



## Your DBS. Your Discussion.

A discussion guide for Essential Tremor patients

### Is DBS The Next Step?

If you are living with Essential Tremor, medication is not your only option. A treatment option – like Deep Brain Stimulation (DBS) – might be for you. The following questions will help you decide if now is the time to speak with your physician about DBS.

### A Brighter Future Starts Here

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Year diagnosed with Essential Tremor: \_\_\_\_\_

#### **Did You Know**

*According to research, patients who have undergone DBS exhibit 60%-90% improvement in tremor.<sup>1</sup> 98% of the more than 200,000 patients who have had the DBS procedure would recommend it to others.<sup>2,3</sup>*

### What Symptoms Are You Experiencing?

- |   |   |
|---|---|
| <input type="checkbox"/> Tremor in one or both hands                          | <input type="checkbox"/> Difficulty eating or drinking                          |
| <input type="checkbox"/> Difficulty writing, typing, or using utensils        | <input type="checkbox"/> Difficulty shaking hands or giving presentations       |
| <input type="checkbox"/> Difficulty pouring liquids or handling small objects | <input type="checkbox"/> Tremors that worsen with movement                      |
| <input type="checkbox"/> Difficulty driving or operating machinery            | <input type="checkbox"/> Lack of response or intolerable side effects from meds |

#### **Did You Know**

*If you have been diagnosed with Essential Tremor (ET) you have options beyond just medication. Deep Brain Stimulation (DBS) is a safe and proven medical treatment for Essential Tremor when medication alone is not effective. Unlike other surgical therapies, DBS is reversible, adjustable, and does not destroy brain tissue.*

### What Are You Doing To Treat Essential Tremor?

#### Physicians You See

1. Primary Care Physician
2. Neurologist
3. Movement Disorder Neurologist

#### ET Prescriptions You Take

- 1.
- 2.
- 3.
- 4.
- 5.

#### Other Support

- 1.
- 2.
- 3.
- 4.
- 5.

#### **Did You Know**

*Because the FDA has approved DBS for the treatment of Essential Tremor, DBS should be covered by most major public and private health insurance companies. Prior authorization may be required before the procedure. Be sure to ask your doctor's office about input they might have that could help your discussions with your insurance company.*

# Take Control of Your Essential Tremor Journey

You have the power to make informed decisions about your treatment. Use the questions below to guide your discussion with your doctor and explore if DBS is right for you.

## Treatment Journey

1. What is the right time to consider DBS for essential tremor?
2. How does DBS work, and how is it different from medication?
3. Does DBS help with all tremor types and locations?
4. What factors make someone a good candidate for DBS?
5. What is the evaluation process to determine if I qualify for DBS?

## Prepare For The Procedure

1. Is it covered by my insurance?
2. Who can I speak with to help understand whether it is covered by insurance?
3. How do I choose the right DBS system for me?
4. What tests and evaluations are required before the DBS procedure?
5. What can I expect to happen during the procedure?

## Post-Procedure

1. What is recovery like after DBS surgery?
2. Can I expect a reduction in my medications after DBS?
3. Can I travel with the device?
4. If needed, can the DBS system be adjusted or removed?
5. How long does the battery last, and is my therapy adjustable over time?

## My Questions

*Here is a space for you to jot down any questions you may have for your physician.*

## Take The Next Step



### Visit DBSandme.com

Several resources are available for you. We encourage you to visit DBSandme.com to:

- Register to attend a Webinar
- Connect with a Patient Ambassador
- Take a Quiz to see if DBS is Right for You



### Speak to Your Local Representative

A Representative is available in your area to discuss Deep Brain Stimulation. You may contact them at:

*Representative:*

*Telephone #:*

*Email:*

#### References

1. Zesiewicz TA, Chari A, Jahan I, et al. Overview of essential tremor. *Neuropsychiatr Dis Treat*. 2010;6:401-408. doi: 10.2147/ndt.s4/95  
2. Thomson C, Segrave R, Racine E, et al. The impact of deep brain stimulation on personality, identity, and relationships in neurological and psychiatric conditions. *Brain Stimulation*. 2019;12(2):P500. doi: 10.1016/j.brs.2018.12.636  
3. Wharen RE Jr, Okun MS, Guthrie BL, et al. Thalamic DBS with a constant current device in essential tremor: A controlled clinical trial. *Parkinsonism Relat Disord*. 2017 Jul;40:18-26. doi: 10.1016/j.parkreldis.2017.03.017. Epub 2017 Mar 30  
Disclaimers: This form is not meant to supply a complete list of questions or topics to discuss with your doctor. It is meant to help your discussion with your doctor regarding DBS.  
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Indication for Use: The Boston Scientific Vercise™ PC, Vercise Gevia™, Vercise Genus™ Deep Brain Stimulation Systems are indicated for use in:  
-Bilateral stimulation of the subthalamic nucleus (STN) as an adjunctive therapy in reducing some of the symptoms of moderate to advanced levodopa-responsive Parkinson's disease (PD) that are not adequately controlled with medication.  
-Bilateral stimulation of the internal globus pallidus (GPi) as an adjunctive therapy in reducing some of the symptoms of advanced levodopa-responsive Parkinson's disease (PD) that are not adequately controlled with medication.  
-Unilateral thalamic stimulation of the ventral intermediate nucleus (VIM) is indicated for the suppression of tremor in the upper extremity. The system is intended for use in patients who are diagnosed with essential tremor or parkinsonian tremor not adequately controlled by medications and where the tremor constitutes a significant functional disability.  
-Bilateral stimulation of the ventral intermediate nucleus (VIM) of the thalamus for the suppression of disabling upper extremity tremor in adult essential tremor patients whose tremor is not adequately controlled by medications and where the tremor constitutes a significant functional disability.  
The Boston Scientific Vercise Deep Brain Stimulation System is indicated for use in:  
-Bilateral stimulation of the subthalamic nucleus (STN) as an adjunctive therapy in reducing some of the symptoms of moderate to advanced levodopa-responsive Parkinson's disease (PD) that are not adequately controlled with medication.  
Contraindications: The Boston Scientific Deep Brain Stimulation (DBS) Systems are not recommended for patients who will be exposed to the following procedures: Diathermy as either a treatment for a medical condition or as part of a surgical procedure, Electroconvulsive Therapy (ECT) and Transcranial Magnetic Stimulation (TMS). The safety of these therapies in patients implanted with the Boston Scientific DBS System has not been established. Patients implanted with Boston Scientific DBS Systems without ImageReady™ MRI Technology should not be exposed to Magnetic Resonance Imaging (MRI). Patients implanted with the Vercise Gevia or Vercise Genus or Vercise Genus Mixed System with M8 Adapter or Vercise DBS Lead-Only System (before Stimulator is implanted) with ImageReady MRI Technology are Full Body MR Conditional only when exposed to the MRI environment under the specific conditions defined in ImageReady MRI Guidelines for Boston Scientific DBS Systems. Boston Scientific DBS Systems are not recommended for patients who are unable to operate the system or are poor surgical candidates or who experience unsuccessful test stimulation.  
Warnings: Unauthorized modification to the medical devices is prohibited. You should not be exposed to high stimulation levels. High level of stimulation may damage brain tissue. Patients implanted with a Boston Scientific DBS System may be at risk for intracranial hemorrhages (bleeding in the brain) during DBS lead placement. Strong electromagnetic fields, such as power generators, security screeners or theft detection systems, can potentially turn the stimulator off, or cause unpredictable changes in stimulation. The system should not be charged while sleeping. If you notice new onset or worsening depression, changes in mood or behavior or impulse control, or have thoughts of suicide contact your physician or emergency services immediately. Chemical burns may result if the Stimulator housing is ruptured or pierced. The Boston Scientific DBS Systems may interfere with the operation of implanted stimulation devices, such as cardiac pacemakers, implanted cardioverter defibrillators, or medication delivery pumps. Patients should operate motorized vehicles or potentially dangerous machinery with caution. It is unknown if the device may hurt an unborn baby. Your doctor may be able to provide additional information on the Boston Scientific DBS Systems. For complete indications for use, contraindications, warnings, precautions, and side effects, see DBSandME.com or call 833-DBS-INFO or 833-327-4636. Caution: U.S. Federal law restricts this device to sale by or on the order of a physician. ©2025 Copyright Boston Scientific Corporation or its affiliates. All rights reserved. NM-2149410-AA