



Essential Tremor

Do you have shaky hands ?

**Do you know what
Essential Tremor is ?**

**Did you know that it is
five times more common
than Parkinsons ?**



**Awareness &
Support Group**

An initiative of the Lions Club of Stanthorpe Inc

What is it?

Essential tremor (ET) is a nervous system (neurological) disorder that causes involuntary and rhythmic shaking. It can affect almost any part of your body, but the trembling occurs most often in your hands — especially when you do simple tasks, such as drinking from a glass or tying shoelaces.



A simple test to see the effects of ET

How it effects people?

We all take everyday simple tasks for granted, but those who are living with ET have to deal with things like:

- Using an electric shaver
- Applying makeup
- Putting jewellery on
- Holding a cup of coffee
- Manicure care of finger nails
- Buttoning up clothing
- Applying Toothpaste on brush
- ... just to name a few

Why is support important?

A common way many deal with the frustration of ET is by isolating oneself, never leaving the comforts and security of home... but getting together with others will help ET suffers the opportunity to venture out and mix with others, without embarrassment or people looking. The sharing of ideas, treatments, how too's and just good company is great for everyone's wellbeing.

Not only living with the condition but the partners and family of those who suffer all need an outlet to share experiences and ways to deal and cope with everyday tasks is also important to share with others.

More about support?

The Lions Club of Stanthorpe is holding regular gathers for those who live with all forms of tremors, if you would like to find out more information, please contact Paul & Elizabeth Drake via www.lions.stanthorpeclub.com or Facebook @Stanthorpe.Lions



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