

DR. SAGAR BETAI

MD (Medicine), DM (Neurology)
Consultant Neurologist
Director - Neuroscience Department
Head, Division Of Neuromodulation



“Dear friends,

I feel happy and proud to tell you that the department of Neurosciences at SGVP Holistic Hospital has revolutionized the care for Brain disorders. We are well-equipped to deliver futuristic high-tech care for all complex neurological disorders, which is way ahead of its time, but with a 'Human touch'. Most importantly, we remain fully committed to bring back the Smile on your and your family's faces! Thank you for trusting us!”

Led By

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TREMOR

DEPARTMENT OF
NEUROMODULATION





Q: What are the causes of tremor? How does the disease progress?

A: There are many causes of tremor, but 3 main causes are

- 1) Essential tremor
- 2) Parkinson disease
- 3) Drug-induced tremor

In most people, tremor is a life long condition. It gradually progresses in intensity over years as the person ages.

Q: Is there a permanent cure for tremor, without medicines?

A: Yes, procedure called **Radio-Frequency Ablation (RFA)** is a very long lasting treatment for tremor. The benefit received after treatment is **remarkable** in most cases, and the benefit lasts for many years and is **permanent** in many of these people.

Q: Do I have to take medicines for tremor after the procedure?

A: No, the person can be **free of medicines** for tremor after the procedure.

Q: How much improvement can I expect after the procedure?

A: In most cases, the improvement is remarkable and **tremor** almost **disappears** or becomes minimal.

Q: How will it change my quality of life?

A: There is **huge improvement in quality of life** of most patients who have disabling tremor. Most such patients have impairment in daily tasks like accurate signature, writing, drinking water/tea, eating with spoon and working at office. This reduces their sense of dignity and **self-confidence**. RFA procedure makes all the above tasks possible again and helps the person regain back their sense of dignity & pride.

**My
Freedom
From
Tremor!**



**Let's Live
with
Dignity,
Once again!**

Q: Will the procedure be done for both the hands?

A: No, the first procedure will be done to treat **only the dominant hand** (generally right hand), or the hand with more Tremor.

Q: Can I get done the procedure in both hands?

A: In many cases, **Yes**. We need to assess after 3 to 6 months of the procedure for first hand and then decide for need and eligibility for the second side.

Q: What exactly is RFA (Radio-Frequency Ablation) ? How safe is it? Would it need general anaesthesia? Would I have pain during the procedure?

A: RFA is safe and painless procedure in general at SGVP Holistic Hospital. We do it through a very sophisticated AI-based German technology Neuro-navigation system called '**BrainLab**'. Through just a **key hole** in skull (through which a little finger can pass), a thin-stick like electrode is passed, and the target area in brain circuits (responsible for your tremor) is ablated. It's done with the person awake, under **local anaesthesia**. There is no need for general anaesthesia. It is a painless procedure.

Q: What are the side effects of the procedure?

A: In large majority of people, there are **no long-term side effects**. However, 1-2 out of every 10 patients may have temporary imbalance, slurred speech and mild weakness or numbness of one hand and leg for initial 1 to 4 weeks which recover over the next few weeks.

Q: What is the recovery time? When can I go back to routine activities?

A: The patient can move around and do routine household activities comfortably right after the procedure. There is no need for bed rest. He/she can resume office work after 5-7 days.