

# MRI-guided focused ultrasound thalamotomy for treating moderate to severe tremor in Parkinson's

Information for the public

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This procedure can only be done as part of a research study. This is because there is not enough evidence to be sure how well it works or how safe it is.

Your healthcare professional should talk to you about the research.

Parkinson's is a condition that damages the brain and gets worse over time. It causes symptoms such as tremors. This procedure uses high-powered ultrasound to destroy tissue in an area of the brain called the thalamus (thalamotomy), an area of the brain that is linked to tremors. An MRI scanner is used to guide the ultrasound so that it is focused on the correct area. The aim is to reduce tremors.

## Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

## Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

## Information and support

The [NHS webpage on Parkinson's](#) may be a good place to find out more.

[Parkinson's UK](#), 0808 800 0303 can give you advice and support.

- [NICE's information on HealthTech guidance](#) explains what HealthTech is and how we assess it.
- [NICE's information on HealthTech recommendations](#) explains what only in research means.

You can also get support from your local [Healthwatch](#).

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