



Living With Essential Tremor?

Get back to life!

Using sound waves to treat
essential tremor with no incisions


MemorialCare[™]
Orange Coast Medical Center

What is essential tremor?

Essential tremor (ET) is a neurological condition that causes shaking of the hands, head and voice, but it can also cause legs and trunk to shake. Some people even have a feeling of internal tremor. ET is often confused with Parkinson's disease although it's eight times more common, affecting an estimated 10 million Americans and millions more worldwide.

The cause of essential tremor is not fully understood, but clinical research has identified the ventral intermediate (VIM) nucleus of the thalamus as the spot in the brain which can be treated to alleviate the tremor. The thalamus is a structure deep in the brain that coordinates and controls motor activity as well as other functions.

Symptoms

The primary symptoms associated with essential tremor include:

- Uncontrollable shaking that occurs for brief periods of time
- Tremors that occur on one side of the body, usually the arms
- Tremors that worsen with purposeful movement and periods of emotional stress
- A nodding head and shaking voice can occur



INSIGHTEC®

What is the MR-guided Focused Ultrasound treatment?

MR-guided Focused Ultrasound is an incisionless treatment for people with essential tremor and tremor-dominant Parkinson's disease who have not responded to medication. It uses focused sound waves guided by MRI to treat deep in the brain with no incisions or permanent implants.

Ultrasound is a form of energy that passes through skin, muscle, fat and bone. Ultrasound energy is nonionizing, meaning there is no radiation exposure during the procedure.

During the MR-guided Focused Ultrasound procedure, ultrasound waves safely pass through the skull without a need for an incision. The ultrasound waves are focused on a small point in the brain (VIM nucleus of the thalamus). The temperature at the target rises high enough to create a small ablation or burn, providing a therapeutic effect. The whole procedure is conducted inside an MRI scanner.

The MRI is the eyes of the treatment, enabling the physician to plan, guide and target the area for treatment. It also acts like a thermometer, providing continuous temperature monitoring to verify that only the targeted tissue is affected.

FDA labeling: Exablate® Neuro is intended for use in the unilateral thalamotomy treatment of idiopathic essential tremor patients with medication-refractory tremor. Patients must be at least age 22.



Treatment benefits: MR-guided Focused Ultrasound



Tremor improvement

In an INSIGHTEC-sponsored clinical study, patients reported an immediate improvement in tremor, which was mostly maintained at three years.¹



Incisionless

Focused ultrasound technology allows sound waves to pass safely through the skull with no incisions.



FDA approved

Safe and effective with minimal side effects.¹



Quick recovery

With no surgical cuts, there is minimal to no risk of infection. The treatment is often performed on an outpatient basis and you can expect to resume normal activities within days.

¹Pre-Market Approval (PMA) P150038

Is MR-guided Focused Ultrasound treatment an option for me?

It is important to consult with your physician or a MR-guided Focused Ultrasound Program representative to determine if the treatment is right for you.

As part of the evaluation process, the severity of your tremor and your overall health will be evaluated.

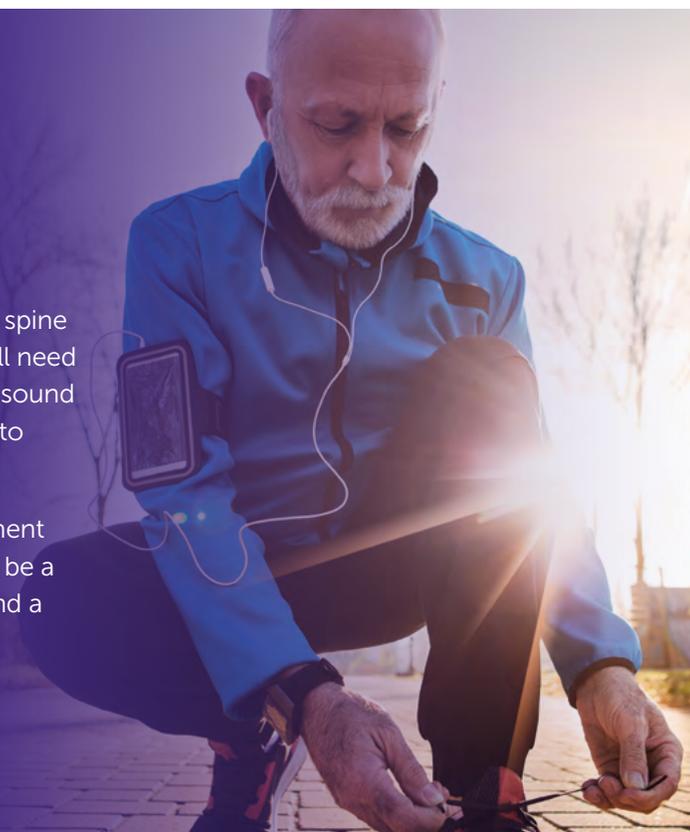
A CT scan will be ordered to determine if you are a candidate for MR-guided Focused Ultrasound treatment. During the treatment, you will lie down on the treatment bed, which will move in and out of the MRI scanner, and you will be awake during the procedure in order to provide feedback about tremor improvement and any potential symptoms you may be experiencing.

“Because I want to live my life to its fullest.”

If you have metallic implants such as pacemakers, neurostimulators, spine or bone fixation devices, total joints, metal clips, screws, etc., you will need to consult with a physician to determine if MR-guided Focused Ultrasound is an option for you. Any metallic implants must be MRI-compatible to prevent injury to the patient from the MRI's strong magnetic field.

Also, if you are not generally healthy enough to withstand the treatment and lie still in the same position for three to four hours, you may not be a good candidate for this treatment. There are additional limitations and a physician will do an assessment to verify if you are a candidate.

For complete safety information: usa.essential-tremor.com/Safety-Information





"Dr. Binder and the Orange Coast team made me feel so comfortable and confident – I just knew it would work. They had me sign my name before the procedure and several times during. My writing improved each time, and by the end, it was the signature I knew before my tremor began."

Esther Doyle, MR-guided Focused Ultrasound patient

Patient testimonials may not be representative of all treatment outcomes.



For more information,
please call us at **(800) 758-5817**

or email orangecoasttremor@insightec.com.

memorialcare.org/OCTremorTreatment



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