

# Let's Take the Mystery Out of

**MARCH**  
is National Essential  
Tremor Awareness  
**MONTH**  
EssentialTremor.org

**Essential tremor (ET) is one of the most common movement disorders in the world. But to the general public, and to many who suffer from it, it remains a mystery.**






 **International  
Essential Tremor  
Foundation**  
[www.essentialtremor.org](http://www.essentialtremor.org)



#### **ET IS DEFINED AS:**

a neurological condition that causes a rhythmic trembling of the hands, head, voice and sometimes legs or trunk.

#### **LOOK FOR ONE OR MORE OF THESE CLUES:**

-  Tremor in your hands when you try to use them (or when you extend your arms in front of you)
-  A shaking or quivering voice (making speech unsteady)
-  Uncontrollable head-nodding
-  A family history of essential tremor (or undiagnosed tremor)
-  A tremor that worsens with stress and anxiety

The International Essential Tremor Foundation (IETF) can help you take the mystery out of ET. Go to the IETF website, [www.essentialtremor.org](http://www.essentialtremor.org) to uncover these resources:

- Educational Materials
- Support Groups
- Talking ET Podcast Series
- Virtual Education Events
- Physician Database of Movement Disorder Specialists
- Assistive Device Listing
- Treatment Options
- Coping Tips



**The International Essential Tremor Foundation has resources to support you.**