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ESSENTIAL TREMOR EDUCATION



DON'T LET ESSENTIAL TREMOR GET IN YOUR WAY

Treatment options focused on helping you reclaim control.

RECLAIMING CONTROL


Living with essential tremor (ET) can be challenging, as it can interfere with day-to-day tasks. Understanding ET and its treatment options allows you to plan your journey. **Although everyone's path is different, know you are not alone.**



WHAT IS ESSENTIAL TREMOR?

Essential tremor (ET) is one of the most common movement disorders. It manifests with involuntary rhythmic shaking of one or more body parts, most commonly the hands, the head, and the voice.¹

The cause of ET is unknown. However, inheritable factors play a role. Patients with ET frequently have a family history, and genetics may be a component, in roughly half of all essential tremor cases. No genetic blood test can be done to test for, confirm, or exclude ET.²



There are roughly
10 MILLION
people with ET in the U.S.³

Symptoms of ET

In most cases, essential tremor begins gradually, with the severity of the tremor increasing over the years. The onset of symptoms can be early or later in life.

These may include²:



Rhythmic shaking



Head tremor



Voice tremor



Problems writing or holding tools

The trembling commonly interferes with day-to-day activities such as handwriting, eating, or drinking. How symptoms evolve, and the experience of living with ET are unique to each patient.

HOW IS ESSENTIAL TREMOR DIAGNOSED?

The diagnosis of ET is based on medical history, clinical observation, and a skilled physical examination. Since no laboratory test can confirm an ET diagnosis, neurologists use a combination of criteria and supporting tests.⁴

Criteria for diagnosis include:^{1,2,3}

- Hand or arm tremors affecting both sides of the body when the body is active, such as holding a cup, using a spoon, or writing.
- Tremor present for three years or longer.
- Tremors in other body parts (e.g., head, voice, or lower limbs) may (or may not) be present.
- The absence of other neurological signs upon examination.
- No history of other possible causes of tremors, such as Parkinson's, the use of certain medications, thyroid disease, and other causes.

Standardized rating scales are used to measure disease severity. For ET, The Essential Tremor Rating Assessment Scale (TETRAS) and the Fahn-Tolosa-Marín tremor rating scale (FTM-TRS) are global standards.^{5,6}

Important things to do after diagnosis



Assemble a care team²

Seeing a movement disorder specialist (MDS) along with your primary care physician and/or neurologist can be helpful and valuable, especially when you are initially diagnosed. MDS doctors specialize in creating a treatment plan and are aware of the latest treatment options available. When ET impacts your quality of life, a discussion with a neurosurgeon about treatment options may be warranted.



Learn about ET

Knowledge is power, and when you and your care partner know more about the disease and available treatment options, evaluating your own symptoms can be easier.



Exercise regularly⁵

Exercise helps sustain mobility and motivation, while improving overall well-being and quality of life.



Build a support network⁵

Your trusted support system usually consists of family, friends, and your care team. They are the people you can rely on during the different stages of your ET journey.

WHERE CAN I FIND HELP AND SUPPORT?

Joining an ET support group offers community and valuable education about the condition and treatment options. These groups provide a safe space for open discussions, helping you cope with the challenges of living with ET.

For a list of support groups and helpful resources, scan the QR code.



MONITORING YOU

Helpful tips to make the most of your appointment:

1

Keep a Journal:

- Maintaining a journal or completing ET-specific questionnaires regularly can help organize and summarize symptoms impacting your quality of life.

2

Create a Medication List:

- Include current and past medications, with details on dosage and times of intake.
- Note any side effects or reasons you want your neurologist to review specific medications.

UR CONDITION:

3

Gather Medical Reports:

- Include results from past tests and investigations.
- Prepare a list of questions to discuss with your doctor.

4

Maximize Your Time:

- Come prepared for each doctor's visit with a clear focus on why you are there. Before your appointment, ask yourself "What is the ideal outcome of today's doctor's visit?"

5

Consider Bringing Support:

- Think about asking someone you trust to accompany you. They can provide additional information about your medical history and offer support during and after the appointment.

Feel empowered during your visit by following these simple steps to get the most out of your doctor's visits.

How is Essential Tremor treated?

ET is unique to everyone, with a different combination of symptoms and a varying rate of progression. Based on your symptoms, your doctor will choose a regimen consisting of one, or possibly a combination, of drugs.

The most used drugs for ET are beta-blockers, such as propranolol. The currently available medications can improve tremors in about 50%

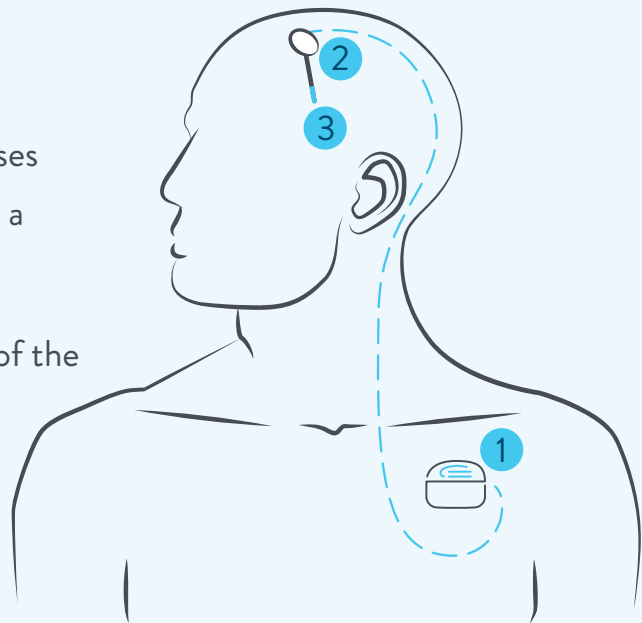
of patients.⁷ Some individuals may not be able to take propranolol because of contraindications, lack of response, or side-effects. Your doctor may also try medications primarily designed for other conditions, like anti-epilepsy.

When medications are ineffective or side effects cannot be tolerated, your doctor may discuss advanced treatment options, including surgery.

Deep brain stimulation (DBS) therapy is the most effective treatment for tremors, with the greatest effect on hand and arm tremors.⁸ It may also be helpful in controlling head, voice, and leg tremor.

How DBS Therapy Works

- 1 The DBS battery sends energy pulses through thin wires called leads, like a pacemaker for the brain.
- 2 The leads target the specific areas of the brain responsible for movement disorder symptoms.
- 3 The pulses of energy help to relieve symptoms.



Deep Brain Stimulation (DBS)

- Recommended by International Essential Tremor Foundation (IETF) as the most effective treatment for tremors³
- Used for 25+ years with 200,000+ implants worldwide^{9,10}
- 90% average tremor reduction¹¹
- Adjustable therapy for personalized treatment

As with any surgery or therapy, DBS has risks and complications:

- Surgical risks: most side effects from DBS surgery are temporary and correct themselves over time. Risks may include infection, bleeding, and/or serious complications.
- Stimulation related risks: Potential for neurological side effects such as mood changes, cognitive impacts, depression, loss of coordination, or other neurological symptoms. These can usually be managed by adjusting device settings.

Focused Ultrasound

- Utilizes high-intensity ultrasound waves to kill cells using thermal ablation.
- Irreversible procedure, with no ability to adjust therapy settings if symptoms change.

SCAN THE QR CODE

To take a short assessment and speak with our education team to **find out if DBS could be right for you.**



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Risk Information:

There is no cure for Parkinson's disease (PD) and essential tremor (ET), but there are options available to treat symptoms. The first-line therapy is medication. Surgical treatments are also available. It's important to discuss with your doctor what's right for you along with the risks and side effects of each option, such as motor fluctuations or permanent neurological impairment. As with any surgery or therapy, DBS has risks and complications. Loss of coordination is a potential side effect of DBS therapy. Patients should exercise reasonable caution when participating in activities requiring coordination, including those that were done before receiving therapy (for example, swimming). Patients should also exercise reasonable caution when bathing. New onset or worsening depression, which may be temporary or permanent, is a risk that has been reported with DBS therapy. Suicidal ideation, suicide attempts, and suicide are events that have also been reported. Most side effects of DBS surgery are temporary and correct themselves over time. Some people may experience lasting, stroke-like symptoms, such as weakness, numbness, problems with vision or slurred speech. In the event that the side effects are intolerable, or you are not satisfied with the therapy, the DBS system can be turned off or surgically removed. Risks of brain surgery include serious complications such as coma, bleeding inside the brain, paralysis, seizures and infection. Some of these may be fatal.

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‡ Indicates a third-party trademark, which is property of its respective owner.

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