

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 are 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.

Groups

For further advice and support, why not find your local Tremor Support Group?

Please go to
www.tremor.org.uk/groups

Donations

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

If you would like to make a contribution please go to
www.tremor.org.uk/donate

01708 386399

enquiries@tremor.org.uk

www.tremor.org.uk

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Essential Tremor

**A neurological
movement disorder
affecting any age
from birth**

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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 was first brought to the UK from the USA in 1992 as part of the International Tremor Foundation and in 1994 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 www.tremor.org.uk/about-us



What is essential tremor?

Essential tremor is a neurological disorder in which people exhibit a rhythmic trembling of the hands, head, legs, trunk and/or voice. 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 www.tremor.org.uk/types-of-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 www.tremor.org.uk/symptoms

Treatment

Treatments depend on accurate diagnosis as to the cause of 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 the latest treatment go to www.tremor.org.uk