

**PE1723/K**

William Bolton submission of 10 December 2020

I suffer from Essential Tremor. I have lived with tremor for my entire life and my condition is deteriorating.

I have suffered a hand tremor since childhood but over the last year or two my head and facial muscles have begun to tremble along with my hands.

In some areas of life I have been able to cope. I work full time and I do not require any form of support apart from prescription drugs which, with the passage of time, have a diminishing effect on the tremor.

In other areas of my life however, the effect of tremor has been devastating. I do not have a social life and as a consequence I have no friends. I never married and I have no children.

This is in part because I have avoided socialising with anyone.

I don't want to expose myself or others to the embarrassment of trying to use a soup spoon at dinner, or to have a cup of tea splashing all over clothes, etc.

I understand that by avoiding inflicting personal embarrassment onto myself and others, I have isolated myself but the daily embarrassment of trying to hold my hand steady when accepting change back in a shop or when trying to hold my head steady whilst having a conversation is too much to cope with.

Signing a document in front of others or even trying to hold a mobile phone steady are examples of everyday life that create real issues for me and for other tremor sufferers. Hitting the correct key on a keyboard presents more of a challenge to a tremor sufferer than to non-sufferers!

Others suffer tremor to a greater or lesser extent and some have become alcoholics as they used alcohol to self-medicate.

Ironically, Alcohol is known to stop tremor but, of course, when the effects wear off, the hang-overs begin and the need to use alcohol increases.

There are so very many ways that tremor affects a sufferer that it is impossible to describe the daily quizzical looks from shop keepers to the suspicious response from others when they observe that you are shaking. I don't travel as I don't want to risk provoking airport security and the thought of signing a hotel register is too much to cope with.

Focussed Ultrasound treatment has been shown to work effectively. It is available in England, the USA and in Europe. I would ask the Scottish Parliament to support Mary Ramsay's campaign to give the estimated 4000 Scottish sufferers the same level of treatment that has been approved in England.