

## ***Essential Tremor Guidelines for media***

The following are guidelines for sharing your Essential Tremor (ET) story on radio, media and to the general public.

### **Radio – in advance**

Send your personal story to the radio station in advance along with ET facts/Press release. By sharing your own story you will be able to explain how it is for you living with essential tremor.

A few ET facts:

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

Sending information in advance will also help the interviewer be able to ask you relevant questions on the day of recording. Recommended to have the NTF ET facts at hand.

### **Other useful notes**

- If asked what should people do if they have tremors. Explain to seek professional medical advice as there are many causes of tremors and it is important to receive correct diagnosis.
- Day of interview: Any questions you are asked but cannot answer, it is best to say so. You can then mention more information and support can be found at National Tremor Foundation [www.tremor.org.uk](http://www.tremor.org.uk)

### **Important medical information**

Please do not give medical advice

Avoid discussions on the following topics as the listener's medical history or vulnerability will not be known:

- Medications
- Alcohol
- CBD/cannabis/non-prescription drugs

### **Only If asked about treatment available:**

Some people choose not to receive any medication or surgery for their tremor and may use techniques such as mindfulness or yoga. For others, medication may be the first line of therapy and for those whose symptoms are significant and have not responded to medication, surgery such as DBS (Deep Brain Stimulation) or Focussed Ultrasound may be available. Each Individual will respond differently to each method and find that some methods are not suitable for them. They should always seek advice from their GP or movement specialist.

Note: Should you have any questions about contents of the NTF pack or would like to share a preview of your draft article with NTF before submitting. Please contact us at [events@tremor.org.uk](mailto:events@tremor.org.uk).