

Tremor – Informed Referral Notes

- A benign tremor/familial tremor is likely to have been present for decades. Typical onset for a parkinsonian tremor is gradually over several months.
- Parkinson's disease can be familial but a strong family history of tremor from an early age is highly suggestive of a benign familial tremor.
- The tremor of idiopathic Parkinson's disease nearly always starts unilaterally. A benign tremor is usually symmetrical.
- The tremor of Parkinson's disease can be worse with activity but will usually also be present at rest, unlike a benign tremor.
- Most patients with idiopathic Parkinson's disease lose their sense of smell many years before the onset of motor symptoms.
- There is a benign tremulous form of Parkinson's disease in which tremor is the only manifestation, but the vast majority will have other extrapyramidal features in the affected side at presentation.

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