



Tic Disorders

The Facts

Tics are sudden twitches, movements, or sounds that people do repeatedly. People who have tics cannot stop their body from doing these things. For example, a person with a motor tic might keep blinking over and over again. A person with a vocal tic might make a grunting sound unwillingly.

The Warning Signs

- The tic disorders differ from each other in terms of the type of tic present. (Motor, vocal, or a combination of both.)
- People with Tic Disorder have both motor and vocal tics for at least 1 year to be diagnosed.
- Suspiciousness or extreme uneasiness with others
- Strong and inappropriate emotions or no emotions at all
- Withdrawing from family or friends
- A sudden decline in self-care
- Difficulty concentrating

Support & Treatment

Scientists are studying the causes of and risk factors for Tourette Syndrome (TS) in an effort to understand it better, and to find better ways to manage TS and to reduce the chances of a person having TS. The causes of TS and other tic disorders are not well understood.

Treatments include:

- **Medications:** Medications can be used to reduce severe or disruptive tics that might have led to problems in the past with family and friends, other students, or coworkers.
- **Behavioral Therapy:** Behavioral therapy is a treatment that teaches people with TS ways to manage their tics. Behavioral therapy is not a cure for tics. However, it can help reduce the number of tics, the severity of tics, the impact of tics, or a combination of all of these. It is important to understand that even though behavioral therapies might help reduce the severity of tics, this does not mean that tics are just psychological or that anyone with tics should be able to control them.