

Preparing for your ET doctor's visit

MORE THAN
TREMOR™

Essential tremor (ET) is so much more than tremor – it has a deep and far-reaching impact on quality of life and emotional health. If your ET-related symptoms affect your daily life, it's important to speak with your doctor and be as candid as possible.

Use the following checklist to help guide your discussion.

- ET impacts my ability to perform everyday activities (ex: writing, drinking, eating, hygiene)
- My ET symptoms impact my ability to complete daily tasks independently
- ET impacts my ability to work
- ET impacts my ability to attend social events
- ET impacts my emotional health
- My ET symptoms are **not** well controlled on current treatment

Circle all that apply:

I feel frustrated / worried / sad / hopeless / ashamed / other

Use the blank space for additional details or examples you want to share with your doctor.

Speak up!



In a recent survey of neurologists who treat ET, more than 90% said that a person's description of their ET symptoms and the impact of ET on their daily activities influence their treatment decisions.*

Sign-up for more information!

Speaking up about the impact of ET-related symptoms is just the start. Visit praxisessentialtremor.com to learn more and explore ET community stories and resources.

*The Essential Tremor HCP Research was conducted by Fuel Insights (www.fuelinsights.com) in April 2024. The survey was fielded at the American Academy of Neurology meeting and included 152 neurologists who treat ET in the US, and who were primarily affiliated with academic centers.