

Patient with Essential Palatal Tremor and coexistence bipolar disorder successfully treated with botulinum toxin injection; a case report

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Introduction: Palatal tremor is an abnormal movement of the soft palate, classified into two subtypes, "symptomatic form", and an "essential form". There is a small but growing body of evidence suggesting that botulinum toxin may be useful for treatment of depression. Case presentation: F.M. 30y old male, complained of click sounds in both ears and abnormal movements in palate; 3yrs later--psychiatric symptoms--diagnosed as bipolar disorder. At our Movement disorder clinic--MRI Brain done to exclude secondary causes--diagnosed as "Essential palatal Tremor" (EPT). A total of 11 U of BoTX type A was injected (on each side) in the tensor veli palatini muscle without any local anesthetic. Follow up -- decreased severity & frequency of palatal Tremor and click sound in ear. Patient developed nasal tonation and nasal regurgitation but no dysphagia; 6 weeks later--marked improvement with no bulbar symptoms. Discussion: At present no specific treatment has been established, although successful treatment by botulinum has recently been reported. BoTX injection showed antidepressant effect both when used as an ancillary treatment and by itself. BoTX treatment of the face can impact on mood and affect. There has been no known etiological correlation between EPT and bipolar disorder. The rarity of palatal tremor and its coexistence with bipolar mood disorder with psychotic features, resulted in misdiagnosis of the sound as an auditory hallucination. Thus, injection of BoTX not only improved palatal tremor but also, improved comorbid psychiatric disorder. References: Wollmer MA, Kalak N, Jung S, de Boer C, Magid M, Ruichenberg JS, et al.: Agitation predicts response of depression to botulinum toxin treatment in a randomized controlled trial. *Front Psychiatry*; March 2014, Volume 5, Article 36. Maryam Norouzian and Gholam-Reza Mir-Sepasi: Essential Palatal Myoclonus Accompanied with Psychiatric symptoms. *Archives of Iranian Medicine*, Volume 3, Number 4 Oct. 2000.