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.

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 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.