



MEDICAL ALERT

I have a condition called
ESSENTIAL TREMOR/ET

NAME:

ADDRESS:

CONTACT:

Physician:

Other Medical conditions & Allergies:

www.diannshaddoxfoundation.org ET Essential Tremor causes my hands, arms, legs, and/or voice to shake. I may be unable to write legibly, speak distinctly, control my motions, or walk steadily. ET is a progressive neurological condition. I may appear overly anxious or intoxicated when I am not. **I'm not nervous. I'm not afraid. I'm not drunk.** I have Essential Tremors/ET, The largest movement disorder in the world.