My hands shake. Is this something serious?

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Although it probably isn't serious, this is something your health care provider needs to check out. The most common diagnosis for shaking hands is a benign condition called essential tremor. This type of tremor usually occurs in people over age 40, especially if there is a family history of it. More than 2% of people in the United States have essential tremor.

It's important to rule out more serious conditions that may be causing tremors. The list of potential causes is long, including anxiety, overactive thyroid, excess caffeine, medication side effects, Parkinson's disease and various brain disorders. It's better to be diagnosed soon, as early treatment has better long-term outcomes.

If you are diagnosed with an essential tremor, your health care provider may recommend treatment based on the severity of your condition. Physical therapy, medication and Botox injections are some of the options used to treat essential tremor.

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