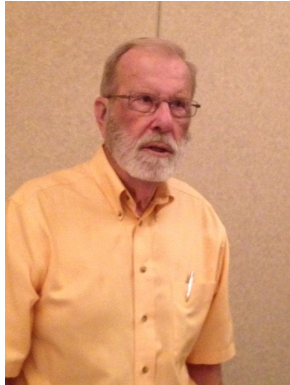


June 7, 2016



THE BULLETIN

FLORENCE EXCHANGE CLUB
THE OLDEST SERVING SERVICE CLUB IN THE SHOALS BEGINNING JUNE 1921



“Many of you remember my progression of shaking in my hands and some times slurred speech,” remarked Norm Ross to the Florence Exchange Club members Tuesday. “This was finally diagnosed as Essential Tremor, not Parkinson,” he said.

Essential tremor (ET) is a nerve disorder characterized by uncontrollable shaking, or "tremors," in different parts and on different sides of the body. Areas affected often include the hands, arms, head, larynx (voice box), tongue, and chin. The lower body is rarely affected.

ET is not a life-threatening disorder, unless it prevents a person from caring for him or herself. Most people are able to live normal lives with this condition -- although they may find everyday activities like eating, dressing, or writing difficult. It is only when the tremors become severe that they actually cause disability.

The true cause of essential tremor is still not understood, but it is thought that the abnormal electrical brain activity that causes tremor is processed through the thalamus. The thalamus is a structure deep in the brain that coordinates and controls muscle activity.

Genetics is responsible for causing ET in half of all people with the condition. A child born to a parent with ET will have up to a 50% chance of inheriting the responsible gene, but may never actually experience symptoms. Although ET is more common in the elderly -- and symptoms become more pronounced with age -- it is not a part of the natural aging process. Essential tremor is the most common movement disorder, affecting up to 10 million people in the U.S.

While ET can occur at any age, it most often strikes for the first time during adolescence or in middle age (between ages 40 and 50).

There is no cure for essential tremor, but treatments that provide relief from its symptoms may be helpful in improving quality of life. These include drugs and surgery that ease tremor.

Sandra Sockwell announced that Congressman Mo Brooks would be the speaker for the next FEC meeting.

UPCOMING PROGRAMS

June 13
Board Meeting

June 14
Sandra Sockwell

June 21
Annual Banquet

June 28
Bob Larson

2015-16

OFFICERS

Adin Batson, *Pres*

Bert Bretherick

Pres. Elect

Brian Maples

Vice Pres.

Teresa Robertson,

Imm. Past Pres.

Laura Williams

Secretary

Howard Tinsley,

Treasurer

DIRECTORS

One Year

Frank Eastland

Vance Persall

Jenny Mitchell

Two Year

Joe Patterson

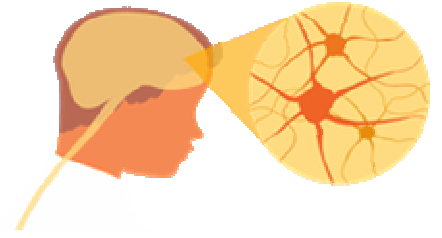
Doug Evans

But not every treatment or procedure is effective for every person with ET. Your doctor will recommend an individualized treatment plan, including certain lifestyle changes that may help to reduce your tremors.

“I underwent about six months of evaluation and preparation to determine if I was a candidate for the surgery,” Norm remarked. “I was asked to use a glass of water and a spoon to gauge my hand movement. Naturally I spilled every spoonful. Also I was asked to use a pen to draw smooth circles on paper. This was a disaster!”

Finally he was to have a clinic recommendation from the local VA clinic. He described the surgery, which was done in Vanderbilt Hospital, as intense.

Deep brain stimulation (DBS) is a surgical treatment option for people with severe tremor despite medical therapy. DBS involves surgical implantation of electrical leads into the thalamus. This is an area deep within the brain that coordinates muscle control that is thought to be affected in ET. He now wears a monitor on his belt which he can regulate the voltage.



“Now you can see the wonderful effect of the surgery,” he commented. “I can eat with fork and spoon plus write out checks with little or no tremor.”

Bill Cadenhead said he just celebrated with spouse Hazel their umpteenth anniversary.

Bert Bretherick also announced his 20th wedding anniversary.

President Adin announced that Laura Williams is undergoing treatment for lung infection.

Also that Barry Morris' granddaughter was seriously injured during a boating accident. She is in the hospital in Birmingham.

Vance reported that Frank Hatchett is home and doing well, but Mrs. Hatchett is now in Nashville hospital seriously ill.



Adin also thanked the many members who helped place the flags in downtown for Memorial Day and Flag Day this Tuesday. He asked that the flags would be taken down next Thursday.

One more announcement was about the planning of the Annual Meeting. It is set for June 21 hosted by Rhoda Ps in Sheffield. It will be a dinner meeting at which the Book of Golden Deeds and the Exchange of the Year will be awarded. The installation of the 2016-17 Officers and Board members will be done by Mrs. Joyce Franklin, NEC VP for Region 9.

