

## TREMOR

Tremor is a rhythmic involuntary movement that is one of the most common symptoms of Parkinson's disease (PD). It affects the limbs when they are at rest, but disappears when they are in use and during sleep. Tremors can affect the chin, but rarely the head or voice. You might also feel an internal tremor in your chest or abdomen.

Persistent tremor can be tiring and lead to aching and soreness. It can also interfere with your ability to sleep.

Many people with PD find their tremors to be socially embarrassing. They become self-conscious, which then makes the tremors worse. Tremors tend to increase with fatigue and in stressful or exciting situations.

Unfortunately, drug therapy doesn't always control tremor as well as you would hope. However, tremor does not affect your independence or safety. Here are some suggestions for coping with tremors:

- Try not to waste precious energy suppressing or hiding your tremor.
- If you are going to a social or business function, allow plenty of time to get ready and to arrive without being rushed.
- Grip something in your hand, such as a wallet or a book, or hold onto a table or chair back. Avoid holding light things such as scarves or sheets of paper.
- Alcohol, caffeine and some drugs can cause or worsen tremor.
- Discuss treatment options with your doctor.
- Practice stress management and get enough rest every day.

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

*Based on a fact sheet developed by Parkinson Society BC: reprinted with permission.*