

Mayo Clinic Minute: When to consider deep brain stimulation for essential tremor

Video	Audio
	Essential tremor is usually not a dangerous condition, but it typically worsens over time and can be severe in some people, making it difficult to work or perform daily activities. That's when treatment options should be discussed.
Philip Tipton, M.D. Neurology Mayo Clinic	"When I'm thinking about treatment approaches, the first thing that I'm asking is what body parts are affected."
	Dr. Philip Tipton says oral medication is usually effective in improving symptoms when tremors are in the arms. Botox injections can be particularly useful in treating tremors involving the head, legs and, sometimes, the voice.
	"If the other therapies aren't getting you the mileage that you need, that's when it's time to consider deep brain stimulation."
	Electrodes placed in certain areas of the brain help correct brain signals that cause tremors.
	"There's this moment in the operating room, when you're trying to treat someone with tremor, when you get the electrode in the right spot, you turn on the electrical stimulation, and then the tremor just melts away. I mean, and it's almost instantaneous. And it's something that never gets old to see."
	Dr. Tipton says DBS should not be looked at as a last resort to treat tremors, but rather a means to improve quality of life.
	"Something that may not look like much tremor to one person can be life-changing for another."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.

