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***March is National Essential Tremor Awareness Month***  
**Help Make ET the Talk of the Town**

It may be one of the most misunderstood and misjudged health conditions in the world. It's often mistaken for Parkinson's disease, or even seen as excessive nervousness. But essential tremor (ET) is a very common medical condition that impacts more than 10 million people in the U.S. alone.

ET is a movement disorder that causes an involuntary shaking of the hands, head, voice or trunk. Public figures with ET include Academy Award winning filmmaker Adam McKay, English actor and film director Lord Julian Fellowes and the late actress Katharine Hepburn.

March is National Essential Tremor Awareness Month, a time dedicated to educating the public about this condition and advocating for better treatments and a cure. This year's theme is "Make ET the Talk of the Town."

Though not life threatening, ET can be life-debilitating. Because it is an action tremor, it occurs when trying to perform daily activities such as eating, drinking, writing, typing, shaving, etc. The severity of the tremor can vary based on the activity being performed, and often worsens with stress and fatigue. Though more prevalent in the 65+ age group, ET affects people of all ages, even teenagers and toddlers.

"ET tends to run in families and virtually everyone knows someone with it," said Patrick McCartney, executive director of the International Essential Tremor Foundation (IETF). "By raising awareness we can help the public to better identify it and erase the stigma about people who shake."

The IETF is offering free essential tremor awareness posters during March as well as downloadable social media banners and more. Visit [www.essentialtremor.org/what-we-do-et-awareness/](http://www.essentialtremor.org/what-we-do-et-awareness/).

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**About National Essential Tremor Awareness Month:**

House Resolution 1264 was passed by the House of Representatives in 2010 establishing National Essential Tremor Awareness Month (NETA). The goal is to achieve greater understanding and acceptance of essential tremor (ET) which impacts more than 10 million people in the U.S. alone.

ET is a neurological condition that causes an involuntary shaking in the hands, voice, head and/or torso. It is often mistaken for Parkinson's disease, but is eight times more common.

The International Essential Tremor Foundation (IETF) is the leading organization in the world dedicated to people affected by essential tremor (ET). Its mission is to provide hope to the ET community worldwide through awareness, education, support and research. Learn more at [www.essentialtremor.org](http://www.essentialtremor.org).