

## Some facts...

1. Essential tremor is considered as one of the most common neurological movement disorders.
2. Essential tremor affects over one million people in the UK, 10-million in the USA and millions more worldwide.
3. Essential tremor is a progressive neurological disorder.
4. At least 5% of all cases of essential tremor commence in childhood.
5. It is estimated that 60% of all cases are inherited.
6. Essential tremor is often confused with Parkinson's.
7. Essential tremor is estimated to be 8-10 times more common than Parkinson's.
8. Stress and anxiety can worsen the condition.

## Events

For further advice and support, why not attend one of our events?

Please go to [tremor.org.uk/events](http://tremor.org.uk/events)

## Donations

The work of the NTF depends solely on funding raised by donations.

If you would like to make a contribution please go to [tremor.org.uk/donate](http://tremor.org.uk/donate)



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The National Tremor Foundation  
Registered Charity England and Wales (No 1042013)  
Scotland (No SC054775)



# Essential Tremor

A neurological  
movement disorder  
affecting any age

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## Who are we?



Over one million people in the United Kingdom suffer with a neurological tremor of some type. For many, tremor impacts intrusively into their daily activities.

The foundation is a charity dedicated to people with tremors – its mission is to provide advice, support, publish information and promote research.

The NTF (U.K.) was founded in 1992 as part of the International Tremor Foundation (USA). In 1994 it became a registered charity in its own right.

Misguided beliefs and a lack of awareness mean that many people with this condition never seek medical care though most would benefit from treatment.

**For more about the NTF go to  
[tremor.org.uk/about-us](https://tremor.org.uk/about-us)**

## What is essential tremor?

Essential tremor is a neurological disorder in which people exhibit a rhythmic trembling of different body parts which may include hands, head, legs, trunk and voice, in any combination.

It can afflict persons of any age, gender and race and in the vast majority of all cases it is inherited. While more commonly noticed in older individuals, essential tremor can begin as early as birth.

The age of onset, body part(s) affected, and the severity of the tremors typically differs from patient to patient, even within a family. This difference from patient to patient holds true for benefits received from drug therapy as well.

Tremors are seen in postural (voluntarily maintaining a position or movement) and kinetic (performing any kind of movement) positions. Thus, essential tremor is considered an “action” tremor.

**For more about types of tremor go to  
[tremor.org.uk/what-is-tremor](https://tremor.org.uk/what-is-tremor)**

## Symptoms

People with essential tremor experience trembling head or hands, which may mean that a seemingly straightforward task such as drinking a cup of tea is impossible without special aids. For many, any form of legible handwriting is also impossible and even holding objects securely is a major problem. When the legs are subjected to tremors some patients may only stand for short periods.

**For more about symptoms go to  
[tremor.org.uk/symptoms](https://tremor.org.uk/symptoms)**

## Treatment

Successful treatments depend on an accurate diagnosis of essential tremor. Many medications are only partial in their effect and can carry the risk of side effects. New surgical procedures and research are frequently being explored to obtain long-term relief from tremors in suitable patients. We advise you visit the website regularly for updates.

**For more about treatment go to  
[tremor.org.uk/medication-treatments](https://tremor.org.uk/medication-treatments)**