



**FOR IMMEDIATE RELEASE**  
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Contact: Tammy Dodderidge  
International Essential Tremor  
Foundation (IETF)  
Marketing & Communications Manager  
[tammy@essentialtremor.org](mailto:tammy@essentialtremor.org)  
(913) 689-2731

## ***March is National Essential Tremor Awareness Month*** **Let's Take the Mystery Out of ET**

Shaking hands, head, voice or a whole-body shake can be a symptom of a common neurological condition called essential tremor (ET). It's called "essential" because in medical terms this word means "no known cause."

There technically is not a known cause of ET, although it is thought to be related to an abnormal functioning of the part of the brain called the cerebellum. While it affects 7 to 10 million Americans, and millions more worldwide, there's often a stigma associated with it and those who suffer from it feel embarrassed and self-conscious. Awareness and education about ET can provide understanding and support for those who struggle with it.

March is National Essential Tremor Awareness Month (NETA), a time dedicated to educating the public about this condition and advocating for better treatments and a cure. The effort is coordinated by the International Essential Tremor Foundation (IETF), the leading organization in the world dedicated to awareness, education, research and support for people impacted by ET. The 2024 NETA Month theme is "Let's Take the Mystery Out of ET."

"While essential tremor it not life threatening, it can be life debilitating," said IETF Executive Director Patrick McCartney. "Our goal is to provide hope to people who live with this condition – hope for a better understanding of it, hope that more research and education will lead to more effective treatments and a cure. We invite everyone to get involved in raising awareness not only during March but also throughout the year."

Because ET 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 is also hereditary.

Visit the awareness page on the IETF website, [www.essentialtremor.org/what-we-do/-/et-awareness/](http://www.essentialtremor.org/what-we-do/-/et-awareness/) for social media banners, awareness tips and other materials centered around NETA Month.

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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 an estimated 7 to 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).