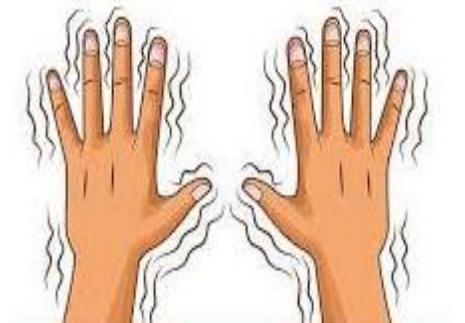


# Tremors

## WHAT YOU NEED TO KNOW:

### What is a tremor?

A tremor is a movement you cannot control that occurs in a rhythm. Tremors most commonly occur in the hands. Other common places include the head or face, trunk, or legs. voice can also have a tremor and sound shaky when person speak. A tremor may be caused by a nerve problem, too much thyroid hormone, or by certain medicines, caffeine, or alcohol. Tremors may be temporary or permanent. The tremor may go away and return, or worsen with stress. Tremors can happen at any age, but they are more common in later years.



### What increases my risk for tremors?

- Older age
- Certain medicines, such as steroids, antipsychotics, or amphetamines
- A family history of tremors
- A condition such as Parkinson disease, multiple sclerosis, a thyroid problem, or liver failure
- A brain injury, stroke, or disease that affects your brainstem
- Alcohol abuse, or withdrawal from alcohol

### How is the cause of a tremor diagnosed?

- **Blood or urine tests**
- **A neurologic exam**
- **CT or MRI**
- **An electromyogram**

### How are tremors treated?

- **Medicines** may be used to help control some kinds of tremors.
- **Deep brain stimulation** is used to control some types of tremors. Electric currents are delivered into parts of the brain that control movement. The currents disrupt the tremor.
- **Thalamotomy** is surgery that may be used to control some types of tremors if other treatments do not work. During surgery, parts of the thalamus are destroyed. The thalamus is a small area of the brain. It is located deep inside the brain and helps control movement.

### What can we do to manage my symptoms?

- **Do not have caffeine or other chemicals that affect nerves.**
- **Go to physical and occupational therapy as directed.**
- **Use objects that will help to control movements.**
- **Set a regular sleep schedule.** Lack of sleep can make tremors worse. Try to go to bed at the same time each night and wake up at the same time each morning.

Reference: Micromedex's Care Notes System Online 2.0