

A HELPFUL GUIDE TO SPEAKING WITH YOUR DOCTOR ABOUT ESSENTIAL TREMOR

3

Share your family history. Do any of your relatives have experience with tremor or other neurological conditions?

Essential Tremor

Dystonia

Dementia

Parkinson's disease

Neuropathy

Others?

4

Discuss how your tremor affects your daily life. If possible, bring a daily **symptom diary** to review with your doctor. ET can be very isolating and have severe impacts on daily life. Be open, accurate and candid with your doctor.



Which of your daily activities are affected most?



Have your tremor symptoms affected you emotionally?



Have your symptoms affected your work and/or social life?



Other impacts you want to share?

5

Ask questions. At the end of your visit, make sure you understand your diagnosis and treatment options. Discuss your goals and expectations with regard to your tremor, and your plans to explore further treatment.