

Essential tremor (ET) is a neurological disorder that causes involuntary and rhythmic shaking, typically affecting the hands and arms but can also affect other parts of the body such as the head, voice, and legs.

The cause of essential tremor is not known, but it is thought to involve abnormalities in the cerebellum and basal ganglia, the parts of the brain that controls movement. Essential tremor can be mild or severe and may worsen with age.

There are several treatment options available for essential tremor, including medications and surgical procedures. The choice of treatment depends on the severity of the tremor and the impact it has on a person's daily activities.

Medications that can be used to treat essential tremor include:

1. Propranolol: This medication is a beta-blocker that can reduce the severity of tremors. It is often the first-line treatment for essential tremor.
2. Primidone: This medication was originally used as an anticonvulsant but has been found to be effective in reducing tremors.
3. Clonazepam: This medication is a benzodiazepine that can reduce the severity of tremors. It is often used when other medications are not effective or cannot be used due to side effects.
4. Gabapentin: This medication is an anticonvulsant that can reduce the severity of tremors. It is sometimes used in combination with other medications.
5. Topiramate: This medication is an anticonvulsant that can reduce the severity of tremors. It is sometimes used in combination with other medications.

Surgical options for essential tremor include deep brain stimulation and MR-guided focused ultrasound thalamotomy. Deep brain stimulation involves implanting a device that sends electrical signals to the brain to control tremors. MR-guided focused ultrasound thalamotomy uses ultrasound waves to destroy a small area of the brain that is responsible for the tremors.

It is important to note that all medications have potential side effects, and the benefits and risks should be carefully considered before starting treatment. Some common side effects of medications used to treat essential tremor include dizziness, fatigue, and nausea.

In addition to medication and surgical options, there are also lifestyle changes that can help manage essential tremor. These include avoiding caffeine and other stimulants, getting enough sleep, and reducing stress.

If you are experiencing essential tremor, it is important to talk to your doctor about your treatment options and which one is best for you.