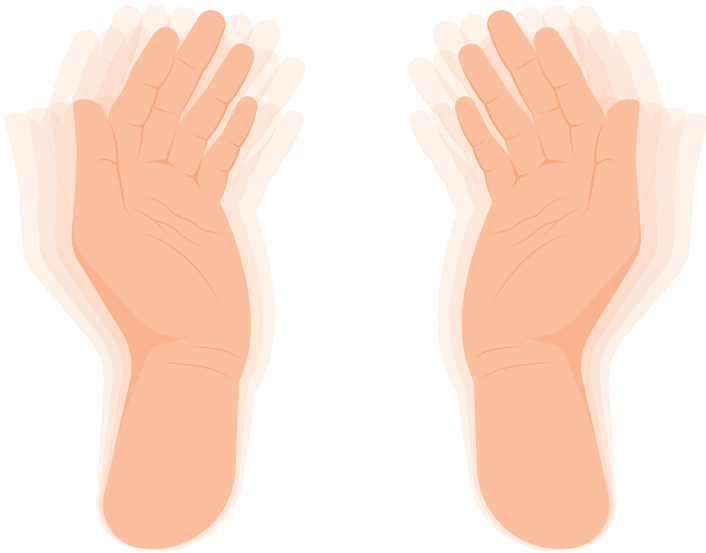


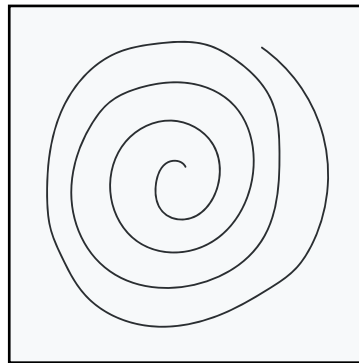
# March is National Essential Tremor Awareness month



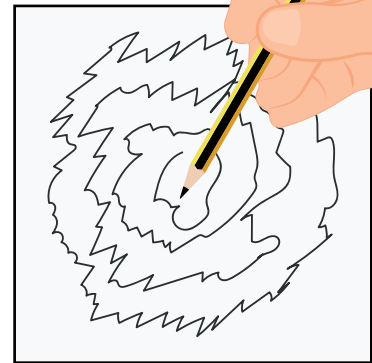
## Essential Tremor

Essential tremor is a common neurological disorder that causes involuntary and rhythmic shaking often in the hands.

A spiral drawing can be a reliable method of assessing tremor severity.



Normal



Essential tremor

Find out more  
at [tremor.org.uk](https://tremor.org.uk)



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