

ESSENTIAL TREMOR AND ITS IMPACT ON EVERYDAY LIFE

Essential tremor (ET) is considered the most common neurological movement disorder¹



10x

It is 10 times more common than Parkinson's disease³

ET can impact every aspect of a person's life⁴:

40+

The average age of onset is 40 and over, although younger people can be affected too



It is equally common in men and women



Essential tremor typically begins in both hands but occasionally begins in one hand

In a 2020 survey of 245 people living with ET⁵:

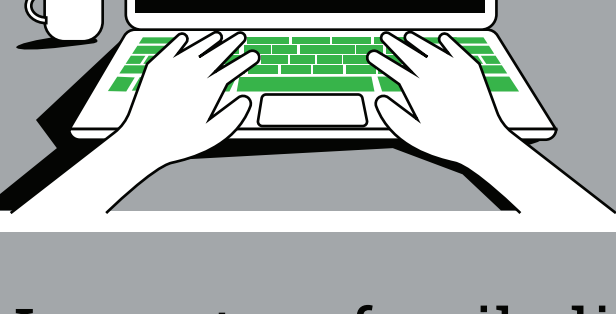
Impact on working life

49%

said it impacted their working and professional life

33%

had to change jobs, reduce hours or completely stop working



Impact on social life

54%

said it impacted their social life

43%

said they rarely, if ever, go out to socialise



Impact on family life

29%

said it impacted their family life

36%

said they require help from others to complete daily tasks

18%

feel they have become a burden



Day-to-day support

For some, ET has such a major impact they require help from others to:

they require help from others to:



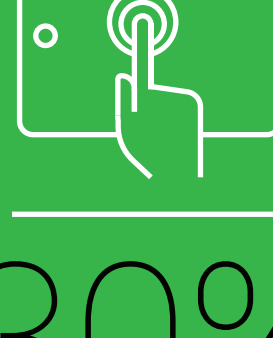
46%

eat and drink



27%

communicate to the public



30%

use technology devices

Mental health



57%

said it has a negative impact on their mental health



61%

said it has a negative impact on their self esteem



31%

reported they consume alcohol to reduce their tremors



“Approximately 52% of ET patients were dissatisfied with their current treatment”

Despite the challenges that many people with ET face on a daily basis, 92% said they do not see any other type of specialist beyond their neurologist/GP to support with these wider difficulties stemming from the disease⁵

References

1. Essential Tremor. Available at: <https://tremor.org.uk/essential-tremor>. Accessed May 2021.
2. Imperial NHS. 2016. Available at: <https://www.imperial.nhs.uk/about-us/news/trust-first-in-the-uk-to-use-non-invasive-ultrasound-for-brain-surgery>. Accessed May 2021.
3. National Tremor Foundation. About Tremor. Available at: <https://tremor.org.uk/what-is-tremor>. Accessed May 2021.
4. Essential Tremor signs and symptoms. Patient Info. Available at: <https://patient.info/signs-symptoms/tremors-shaking/essential-tremor>. Accessed May 2021.
5. ET Impact survey data results. June 2020.