Tourette syndrome association of Greater New York State, Inc.

TOURETTE SYNDROME

Tourette Syndrome (TS) is a neurological disorder characterized by tics – involuntary, rapid, sudden movements that occur repeatedly in the same way. The tics may occur many times a day nearly every day or intermittently. Tics periodically change in number and frequency, type and location and wax and wane in their severity. While some persons with TS have limited control of their symptoms from seconds to hours at a time, suppressing them may merely postpone more severe outbursts. Tics increase as a result of stress anxiety, excitement and fatigue. They often decrease with relaxation or concentration on an absorbing task.

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<th>VOCAL TICS</th>
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<td>Eye Rolling</td>
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<td>Tongue Thrusting</td>
<td>Mouth Stretching</td>
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Throat Clearing

Grunting

Sniffing

Belching

Spitting

Snorting

Squeaking

Coughing

Humming

Yelling

Whistling

Hissing

Laughing

Screaming

Yelping

Barking

Moaning

Saying Words

Clicking

Gasping

Guttural Sounds

COMPLEX TICS – Repeating phrases, words, parts of words; Animal sounds; Stuttering; Amplitude of speech; Muttering; Palilalia – repeating one’s own words; Echolalia – repeating other’s words; Coprolalia – using obscenities/socially taboo phrases.
OBSESSIVE COMPULSIVE DISORDER—Obsessions are repetitive, unwanted thoughts. Compulsions are repetitive, ritualistic acts that must be performed to rid oneself of the obsession.

OBSESSIONS

Concern for symmetry/order
Concern for cleanliness
Over focusing on minute details
Having to have “just right” feeling
Over focusing on moral issues
Over focusing on one idea objects
Focusing on specific numbers
Needing to experience sensations
Preoccupation with knives/blood, etc.
Worrying about harming self or others
Concerned about germs/dirt
Hoardling/collection
Thinking about forbidden behaviors
Mental coprolalia (sexual thoughts/images)
Aggressive thoughts/images
Obsessive fears

COMPULSIONS

Adjusting clothing to feel just right
Evening things up
Counting objects
Excessive ordering/arranging/fiddling with
Checking & rechecking
Repeating actions
Need to say or do what told not to do
Needing to start over if interrupted
Repeating the same questions
Perseverating on a task
Not able to change tasks
Echopraxia (repeating the actions of others)
Repeating sounds/words/music
Touching objects, others, self
Sexually touching self
Picking skin/sores
Cracking knuckles
Vomiting
Smelling hands or objects
Licking self or others
Excessive hand washing/bathing
Erasing repeating
Nail biting

ADHD

Often fidgets with hands/feet
Difficulty remaining seated
Easily distracted/engages in physically dangerous activities
Blurs out answers – loses everything
Difficulty waiting turn
Difficulty following through on instructions/organizing work
Shifts from one uncompleted task to another