



To: Healthcare Providers

From: Stefanie Ince, Executive Director, Dystonia Medical Research Foundation Canada

Re: Dystonia Patient Materials for Your Waiting Room

Date: September 2018

The Dystonia Medical Research Foundation (DMRF) Canada invites you to participate in the *Dystonia Moves Me* awareness campaign. **Please consider placing a small display of educational materials in your waiting room during Dystonia Awareness Month (September).**

Dystonia is a movement disorder characterized by sustained or intermittent muscle contractions causing abnormal, often repetitive, movements and/or postures. Common signs include abnormal movements/postures of the head and neck (often with pain), excessive blinking, a breathy or strangled-sounding voice, hand cramps, or a twisted foot. Symptoms may be mistaken for mental illness, substance abuse, or poor social skills. Conservative estimates suggest no fewer than 50,000 Canadians are affected. Dystonia affects children and adults.

You may have undiagnosed dystonia patients in your practice. Individuals who present involuntary movement symptoms should be referred to a movement disorder specialist, a subspecialty of neurology, for evaluation and treatment.

The Dystonia Medical Research Foundation (DMRF) Canada has been the leading not-for-profit dystonia advocacy organization for 40+ years. The mission is to fund medical research toward improved therapies and a cure, promote public awareness and public education, and provide support resources for affected individuals and families. The DMRF Canada is available to help patients identify local movement disorder specialists, provide information, and offer peer-to-peer support. For more information about the organization, please visit www.dystoniacanada.org or call 800-361-8061.

Thank you for your invaluable assistance to help locate unidentified dystonia patients in need of treatment and support.