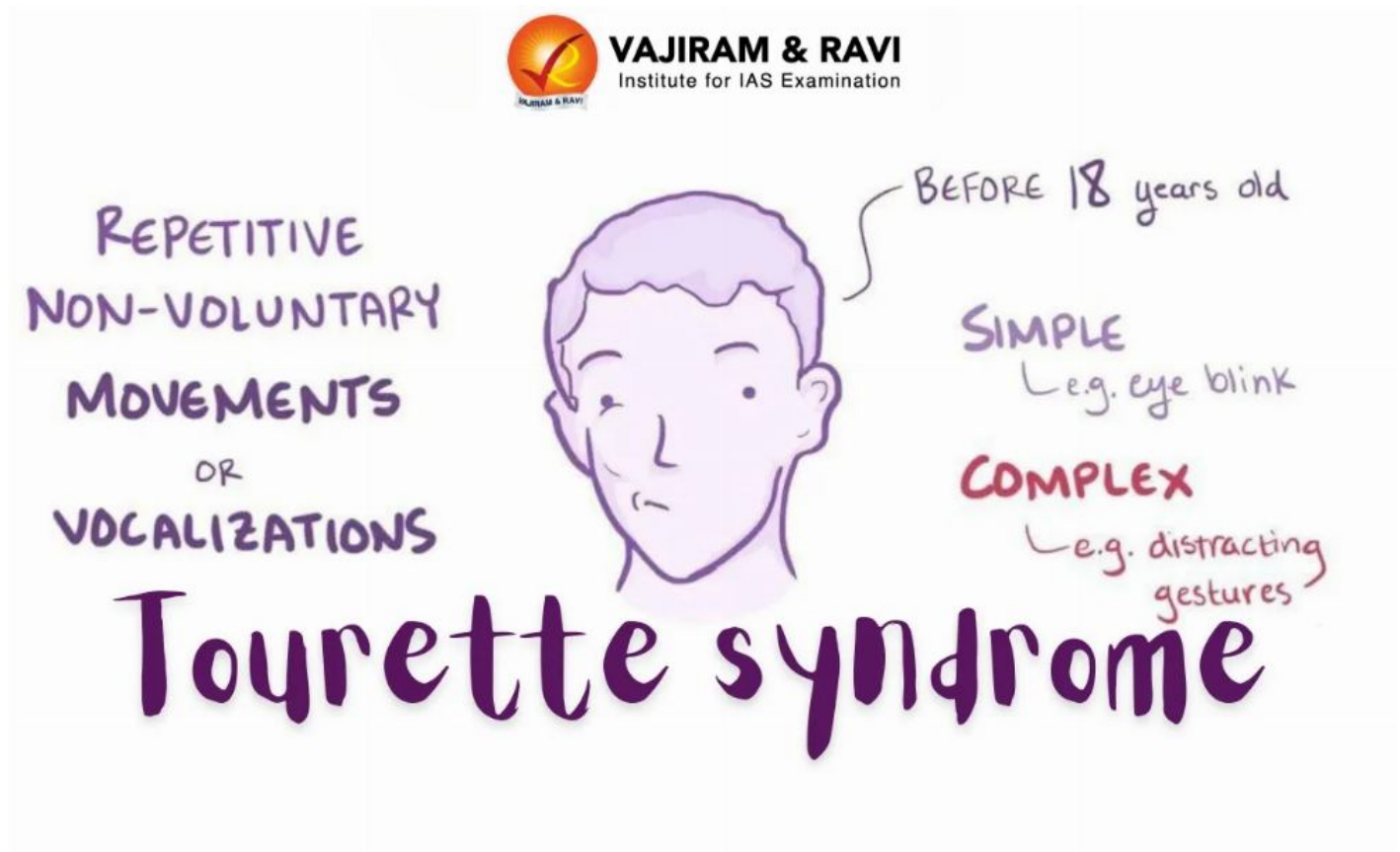


Tourette Syndrome

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Tourette Syndrome Latest News

Tourette syndrome affects an estimated 0.3% to 1% of the global population.

About Tourette Syndrome

- It is a **neurological disorder** that causes sudden, **involuntary movements or vocal sounds** known as **tics**.
- It typically emerges between ages 2 and 15, with the average onset around six.
- It affects an estimated 0.3% to 1% of the global population, with a higher prevalence among boys than girls.
- Tics can range from mild to severe. In severe cases, they can significantly impact **communication, daily functioning, and quality of life**.
- Tics are broadly **classified as simple or complex**.
- **Simple motor tics** involve a single muscle group and include eye blinking, facial grimacing, shoulder shrugging, and head jerking.
- **Simple vocal tics** include throat-clearing, sniffing, barking, or grunting.

- **Complex motor tics** involve coordinated patterns and may include touching objects, hopping, or bending.
- **Complex vocal tics** may involve repeating one's own or others' words (echolalia), or, in rare cases, using obscene language (coprolalia).
- Tics often **worsen with stress or excitement** and may improve when the person is calm and focused. They typically reduce during light sleep and disappear in deep sleep.
- Tourette's rarely occurs in isolation. It commonly **coexists with ADHD, OCD, anxiety, depression,** learning disabilities, and autism spectrum disorders.

Treatment for Tourette Syndrome

- Currently, there is no cure for this syndrome but treatments are available to help manage some symptoms.
- **Cognitive Behavioural Therapy** (CBT) has shown very promising outcomes.

Source: TH

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