



PROCLAMATION

Dystonia Awareness: September 2026

Dystonia is a neurological disorder characterized by involuntary muscle contractions that cause repetitive movements and postures. Its symptoms can impede a person's ability to walk or control posture, affect speech, cause visual impairment, and make it difficult to write.

The physical, emotional, and financial impacts of dystonia often extend beyond patients to their friends, loved ones, spouses, and caregivers. The severity of dystonia symptoms, combined with limited public awareness of the disease, can cause isolation among patients. Dystonia has no cure, and treatment options remain limited.

The dystonia community is dedicated to conducting research, educating patients and their families to improve treatment and care, and empowering people to become advocates — through annual patient education conferences, school-based educational programs, and local events. Dystonia Awareness Month raises public awareness of the disease and builds understanding of the impact its various forms have on all those affected.

As Mayor of Columbia Heights, Minnesota, I, Amáda Márquez Simula, proclaim September 2026 Dystonia Awareness Month in Columbia Heights, and I encourage all residents to join in this observance and to support the patients, families, and caregivers in our community affected by this disease.

Proclaimed this 14th day of September 2026.

Amáda Márquez Simula
Mayor, City of Columbia Heights