

# NUMBERS ONLY TELL *Half the Story*

Ten million Americans live with essential tremor<sup>1</sup> (ET), the most common movement disorder, which typically causes uncontrollable shaking in the hands. This underscores the scale of ET's impact but it fails to express the unique individuals behind the figures. While living with essential tremor comes with challenges, patients can Get A Grip on ET and pursue what brings them joy. Help us tell the story of all those living with ET.

## MANY ODDS TO *overcome*

91%

of patients surveyed indicated their condition caused an overall decline in quality of life<sup>2</sup>.

87%

of patients surveyed reported a loss of self-esteem and confidence<sup>2</sup>.

95%

of patients surveyed reported that ET left them unable to perform daily tasks<sup>2</sup>.

<sup>1</sup> What is essential tremor? International Essential Tremor Foundation. Retrieved February 27, 2019, from <https://www.essentialtremor.org/about-et/>

<sup>2</sup> The source for this data on this page is a Frost & Sullivan whitepaper entitled Assessing the Full Impact of Essential Tremor on Patient Quality of Life and Finances in the United States, commissioned by INSIGHTEC, surveying 272 patients with ET and their caregivers. [https://www.insightec.com/media/31399/fs\\_wp\\_insightec-essential-tremor.pdf](https://www.insightec.com/media/31399/fs_wp_insightec-essential-tremor.pdf)

**GET A GRIP**  
*on Essential Tremor*

Share your story at [GetAGripOnET.com](https://www.getagriponeet.com)

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## GOING *beyond* THE NUMBERS

*"I'm able to do a lot more things; more independence — to be a stronger person. To be a stronger mother."*

— Jodi Meyer

Essential Tremor patient, after receiving focused ultrasound treatment for medication-refractory ET

**I AM A**  
*mother*  
**AND I**  
**ALSO HAVE**  
**ESSENTIAL**  
**TREMOR.**

Disclaimer: This patient testimonial may not be representative of all treatment outcomes. For safety information, see <https://usa.essential-tremor.com/safety-information/>