



MARCH
is National Essential
Tremor Awareness
MONTH
EssentialTremor.org

We Can Weather ET Together

If you're tired of the daily struggles caused by your trembling hands, you are not alone. Approximately 7-10 million people in the United States struggle with a condition called essential tremor (ET). ET causes a rhythmic trembling of not only the hands, but also can affect the head, voice, legs and/or trunk.



ESSENTIAL TREMOR:

Affects people of all ages, including children.

Is an action tremor occurring when performing activities such as eating, drinking, writing, shaving.

Is often misdiagnosed as Parkinson's disease but is eight times more common.

Does not have a defined cause.

Is often genetic.

Has an average age onset of the mid-to-late 40s.

Sometimes causes an internal tremor.

Is not life-threatening, but can be life-debilitating.

Can lead to isolation and depression.



www.essentialtremor.org