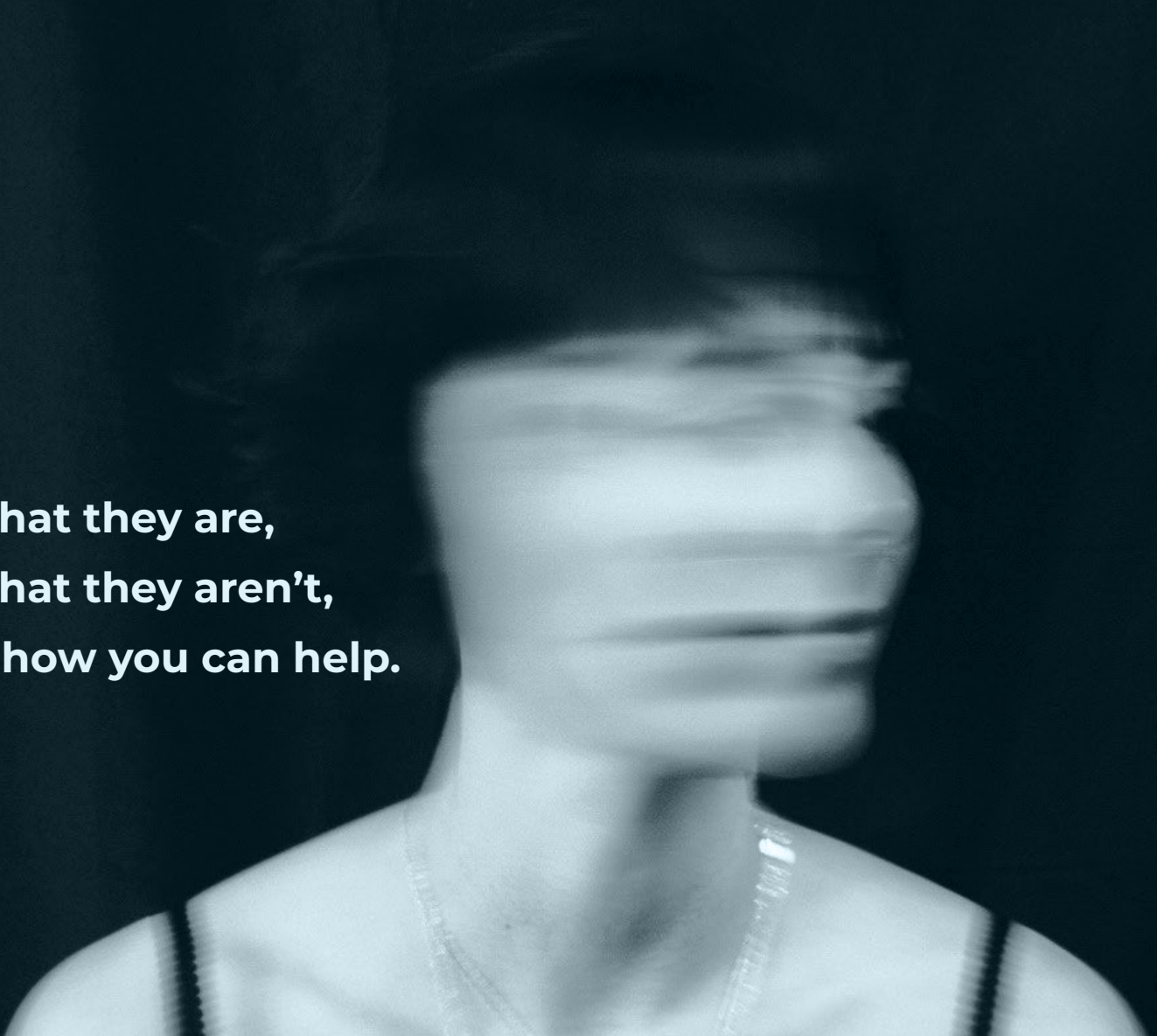


a brief introductory guide to **TIC DISORDERS**

what they are,
what they aren't,
& how you can help.





What are tic disorders?

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With as common as tic disorders are, effecting as many as 1 in 100 people, it's important to know what they are, what they aren't, and what it might be like for someone with a tic disorder so that you can know how you might be able to help them.

A tic disorder, as the name suggests, is a neurological disorder characterized by the presence of motor and/or vocal tics. A tic is a sudden movement or sound that occurs involuntarily and repetitively. Tics typically start around the ages of 5 or 6 and then become more severe until the age of about 12. Moving into adulthood, they often then decrease in severity.

Tics used to be considered rare, but no longer, as experts estimate about 1 in 5 people have tics of some kind at some point in their life.

Tics can range from being so minor that an individual and those that they encounter may never even notice their tics to being so severe that the person's safety could be at risk. Despite this, there are no known cures for tic disorders or tics in general.

Common tic patterns

While individual tics can vary wildly between each person, there are some recognizable patterns of tics which can include the following:

- Coprolalia** outbursts of obscenities, or impolite and offensive language; coprolalia is the best-known type of tic pattern due to its—albeit misleading—representation in media
- Copropraxia** making obscene, rude, or socially unacceptable gestures
- Echolalia** repeating someone else’s words
- Echopraxia** imitating another’s movements or gestures
- Palilalia** repeating one’s own words
- Repetition** repeating words or phrases without context

! coprolalia only affects about 10% of all people with tic disorders

Types of tic disorders

Tic disorders, as their name implies, are actually a family of disorders rather than one specific disorder in and of itself. Tic disorders can be divided into four primary categories.

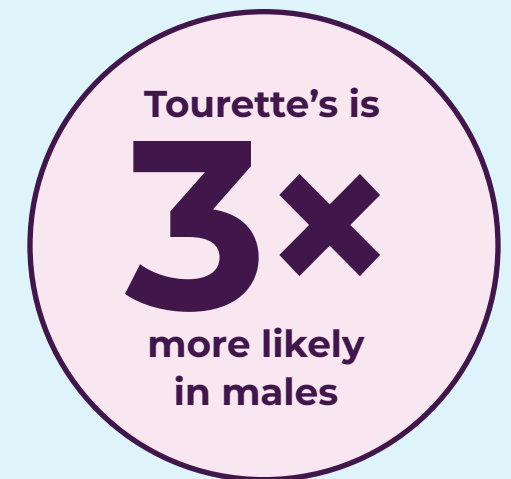
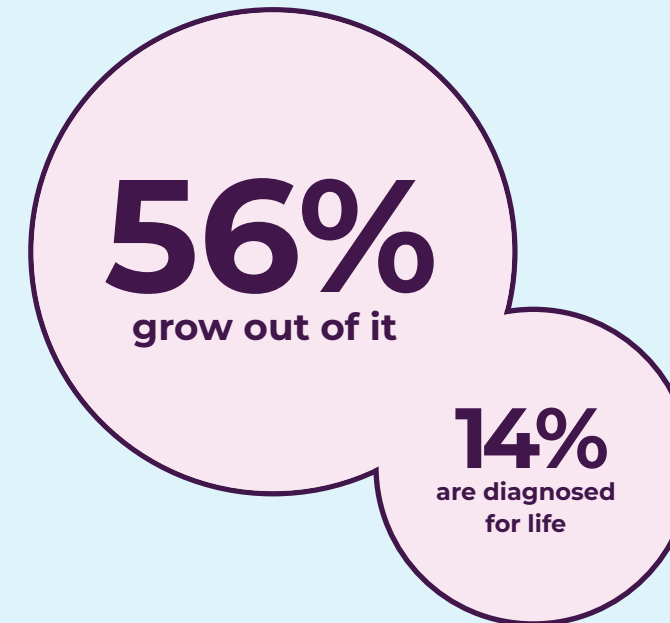
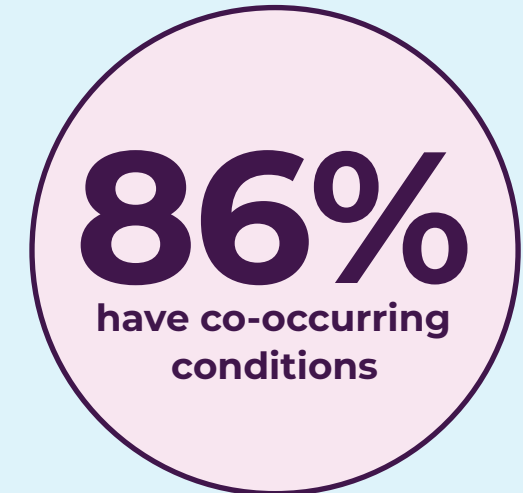
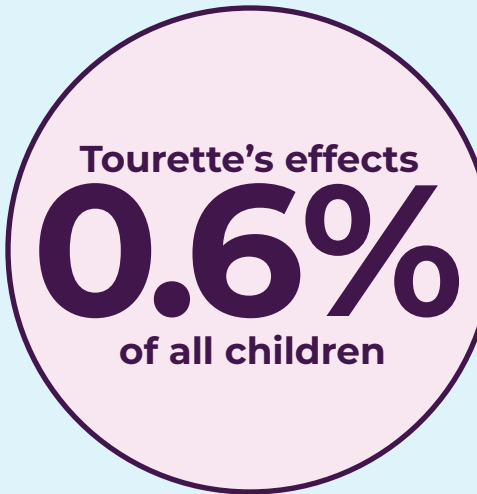
- Tourette Syndrome** Tourette syndrome, the most well-known type of tic disorder, is characterized by frequent and long-lasting vocal and motor tics in combination.
- Chronic motor or vocal tic disorder** Chronic motor or vocal tic disorder is like Tourette syndrome except the individual will experience either motor or vocal tics, but not both.
- Transient tic disorder** People with transient tic disorders will experience similar symptoms as those with a chronic tic disorder, however transient tic disorders are much more brief. If tics occur frequently for at least four weeks but no longer than twelve months, then the person's tics are considered transient.
- Tic disorder (not otherwise specified)** This is an umbrella term for other tic disorders which do not fit the other diagnoses’ requirements, typically because the person is above the age of 18 years when their tics start or their tics last less than four weeks.

Tourette syndrome

Tourette syndrome, sometimes shortened to Tourette's or simply TS, is generally considered the most well-known of all tic disorders.

People with Tourette syndrome experience multiple motor tics and at least one vocal tic. These tics notably must have lasted for at least a year; are often preceded by an unwanted urge in the affected muscles; can vary in intensity, frequency, and location; can sometimes be suppressed for short periods of time; and many tics go unnoticed by general onlookers.

Tourette syndrome primarily effects young children and gets less severe during puberty, but it is possible for Tourette syndrome to be a lifelong condition as well, and for the severity from person to person to vary drastically.



Chronic tic disorder

Chronic tic disorders are similar to Tourette syndrome in that one must have tics for greater than a year before the age of 18. However, unlike Tourette syndrome,

people with chronic tic disorder will only experience either motor tics or vocal tics, but never both concurrently.

Transient tic disorder

Transient tic disorders have the same symptoms as chronic tic disorders or Tourette's, apart from the fact that they are defined as transient based on the amount of time for which the tics have been present.

To be specific, transient tic disorders last between four weeks and a full year. Notably, people with transient tic disorders can have both motor and vocal tics concurrently.

Tic disorder (Not otherwise specified)

Tic disorders (not otherwise specified) are used to describe the broad category of people with tic disorders who do not otherwise fit into the categories of Tourette's, chronic tic disorder, or transient tic disorder. Generally

speaking, these people will have started having tics after the age of 18, their tics may not have been present for a minimum of four weeks, or they may be caused due to a medication or other medical condition.

Treatment

Though no cure exists for tics, treatment of tic disorders is typically entirely optional, and many people with tic disorders never seek treatment. Often only those with severe

enough tics to impact their ability to live their normal lives seek treatment. Treatment for tics is available in the form of some combination of medication and/or therapy.

How to help

A good rule of thumb is to not draw attention to another person's tics. Stress, lack of sleep, or even just thinking about tics could all be triggers which could worsen the severity of somebody's tics.

Some people may be completely fine with talking about their tics or answering questions, whereas others may be less comfortable sharing. As with

anything, people with tic disorders are just normal people and each person is going to be different from the next.

Ultimately the best thing that anyone can do to help people with tic disorders is to remain educated about them and to communicate effectively so as to gain as much understanding of others' tic disorders as possible.



A note from the designer:

This brief introductory guide to tic disorders is an overall summary of factoids and statistics about tic disorders, created with the intention of educating people about tic disorders and their effects on the people with them.

As someone with a tic disorder, I've seen firsthand how it can effect myself and those around me and I want to share the knowledge I've acquired, through my own experiences as well as my research on the topic, with those who may not know about tic disorders.

I hope that this brochure can be a means of bridging that understanding between people with and without tics.

