

TREMOR

Tremor is an involuntary rhythmic movement, similar to shaking. Along with slowness of movement and stiffness, tremor is one of the most common symptoms of Parkinson's disease (PD), though not everyone will experience it. There are many possible types of tremor, but the most common is the essential tremor, which is most noticeable when moving.

Persistent tremor can be tiring, and lead to aching and soreness. It can also interfere with your ability to sleep. You may also feel an internal tremor in your chest or abdomen.

Some people with PD find their tremors to be socially embarrassing. They may become self-conscious, which can make tremors worse – symptoms tend to increase with fatigue, and in stressful or exciting situations.

Drug therapy does not always control tremor. However, tremors rarely affect independence or safety, and you can live a full life despite experiencing a tremor. To self-manage your tremor, try these strategies:

- Try not to overuse your energy suppressing or hiding your tremor; fatigue will likely worsen it.
- If you are going to a social or business function, allow yourself plenty of time to get ready and arrive without being rushed, and to avoid stress or anxiety.
- Grip something in your hand, such as a wallet or book, or hold onto a table or chair, to steady your tremor.
- Avoid alcohol and caffeine, as these can worsen tremor, or cause its onset.
- Some drugs may worsen tremor. Work with your healthcare team to find medications that work for you.
- Discuss treatment options with your doctor. You may qualify for new medications, therapies, or surgery, depending on the severity of your symptoms, and their impact on your daily living.
- Practice stress management daily, and be sure to get enough rest.

Source

Pacific Parkinson's Research Centre, University of British Columbia, Vancouver, BC.