

# A HELPFUL GUIDE TO SPEAKING WITH YOUR DOCTOR ABOUT ESSENTIAL TREMOR

Do you think you may have Essential Tremor (ET)? It can be difficult to remember all the information about your symptoms and the questions you want to discuss with your doctor in a single visit.

Taking the time to prepare for your appointment with a movement disorder neurologist will increase the chances for a successful interaction. Whether your goal is to receive an accurate diagnosis or to review appropriate treatment options, here is a list of ways you can prepare for a meaningful discussion.

## 1. Review your symptom history. Write down your symptoms and bring the list with you to your appointment.

- How did your tremor begin? (e.g., suddenly or gradually)
- Which areas of your body were affected initially and how has it progressed?
- Have your symptoms been associated with other events or medical problems? (e.g., a new medication or lifestyle changes)
- Do you experience any other involuntary movements? (e.g., body jerks, twisting movement of the neck or limbs)
- How is your tremor different (or not) when you are at rest versus when you are active?
- What is the common duration of your tremor and it is impacted by stress, alcohol, etc.?

## 2. Provide a list of all treatments, activities or methods you have tried to relieve your tremor.

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## 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 symptoms affected your work and/or social life?
- Have your tremor symptoms affected you emotionally?
- 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.

To get resources and learn more about Essential Tremor, visit [essentialtremor.org](https://essentialtremor.org).