnosed with essential tremor, my neurologist sent me home with a bottle of pills and very little information. The IETF has filled a very big void left from the lack of available information.”

– Ryan, IETF supporter

## Our Success is Your Victory!



The IETF has distributed more than **\$900,000 in research grants**, to fund **promising studies** in the search for the cause of and cure for essential tremor.

Because knowledge is powerful medicine, the IETF hosts **free, community education events** across the U.S. to provide those affected with ET with the knowledge necessary to become their own advocates when seeking treatment.



With **dozens of ET Support Groups**, the IETF has a vast network of support around the world. Online support is also available through the **Essential Tremor Awareness Group** on Facebook (a closed group only for people with ET).

The IETF exhibits and distributes educational materials at several **healthcare provider conferences** in order to increase awareness of essential tremor and educate physicians, nurses, and allied healthcare professionals.



The IETF provides **eight college scholarships each year to exceptional students** who are affected by ET.

Thousands of individuals connect with the IETF each year, looking for credible and reliable health information. We manage a library of **dozens of support materials** online and inhouse, and an **online database of movement disorder specialists**.



The IETF is a **respected advocacy group** whose expertise is sought out by government officials, business leaders, researchers, the pharmaceutical industry, and health-related non-profits.