

So, What Exactly IS Dystonia?

Dystonia is a complex, highly variable neurological movement disorder characterized by excessive pulling of muscles. Its manifestation in a patient depends on the combination of muscles affected and which ones are pulling hardest. The disorder may result in abnormal posturing, twisting, and/or repetitive movement, and be accompanied by pain, tremor and/or stiffness. While symptoms may be mild in some patients, many others suffer from extreme pain and severe disability, greatly impacting quality of life.

Dystonia is the third most common movement disorder, preceded only by Parkinson's disease and tremor. Approximately 300,000 Americans suffer from some form of dystonia. Despite this stunning fact, dystonia is widely unknown to both the general public and medical professionals alike.

While a wide variety of treatments exist to help alleviate the symptoms of dystonia, most have very difficult side effects. At present there is no known cure.

It is the American Dystonia Society's mission to raise awareness for this unfortunate disorder. With increased awareness, it is our hope that better treatments will become available, and that one day there will be a cure.

If you would like to learn more about dystonia and how you can contribute to the American Dystonia Society, 501c3, please visit our website at www.dystonia.us.

Any monetary contributions to further our work are appreciated and well utilized, with 100% of contributions going to research, advocacy or patient support programs. Please detach this form, fill out optional information (if desired), and return to the below address. Checks should be made payable to the American Dystonia Society.

American Dystonia Society
17 Suffolk Lane
Princeton Junction, NJ 08550

Optional Information

Name

Address

_(____)_____
Phone number

Email address

Amount Donated \$ _____

Thank you!

Common Forms of Dystonia



As shown above, dystonia may affect a specific group of muscles (Focal Dystonia). It can also affect adjacent muscles groups (Segmental Dystonia) and even muscles throughout the entire body (Generalized Dystonia).

A Pair

*Dystonia, we have been paired, But I come
with a fight;*

*You think that you can take me down,
And there are days you might.*

*You've challenged me for years and years,
But you will never win;*

*For every time you knock me down, I'll get
back up again.*

*Dystonia, you're fight is hard, But just you
wait and see;*

*You'll take my days, my nights, my peace,
But not the best of me.*

*See I intend to keep my dreams, My cake
and parties too;*

*And while I do, they're that much better,
Because I'm paired with you.*

-Jacquelynn Blaisse



How You Can Help

Please visit our site at:

www.dystonia.us

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17 Suffolk Lane
Princeton Junction, NJ 08550

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AMERICAN DYSTONIA SOCIETY

Advancing awareness for a rare
neurological disorder
501c3 foundation
www.dystonia.us

