

What is Tourette syndrome?

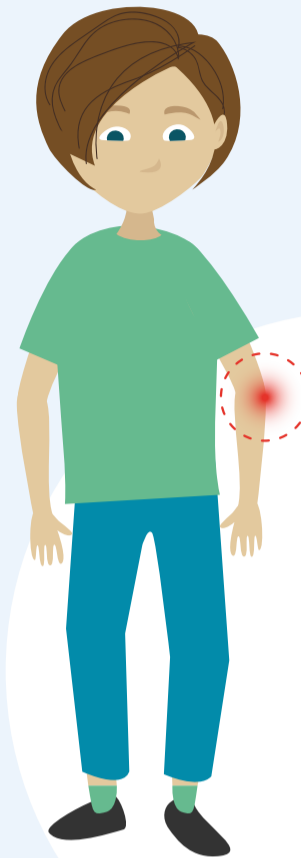
Tourette syndrome is a neurodevelopmental disorder characterised by involuntary movements and sounds called tics. Tics may be simple or complex and they may vary over time. The main areas below show examples of tics.

Motor tics – involuntary movements



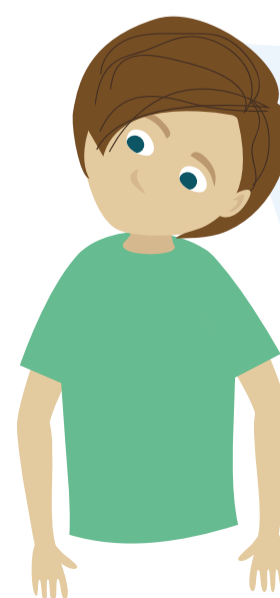
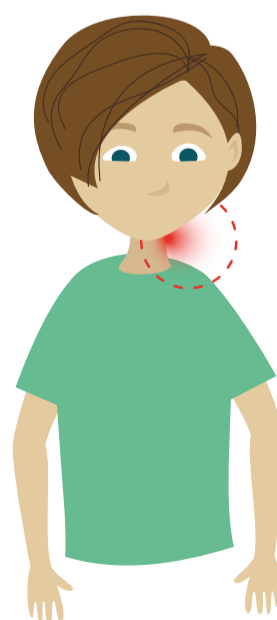
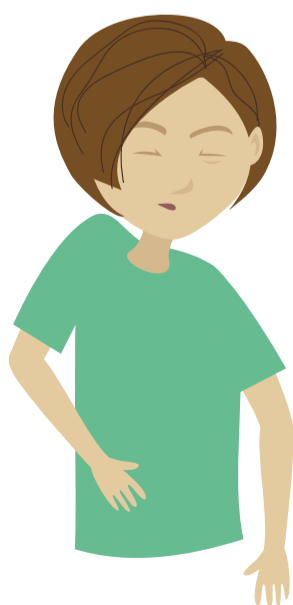
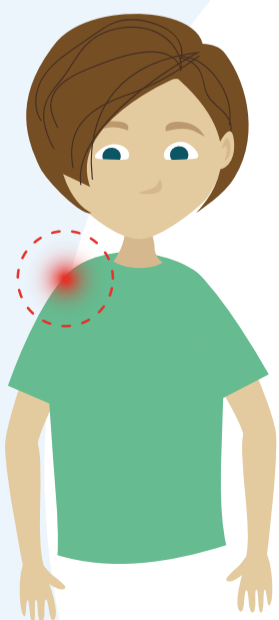
Many have facial tics

- Eye blinking
- Eye rolling
- Sticking the tongue out
- Mouth opening
- Licking the lips
- Nose scrunching



Motor tics may involve different parts of the body

- “Giving the finger”
- Hand twisting/finger snapping
- Movement and muscle tightening of the buttocks/thighs/legs
- Toe curling
- Touching the eyes



Vocal tics - involuntary sounds

Breathing sounds

Sniffing

Howling

Coughing

Squeaking

Throat clearing

- Sounds
- Whistling
- Humming



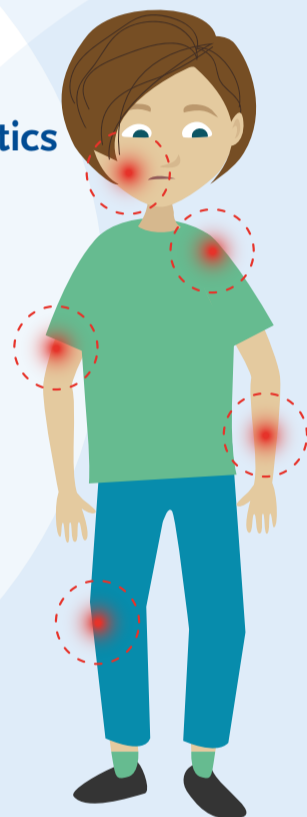
- Words
- Entire sentences

Tics

Premonitory sensations preceding tics

Many will have a distinct, uncomfortable sensation before the tic occurs

- Tickling/itching
- Prickling/stabbing
- A strong urge ("have to do it")



Tics

- May be simple, complex, motor, vocal, invisible to others
- May vary over time



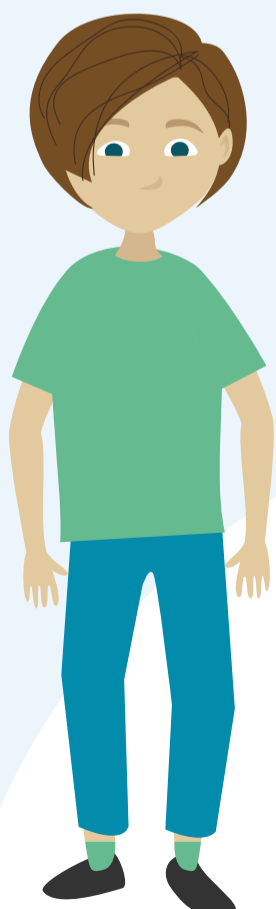
After the tics

- The discomfort is relieved



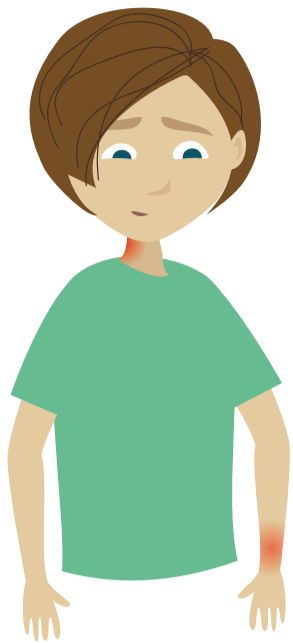
Tics that others can't see

- Toe curling
- Muscle tightening of the abdomen, buttocks, thighs, etc.
- Abdominal rolling
- Breathing-tics
- Biting the tongue or the inside of the cheek



Common secondary problems

The main areas below show examples of common secondary problems:

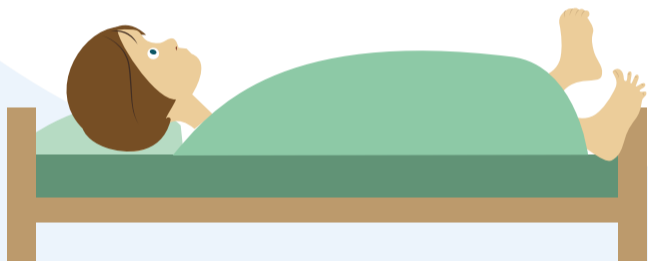


Pain

- Pain in muscles and joints
- Headaches and neck pain
- Wounds/injuries

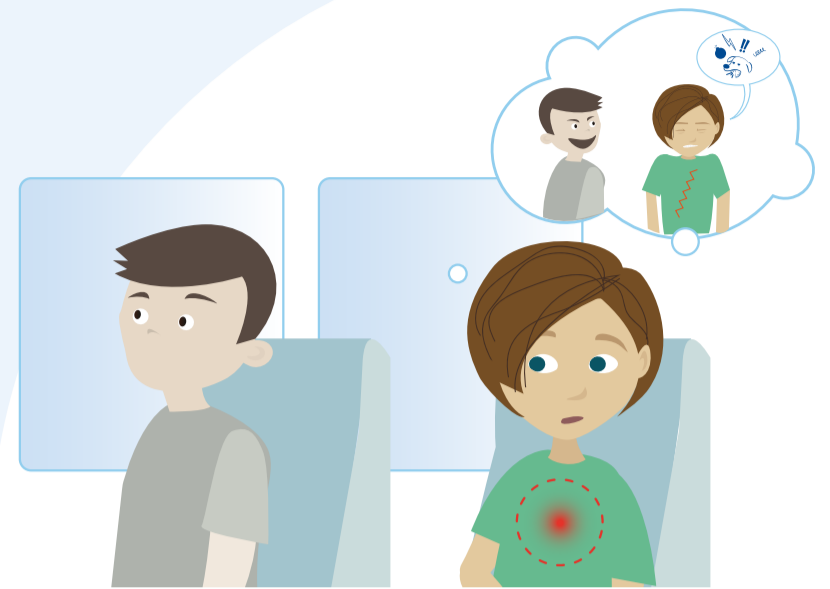
Sleep disturbance

- Trouble falling asleep at night
- Tics during sleep
- Frequent waking during the night



Fatigue/tiredness

- From having tics
- From holding back tics
- After school



Reactions from others

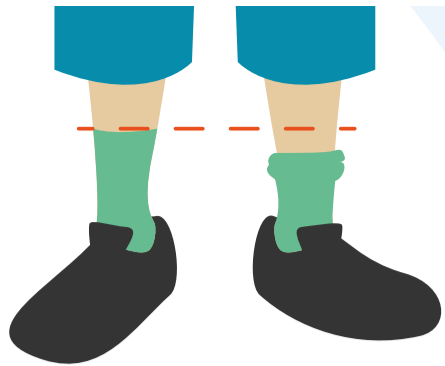
- People noticing/staring
- Comments/questions
- Reprimands from others when tics occur



Sensory hypersensitivity

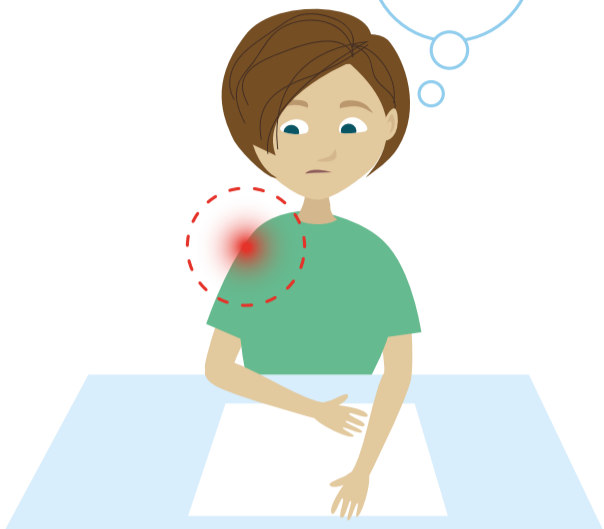
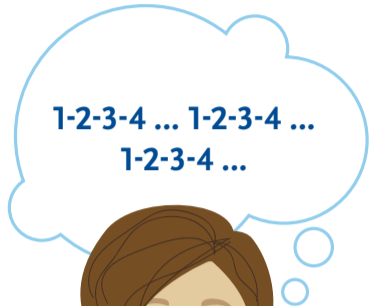
- May react to light, noise, smells, tastes and consistencies
- Tactile/touching
- May react to colours and patterns





Obsessions or compulsions

- “Have to” do things
- Troubling thoughts that keep repeating
- Counting
- Systems/patterns
- Things need to feel right



Learning and attention may be affected

- Focusing on tics demands attention
- Having tics
- Repressing/holding back tics
- Camouflaging tics
- Difficult to concentrate
- May experience inner turmoil
- May also have ADHD



Mood swings

- May quickly feel sad or upset
- May quickly feel happy
- May quickly feel angry

