



Information about Tremors

What causes tremor?

Tremor is generally caused by problems in parts of the brain that control muscles throughout the body or in particular areas, such as the hands. Some forms of tremor are inherited and run in families, while others have no known cause. Neurological disorders or conditions that can produce tremor include:

- multiple sclerosis
- stroke
- traumatic brain injury
- neurodegenerative diseases that damage or destroy parts of the brainstem or the cerebellum.
- the use of some drugs (such as amphetamines, corticosteroids, and drugs used for certain psychiatric disorders)
- alcohol abuse or withdrawal
- mercury poisoning
- overactive thyroid
- liver failure



What are the characteristics of tremor?

- Characteristics may include a rhythmic shaking in the hands, arms, head, legs, or trunk; shaky voice; difficulty writing or drawing; or problems holding and controlling utensils, such as a fork.
- Some tremors may be triggered by or become exaggerated during times of stress or strong emotion, when the individual is physically exhausted, or during certain postures or movements.
- Tremor may occur at any age but is most common in middle-aged and older persons.
- It may be occasional, temporary, or occur intermittently.
- Tremor affects men and women equally.

www.medicinenet.com

Tremors Treatment

There are several options available for the treatment of tremors. These include both medical as well as surgical treatments. In some instances, decreasing or discontinuing a drug might be enough, while in other cases more complex hormonal treatments might be needed. In any case the selection of the most appropriate treatment depends on the cause of the tremor and should be done by a physician who is an expert in the diagnosis and treatment of these condition.

Many people associate Parkinson's disease with shaking or **body tremors**. Around 70% of people with the condition have a tremor making it one of the most common symptoms and often the first.

www.emedicinehealth.com