



Medical Alert

I have a condition
Essential Tremor (ET)

NAME: _____

ADDRESS: _____

EMERGENCY CONTACT _____

PHYSICIAN & PHONE: _____

Other Medical conditions & Allergies:

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 ET.**
www.diannshaddoxfoundation.org