Essential Tremor (ET) is a neurological condition that most commonly causes a rhythmic trembling of the hands while performing a task such as eating, writing, dressing, drinking or when holding a posture such as with the arms outstretched in front of the body. The tremor can also affect the head, voice, legs and trunk.

WHAT CAUSES ET?
There is no known cause. It is thought to be related to abnormal functioning of the part of the brain called the cerebellum or a chemical in the brain called GABA. A large percentage of persons with ET have a family history of the disorder.

HOW CAN IT BE TREATED?
There are medications and therapies that can help, and there are also surgical treatment options available. But, the first step is getting the proper diagnosis by a doctor.