

**Tourette Syndrome (TS)
is an inherited, neurological
disorder characterized by tics.**



Vocal & Motor Tics

Involuntary, rapid, sudden movements or vocalizations that occur repeatedly in the same way.

These are examples of tics and not a complete list:

Vocal Tics

Sniffing
Coughing
Yelling
Grunting
Repeating words/phrases
Humming
Echo tics

Motor Tics

Blinking
Head jerks
Eye rolling
Jumping
Shoulder shrugs
Hopping
Tapping

Associated Disorders

Attention Deficit Disorder (ADD)
Attention Deficit Hyperactivity Disorder (ADHD)
Obsessive Compulsive Disorder (OCD)
Anxiety Disorders/ Phobias
Mood Disorders/Depression
Autism Spectrum
Learning Disabilities
Dysgraphia/handwriting
Slow Processing Speed
Eye Tracking Problems
Executive Dysfunction
Sensory Processing Disorder
Rage Attacks
Panic Attacks
Sleep Disorders
Social Skills Deficit

Diagnosis

Individuals are often referred to a Neurologist or Psychiatrist for diagnosis. Currently there are no medical tests that can diagnose TS, but tests are often helpful to rule out other conditions. Diagnostic Criteria: Both multiple motor and one or more vocal tics present in some form for longer than one year and do not disappear for longer than 3 months. Onset is before the age of 18. Tics are not due to a direct physiological effect of a substance or any other illness such as Huntington's disease. Research shows that 3 in every 1,000 children between the ages of 6 and 17 are diagnosed with TS. Diagnosis most often occurs between the ages of 7 and 10.

Course

Tourette Syndrome is a lifelong disorder, which affects each person differently. Many report a decrease in symptoms in adulthood, however a small percentage reports no change in symptoms. The tics of Tourette Syndrome tends to wax and wane, and often increase due to stress, anxiety, excitement, and puberty.

Other Possible Characteristics

Quick temper / Overreaction
Problems with organization
Handwriting difficulties
Impaired attention
Overactivity
Perception problems
Need to have last word
Argumentative
Lack of mental brakes
Difficulty with transition
Sensitive to noises/light/touch/feel of clothing, or may crave certain sensations
Rigid thinking
Mood fluctuations