

Q&A sheet

Who is the NTF?

- The National Tremor Foundation is a charity which represents over 1 million people in the UK.
- The NTF aims to provide help, support and advice to all those living with all forms of tremor irrespective of age.

What is Essential Tremor?

- Essential tremor (ET) is the most common movement disorder.
- It causes parts of the body to move in an uncontrolled and repetitive manner, most commonly affecting the arms and hands.
- There are many causes of severe tremor – it is a syndrome rather than a specific condition.

How common is Essential Tremor?

- There are over one million people with Essential Tremor in the UK; ten million in the USA; and millions more world wide.

What is the cause?

- The cause of ET is not known, although approximately 60% of people affected have a family history of the condition.
- ET can have a profound impact on people by impacting on their quality of life, social life and employment.

Does Essential Tremor affect children?

- At least 5% of all cases of essential tremor are in childhood.
- Children will often cope better than adults until school age when often a variety of problems such as writing, school meal times and comments from peers, may cause anxiety and embarrassment.

How does it affect daily life?

- Those who have lived with this debilitating condition most of their lives will know that seemingly straight forward tasks such as holding a newspaper, drinking from a cup, writing a signature and holding cutlery can become something of a struggle.
- All of these struggles in turn can affect your everyday lives & your interactions with your family, friends, schoolmates, fellow students, work colleagues & the general public.

What is NETA?

- Throughout March the National Tremor Foundation (NTF) will again raise awareness of this little known condition.
- The National Essential Tremor Awareness (NETA) month will see the NTF hold various online meetings via Zoom with the aim of raising awareness, offering interesting discussions, friendly meetups & talks by speakers on Essential Tremor.

How successful has NETA been?

- The many years of raising awareness of this little known condition has already proved vital in treatment becoming available in April 2021 on the NHS. –
- However, essential tremor still remains a little known condition, so the awareness campaign continues.
- Our awareness month aims to reach out across all areas of society, including schools, colleges & educational authorities to U3As and local groups where so little is known of essential tremor.

How can I learn more about essential tremor?

- For those who are only now experiencing and learning of this condition, the NTF online meetings may prove to be very informative and insightful.
- We like to think these friendly and informal meet ups will bring a great deal of optimism, hope and confidence into their lives.

For more information go to the National Tremor Foundation website www.tremor.org.uk