

CHECK COMMON SYMPTOMS OF ESSENTIAL TREMOR (ET)



Review the symptoms below to evaluate whether you or a loved one may be experiencing symptoms of essential tremor (ET). Consider keeping track of symptoms in a daily symptom diary.



Does your tremor occur when you are at rest or during movement?

ET is typically characterized by action tremor, occurring during movement. Parkinson's disease is typically characterized by rest tremor, present when no muscle is being used.*



Does ET run in your family?

If you have a parent with the genetic mutation for ET, then according to the Mayo Clinic you have a 50% chance of developing the disorder yourself.*



Is your handwriting large and shaky?

ET mainly involves the hands, head, and voice of a patient.*



Does your tremor worsen in certain situations?

ET patients report that stress, fatigue, and caffeine can cause their tremor to be more pronounced.*

PLEASE CONSULT A PHYSICIAN, NEUROLOGIST, OR MOVEMENT DISORDER SPECIALIST TO REVIEW YOUR SYMPTOMS AND GET AN ACCURATE DIAGNOSIS.

RESOURCES

*Essential tremor. Mayo Clinic. Retrieved February 1, 2023, from <https://www.mayoclinic.org/diseases-conditions/essential-tremor/symptoms-causes/svc-20350534>

Essential Tremor Facts. International Essential Tremor Foundation. Retrieved February 1, 2023, from <https://www.essentialtremor.org/wp-content/uploads/2019/06/FactSheet062019.pdf>