

LEARN THE DIFFERENCES

ESSENTIAL TREMOR

Tremor is the primary symptom, although the way a person walks (gait) or balance can also be affected.

Action Tremors: Tremors occur during movement.

Handwriting tends to be **large and shaky.**

50% of patients have a **family history** with ET.

Tremors usually affect both sides of the body (bilateral) and typically are **not the same on both sides.**

Tremors affect hands, head and voice, **but rarely legs.**

PARKINSON'S DISEASE

Symptoms include **bradykinesia** (slowness in the execution of movement), **rigidity, tremor and gait/balance issues.**

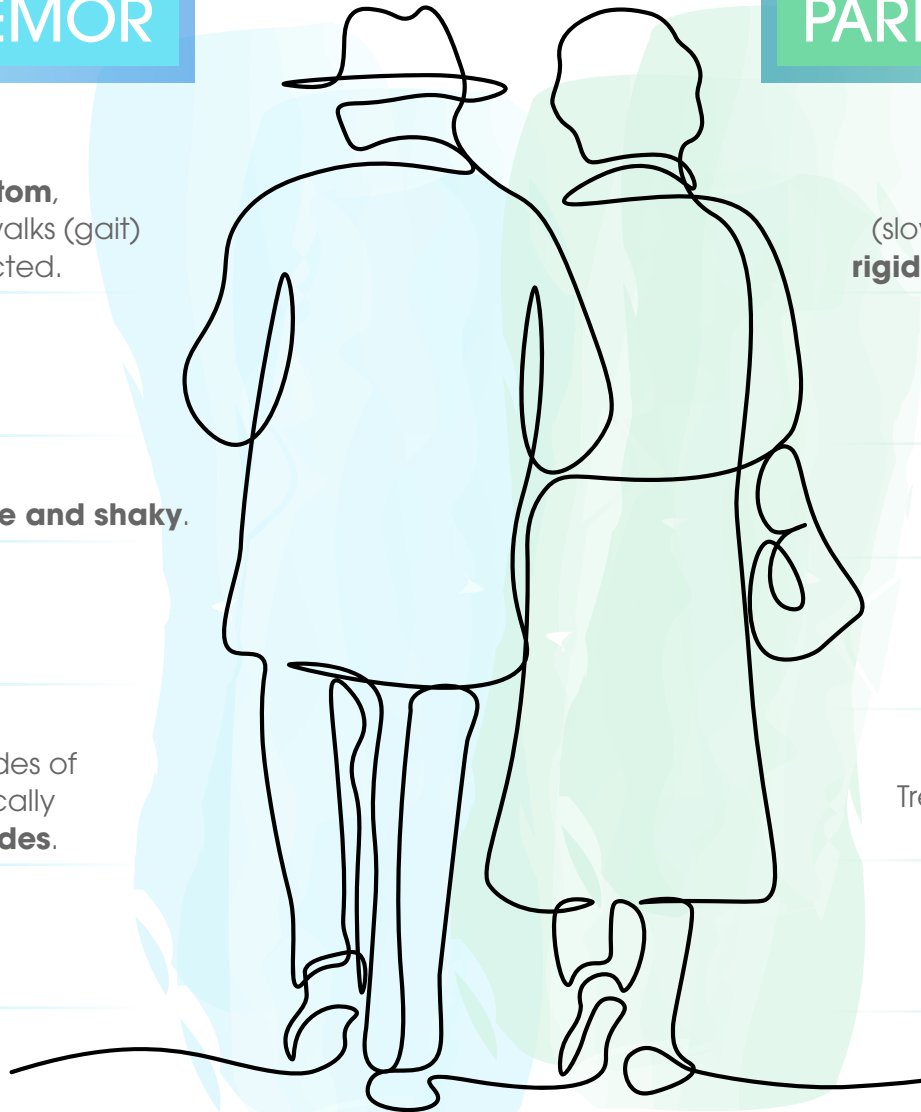
Rest Tremors: Tremors occur when no muscle is being used.

Handwriting is often **slow and small.**

PD patients **rarely have a family history** with the condition.

Tremors usually **start on one side of the body** and progress to the other side.

Tremors affect **hands and legs,** but rarely head and voice.



YOUR JOURNEY TO TREMOR RELIEF STARTS HERE

Disclaimer: For diagnosis, consult a neurologist specializing in movement disorders.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3475963/>

US patients, [click here](#). International patients, [click here](#)