
MEDICAL ALERT

I have a condition called:

ESSENTIAL TREMOR (ET)

It 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.

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 ET.**

Essential tremor (ET) is a progressive neurological condition that causes a rhythmic trembling of the hands, head, voice, legs, or body.

My Name

Home Address & Phone

Physician

Phone

Allergies/other medical conditions

www.diannshaddoxfoundation.org