

GET A GRIP

on the Symptoms of Essential Tremor (ET)



DOES YOUR TREMOR OCCUR WHEN YOU ARE AT REST OR DURING MOVEMENT?

Essential tremor is characterized by action tremor, occurring during movement. Parkinson's is 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 essential tremor, then according to The Mayo Clinic you have a 50% chance of developing the disorder yourself.



IS YOUR HANDWRITING LARGE AND SHAKY?

While large and shaky handwriting is a hallmark of ET, slow and small handwriting is a symptom of Parkinson's tremor.



DOES YOUR TREMOR WORSEN IN CERTAIN SITUATIONS?

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

PLEASE CONSULT A PHYSICIAN, NEUROLOGIST OR MOVEMENT DISORDER SPECIALIST.

SOURCES:

What is essential tremor? International Essential Tremor Foundation. Retrieved February 27, 2019, from <https://www.essentialtremor.org/about-et/>

Essential tremor. (2019, January 23). Mayo Clinic. Retrieved February 27, 2019, from <https://www.mayoclinic.org/diseases-conditions/essential-tremor/symptoms-causes/syc-20350534>

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