

Re: September is Dystonia Awareness Month - We Need Your Help

Conservative estimates suggest no fewer than 50,000 Canadians are affected. As a constituent and member of your community, I am writing to you to spread awareness about dystonia, a neurological movement disorder. Presently, there is no known cure for dystonia.

Dystonia causes excessive, involuntary muscle contractions resulting in abnormal muscle movements and body postures. The movements are typically patterned and repetitive and can be very painful. Depending on the region of the body affected, dystonia may look quite different from person to person and, therefore, can be very difficult to diagnose. Dystonia is not only disabling—it is often severely painful. According to [Statistics Canada](#), 53% of individuals with dystonia experience chronic pain, far exceeding rates for migraine, stroke, multiple sclerosis, and muscular dystrophy, and well above the 36% average for all neurological conditions.

In addition to involuntary movements and postures, depression and anxiety are frequent non-motor symptoms of dystonia. Symptoms may be mistaken for mental illness, substance abuse, or poor social skills.

September is Dystonia Awareness Month, and I am asking for your help.

As a local leader and politician in this community, **I am asking you to help us spread awareness by publicly recognizing Dystonia Awareness Month in September 2025.** Please visit [www.dystoniacanada.org/dystoniaunderaminute](http://www.dystoniacanada.org/dystoniaunderaminute) for a list of sample messaging about dystonia that you can use. You can help us by sharing information about dystonia via your social media page or using your position to broadcast our message more broadly.

By increasing awareness, we hope that more dystonia patients will receive a proper and timely diagnosis and the treatment they need to live their best lives with the condition.

Thank you for your invaluable assistance in improving the lives of those living with dystonia.

Sincerely,

Your Name:

Your Address: