

# March is National Essential Tremor Awareness month

Essential Tremor (ET) is a common neurological movement disorder



- It causes parts of the body to move in an uncontrolled and repetitive manner.
- Essential tremor affects over one million people in the UK.
- At least 5% of all cases of essential tremor are in childhood.



Find out more  
[www.tremor.org.uk](http://www.tremor.org.uk)

National Tremor Foundation  
(Charity No: 1042013)

 **NTF**  
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