AgelessCoach™
AGE STRONG. LIVE LONG.

Hand Tremor: Essential Tremor or Parkinson's Sheet

The 6 differences between essential tremor and Parkinson's, what to record before your visit, and the questions that get a real answer.

✓ **Verified against published guidance** from Cleveland Clinic, Mayo Clinic & the National Institute on Aging · sources below

A new or worsening tremor deserves a real evaluation. Only a clinician can tell you which condition you are looking at. This sheet is preparation for that visit, not a substitute for it.

✓ Do This

Note When the Shaking Happens

- Reaching for something, or at rest
- Parkinson's tremor is worst at rest
- Essential tremor is worst in use

COACH'S TIP This is the first row for a reason.

Check Which Side

- Essential tremor: both, one slightly worse
- Watch both hands, not one
- Parkinson's: often one side much more

COACH'S TIP Symmetry is the clue people skip.

Bring a Handwriting Sample

- Shaky but normal size leans essential
- Write a few lines the day of
- Unusually small leans Parkinson's

COACH'S TIP Micrographia is the word for small writing.

Write Down the Family History

- Essential tremor often runs in families
- About half of ET cases are inherited
- Parkinson's only rarely does

COACH'S TIP Ask relatives before the appointment.

List What Else Has Changed

- Slowness, stiffness, balance, walking
- Essential tremor is tremor alone
- Those point toward Parkinson's

COACH'S TIP The company it keeps is the diagnosis.

Ask Which Tests Rule What Out

- No test confirms essential tremor
- Imaging rules out other causes
- Blood tests check thyroid and more

COACH'S TIP Ask what each test is looking for.

✗ Do Not

Do Not Assume It Is Parkinson's

- Essential tremor is the most common
- Parkinson's is the fear, not the odds
- It is a top movement disorder

COACH'S TIP Common things are common.

Do Not Self-Treat With Alcohol

- Small amounts may steady tremor
- Some tremor drugs interact badly
- Cleveland says do not self-treat

COACH'S TIP A steadier hand is not a treatment plan.

Do Not Expect One Confirming Test

- Diagnosis rests on exam and history
- That is normal, not evasive
- Tests are there to rule out

COACH'S TIP No test does not mean no answer.

Do Not Dismiss Head or Voice Shaking

- Essential tremor can affect both
- Mention it even if it seems minor
- Parkinson's rarely touches head or neck

COACH'S TIP Where it shows up narrows the list.

Do Not Ignore Stress and Caffeine

- Both can worsen essential tremor
- Track them for a week
- So can fatigue and temperature swings

COACH'S TIP Triggers are data, not excuses.

Do Not Wait Because It Is Mild

- Essential tremor progresses slowly
- Unexplained shaking earns a visit
- Early information beats late guessing

COACH'S TIP Cleveland says see a provider for unexplained tremor.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

6 rows	in Cleveland Clinic's essential tremor versus Parkinson's table
5% over 60	have essential tremor, the most common form of tremor
4 symptoms	define Parkinson's, per the National Institute on Aging

Sources: Cleveland Clinic, Essential Tremor · Mayo Clinic, Essential tremor: symptoms and causes · National Institute on Aging, Parkinson's Disease: Causes, Symptoms, and Treatments. **Educational content, not medical advice.** Talk with your doctor.