

Asleep Deep Brain Stimulation for Essential Tremor

Thank you for your interest in asleep deep brain stimulation (DBS) at OHSU. Your survey answers are below, along with our explanations and next steps.

MEDICAL DISCLAIMER

This information is not a substitute for professional medical advice, diagnosis, or treatment. Always talk to your doctor or other health care provider about a medical condition.

YOUR SURVEY RESPONSES

Has your doctor diagnosed you with essential tremor?

YOUR ANSWER: Yes

OUR RESPONSE: The first step to being a candidate for DBS is to be diagnosed with essential tremor by your doctor.

Have you tried taking prescribed medications, such as propranolol or primidone, to control your tremor?

YOUR ANSWER: Yes

OUR RESPONSE: Before considering DBS, it's important that you try a combination of medications at the highest dose as prescribed by your doctor, to control your tremor.

Do you experience unpleasant side effects (drowsiness, low blood pressure or dizziness) from your tremor medications? Or have the medications stopped working to control your tremor?

YOUR ANSWER: Yes

OUR RESPONSE: You might be a candidate for DBS if you've tried a variety of medications at different doses and find that:

- The side effects are unpleasant.
- Or the medications no longer control your tremor.

Is your tremor causing you problems with daily activities, such as eating, drinking or getting dressed?

YOUR ANSWER: Yes

OUR RESPONSE: DBS can help control tremors so people can care for themselves and do activities they enjoy. You might be a candidate for DBS if:

- Medications no longer control your tremor or cause unpleasant side effects.
- Your tremor affects your quality of life.

Based on your responses, you might be a good candidate for asleep deep brain stimulation at OHSU.

WHAT TO DO NEXT

Schedule an appointment with your doctor and bring this form with you for discussion. If you would like to be evaluated for DBS, you will need a referral to OHSU from your doctor.

After we receive your referral, we will contact you to schedule an evaluation. These appointments typically take place over 1-2 days. They include:

- Confirming your essential tremor diagnosis.
- Possible evaluation of your speech and brain function.
- Making sure you are healthy enough for surgery.

Many patients who live outside Oregon come to OHSU for asleep DBS. If you have to travel a long way to Portland, we'll help make this as easy as possible.

QUESTIONS?

Please call us at **503-494-4314**.

FOR PROVIDERS

Fax your patient referral to: **503-346-6854**. For provider-to-provider advice call: **503-494-4567**.

OHSU is a high-volume center for asleep deep brain stimulation, with almost 30 years of experience and nearly 2000 procedures performed by Kim Burchiel, M.D. Our outcomes are excellent, with studies underscoring our record of precision combined with minimal complications.

Our multi-disciplinary team evaluates every patient and meets weekly to review results and determine surgical candidacy. Referring providers are welcome to call in to these meetings to discuss their patient's candidacy.

To learn more about OHSU's asleep deep brain stimulation program, visit our website at www.ohsu.edu/dbs.