

Movement Disorders

ESSENTIAL TREMOR AND PARKINSON'S DISEASE : OVERLAPPING SYNDROME OR JUST THE BEGINNING?

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BACKGROUND

There is evidence that some patients diagnosed with ET have an increased risk of developing PD years or decades after onset of action tremor. There are several unresolved questions about the link between the two disorders including lack of verifiable diagnostic criteria for the two disorders and marked overlap in phenomenology. Several evidence support the association between ET and PD, including overlapping motor and non-motor features, relatively high prevalence of rapid eye movement sleep behavior disorder (26-43%) in ET patients, increased prevalence of PD in patients with longstanding antecedent ET, increased prevalence of ET in family members of patients with PD, and the presence of Lewy bodies in the brains of some ET patients (15-24%).

OBJECTIVE

Describe the clinical features of cohort of ET diagnosed patients that developed PD in comparison with age matched cohort of ET diagnosed patients that don't develop PD during a 10 years follow up.

METHODS

We have performed a observational , retrospective study. We have reviewed clinical records primarily diagnosed with ET,. Patients must had been follow up for up five years.

RESULTS

We have identified 132 patients that fullfil the inclusion criteria. 30% have developed PD during the follow up. 70% of those who finally developed a PD showed premotor symptoms as sleep disturbances , smell loss. These features are only seen in 10 % of those who did not develop PD.

CONCLUSION

Premotor symptoms seem to be the strongest risk factor to develop PD in primarily ET diagnosed patients.

