CECIL W.
Singer and Happy-Go-Lucky
Former Teacher

Life beyond Essential Tremor
Imagine you’re at a party, enjoying the festivities, and then you go to prepare a plate of food and realize your hands are shaking so badly, the food falls off the plate. That was the last straw for Cecil.

Essential Tremor runs in his family. As Cecil began to age, he noticed that he was unable to hold a cup or a plate steady using his right hand. He had watched his once strong dad suffer to the point where he could no longer feed himself. So this retired teacher decided to educate himself about treatment options.

To start his neurologist suggested medications, but his hand still shook. Another neurologist suggested having his wife document on video his episodes, especially when they were at their worst. She did, and as a result, his physician determined that there were two viable options available to him. One was brain stimulation, where a probe would be inserted permanently into the brain with a battery pack worn to power the probe. Electrical shocks would reduce the shakes. However, that would be invasive and would require the battery to be recharged.

Then they discussed Gamma Knife radiosurgery, a one-day procedure that would require no incision, no recovery or maintenance. After enduring a knee replacement and open-heart surgery, the noninvasive Gamma Knife was most appealing.

“The good thing about Gamma Knife was that I was able to find considerable information about it online. I felt like I understood my options and was happy to find a procedure that didn’t involve cutting me open.”

Cecil’s treatment only took one morning. “I was fitted for the frame and simply relaxed while gamma rays were focused on my treatment area. I was in, out and done.”

Cecil thinks that videotaping his episodes was as a fantastic way to show physicians what he was experiencing in his daily life. He would advise anyone with Essential Tremor to do the same and document the effects. While most can expect results in 4 to 9 months, Cecil could tell a difference in just 60 days.

The only good thing that came from the onset of the tremor was that Cecil’s singing voice developed a natural vibrato. After the Gamma Knife® treatment, the vibrato was gone. However today, Cecil’s happy to sing the praises of Gamma Knife.

For more information on the benefits of Gamma Knife® visit gammaknife.com