

# Understanding Essential Tremor



New research has uncovered that 85% of the public aren't aware of what Essential Tremor (ET) is.<sup>1</sup> Yet with greater awareness and understanding, together we hope to better support those living with ET to seek advice, support and care.

## The Truth Behind The Tremors

There are many misconceptions when it comes to Essential Tremor:

 **1 in 14** believe alcohol is the cause<sup>1</sup>


This is not true, it is thought to be due to a specific genetic mutation which can be hereditary<sup>2</sup>

 **92%** believe up to only 100,000 people have the condition<sup>1</sup>

Over 1 million people in the UK have Essential Tremor<sup>3</sup>

 **58%** believe patients live with other mental health issues<sup>1</sup>

57% of people living with Essential Tremor report that their mental health has suffered<sup>4</sup>

 **49%** would believe someone had Parkinson's if they saw the tremor<sup>1</sup>

Tremors that appear when a person is active are more likely to be Essential Tremor than Parkinson's<sup>5</sup>

## Seeking Support

**38%** waited until the condition became unbearable before being diagnosed.<sup>4</sup>

Finding support and seeking a diagnosis early can help you put a management plan in place to limit its impact:

### What can you do?

#### Getting a diagnosis



Monitor your symptoms



Speak to your GP



Secure a referral to a movement disorder neurologist

#### Managing your Essential Tremor



Seek support groups



Keep a diary – some activities may help/worsen your tremor





Find a care plan for you

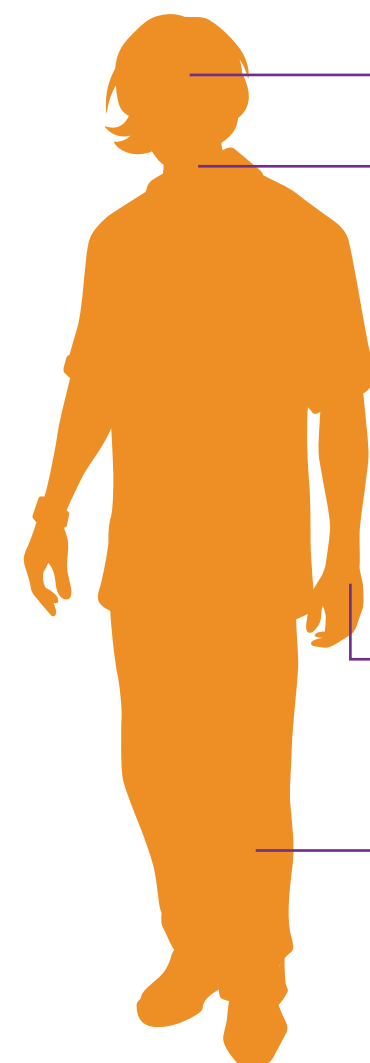
## Living with Essential Tremor

Symptoms can be debilitating and severely affect quality of life:<sup>4</sup>

 **27%** have had to stop or change their work pattern or occupation

 **58%** cannot eat or drink independently

 **34%** no longer socialise as much as they used to



Where do symptoms appear?<sup>4</sup>

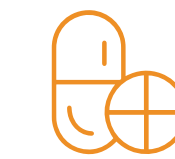
**42%** head

**24%** vocal cords

**94%** hands

**30%** legs

## What treatment is available?



Medications can help, with 68% of patients taking prescriptions to manage the condition.<sup>4</sup>

However, up to 50% of patients do not respond to the most frequently used medications, making managing the condition challenging.<sup>6</sup>



Newer therapies, such as **Magnetic Resonance-guided Focused UltraSound (MRgFUS)** can provide lasting relief, yet 44% of people with Essential Tremor have never heard of the treatment.<sup>4</sup>

## About MRgFUS

An incisionless procedure using high intensity ultrasound that takes between 2–2.5 hours.

Data from 10,000 patients and 5 years of the treatment shows that 73% postural tremor reduction in patients remained for up to 5 years.<sup>7</sup>

Available at two NHS hospitals in London and Liverpool and two private hospitals in Queen's Square, London and Ninewells, Dundee.

Speak to your healthcare professional or visit: [tremor.org.uk](https://tremor.org.uk) for more information.

Join the **#ActionOnET** campaign to improve access to treatment in the UK: [tremor.org.uk/actionnet](https://tremor.org.uk/actionnet).

1. Perspectives Global, July 2023. 2022 men and women in the UK. 2. <https://www.ncbi.nlm.nih.gov/books/NBK499986/>. 3. <https://tremor.org.uk/get-involved/national-essential-tremor-awareness-month#:~:text=Essential%20tremor%20affects%20over%20one,is%20a%20progressive%20neurological%20disorder.> 4. Survey Monkey, August 2023. 638 people living with Essential Tremor. Shared by Essential Tremor Foundation to patient database. 5. <https://practicalneurology.com/articles/2012-nov-dec/distinguishing-essential-tremor-from-parkinsons-disease>. 6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3208950/#:~:text=Propranolol%20and%20primidone%20are%20the,to%20either%20primidone%20or%20propranolol.> 7. Cosgrove GR, Lipsman N, Lozano AM, et al. Magnetic resonance imaging-guided focused ultrasound thalamotomy for essential tremor: 5-year follow-up results J Neurosurg. 2022;138:1028–1033.