



**Examining the Biology of Essential Tremor
Research Study
VCU Parkinson's and Movement Disorders Center**

What is Essential Tremor?

Some doctors call Essential Tremor (ET) benign essential tremor, but if you have ET you know it is more than that. ET is a common movement disorder which causes rhythmic tremors or shaking. It can affect a person's hands, head, voice, legs or even body. Many people in a family can have ET, but each may have different symptoms or severity.

Doctors do not know a lot about ET. This study is designed to try and answer many questions about ET. Some questions we want to answer include:

What causes ET? Is it one gene, many different genes, something in a person's environment, or a combination of genes and environment?

Why do people with ET have different symptoms?

Is there a way to predict when a person will get ET or when the symptoms get worse?

How can you help?

If you have ET, have a family history, or want to participate in research to help others, ask to speak to someone on the research team. We can explain the study, including the benefits and risks.

What is required if you participate?

You will be asked to sign a consent form allowing the research team to collect information from an evaluation. You will also be asked to complete a questionnaire and to donate a sample of blood.

Want more information or want to participate?

Ask to speak to a member of the research team or contact:

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