FOR IMMEDIATE RELEASE

CONTACT: *[Name]*

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**“Dystonia is Not a Country”**

**Local Volunteer Champions Little-known Brain Disorder**

*[CITY (date)]—*The word “dystonia” may sound like the name of a country in Eastern Europe, but it is a neurological movement disorder that affects no fewer than 250,000 Americans—including local resident *[Name].* Throughout September, *[Name]* and others across the country are using their stories to increase public awareness and reach the un-diagnosed as part of the *Dystonia Moves Me* campaign.

Dystonia causes uncontrollable muscle spasms that twist the body into involuntary movements and awkward postures. The central nervous system is overcome by chaotic signals from the brain. *[Insert a few sentences about individual’s story, including a brief quote.]*

Because dystonia is not better known, the symptoms are frequently mistaken for mental illness, intoxication, or poor social skills. Dystonia is more common than Huntington’s disease, muscular dystrophy, and Lou Gehrig’s disease (ALS). There are multiple forms of dystonia that impact people of all ages and backgrounds. Prompt diagnosis is critical because research suggests that treatment outcomes improve with early intervention.

*[Name]* is a member of the Dystonia Medical Research Foundation, a non-profit organization, which is hosting events and rallying volunteers across the country to promote awareness. *[Insert info about any DMRF events in the area.]*

*[Insert quote about the importance of dystonia awareness. For example, greater awareness is needed to help reach those who are living with debilitating symptoms and not yet diagnosed, and greater awareness will lead to more research toward better treatments and a cure.]*

The Dystonia Medical Research Foundation (DMRF) was founded in 1976. The mission is to advance dystonia research for improved treatments and ultimately a cure, promote awareness and education, and provide support resources for affected individuals and families. The DMRF can be reached at 800-377-3978, dystonia@dystonia-foundation.org, or [www.dystonia-foundation.org](http://www.dystonia-foundation.org).

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