

# Tic Disorder and Tourette Syndrome



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Tics and Tourette Syndrome  
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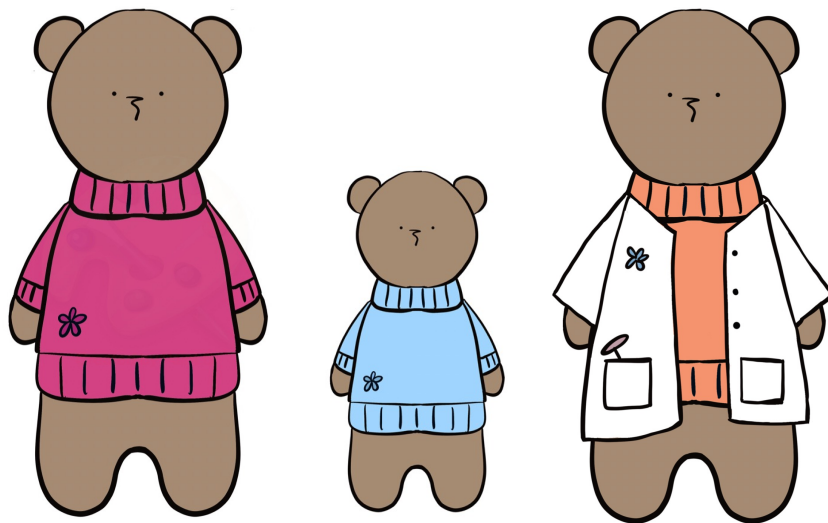
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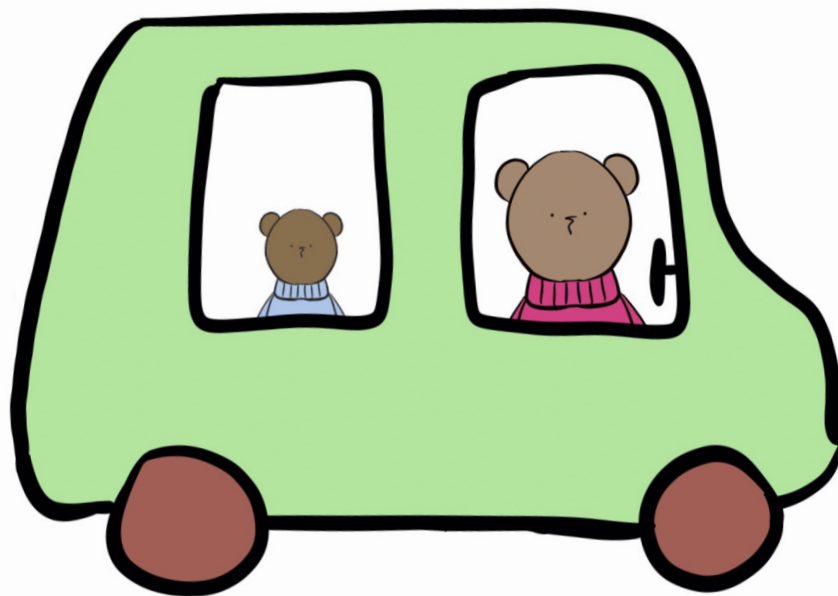
Hello! I like sports and music. After school I play with my friends.



"Hello"



Today I went to the doctor, but this time it was not my pediatrician. I went to see a Neurologist, this is a brain doctor.

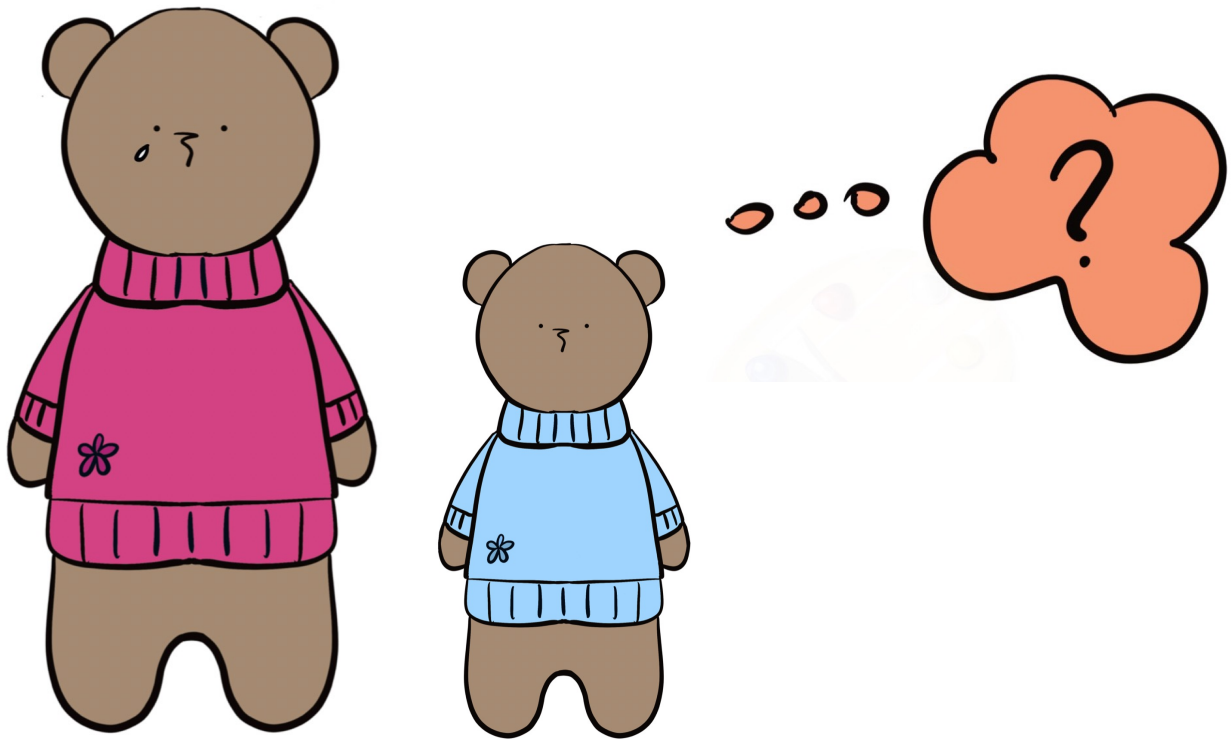


I don't know why, but I could tell that my parents were a little scared.



Later I found out that parents are always scared when their children goes to the doctor.

Sometimes adults forget to explain to us what is going on. They usually do that because they are trying to protect us. What they don't know is that we always know they are hiding something.





At the clinic, there was a very nice doctor.  
She listened to my heart and checked my  
belly.

Then she hit my knee with a little hammer.  
It didn't hurt!

It was actually  
funny because  
when she hit my  
knee, my leg  
kicked the air.



When she finished examining me, she said:

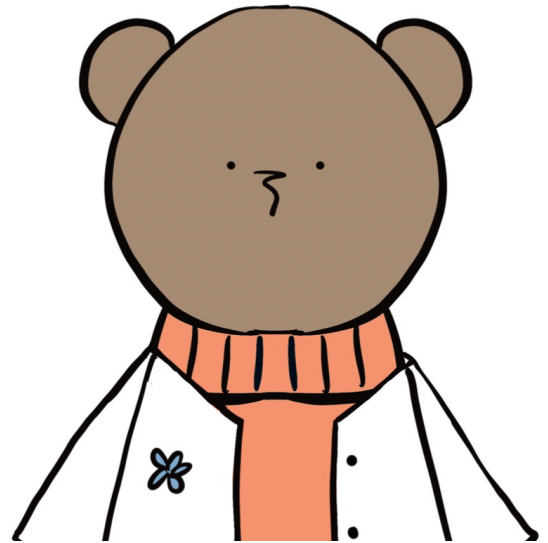
"Do you know what is going on?"

I said I didn't know, but I wanted to know it.

She answered:

"You have tics"

Finally! Now I knew what was going on.





The nice doctor explained that:

- Tics are very common in children and teenagers.
- Although we can suppress it for a few minutes, it is uncontrollable and at some point you got to do it.
- Sometimes the patient does not realize that he is having tics.
- Tics wax and wane over time.
- In most cases, it will improve and even go away as the child grows.



Motor Tics are movements like eye blinking, eye rolling, head bobbing, grimacing or neck stretching.

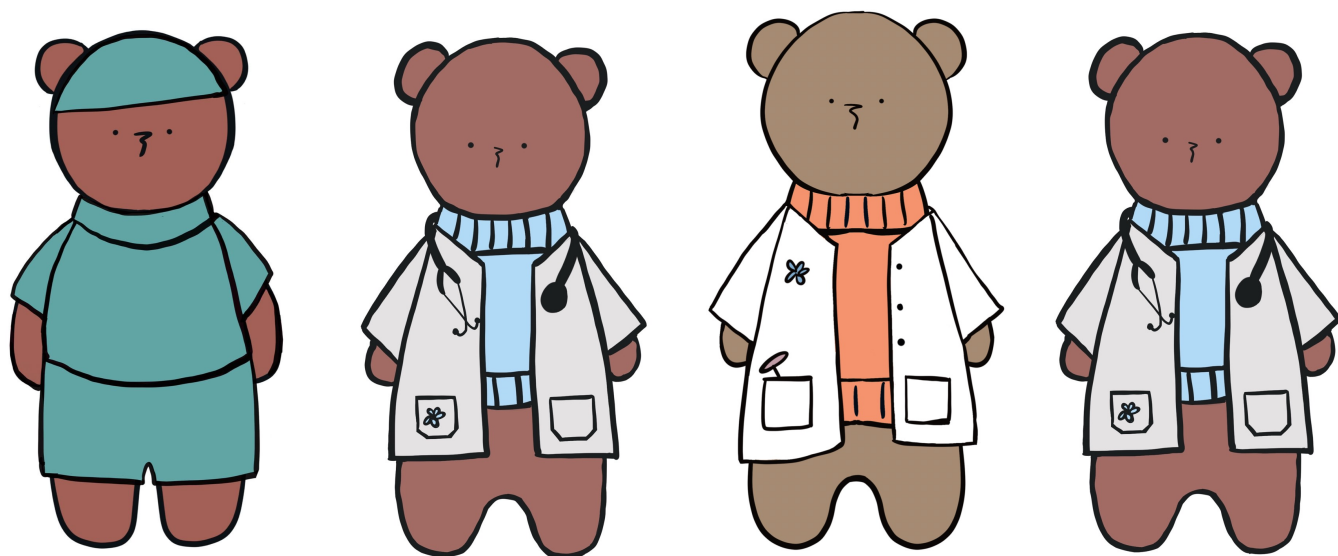
Vocal Tics are associated with sounds like throat clearing, grunting, squeaky noises, sniffing and even words.

When a patient has both motor and vocal tics it is called Tourette Syndrome.

Only 10% of patients with Tourette Syndrome will say inappropriate words like swearing.



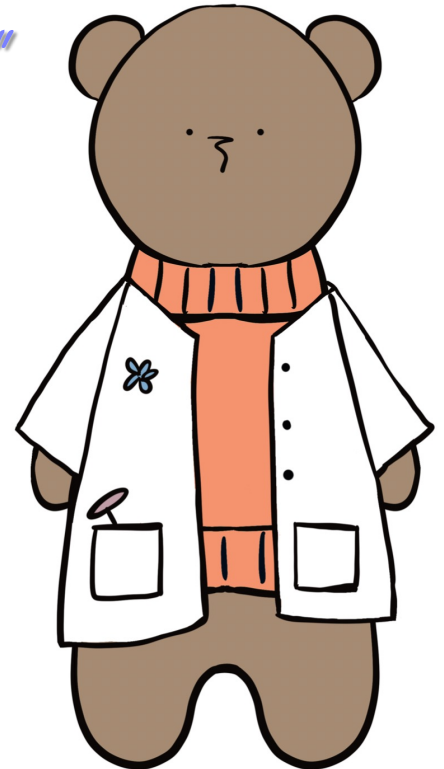
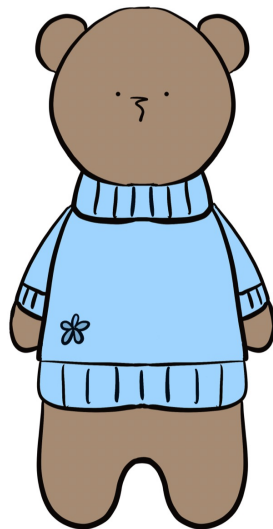
There is a lot of research about tics, but scientists still don't know its cause. The diagnosis of tics and Tourette Syndrome is based on the patient's symptoms. There is no need for tests.





Then she explained that most tics do not need treatment, but tics can be treated if it is disturbing the patient's daily activities.

"Does it  
bother  
you?"



# When I got home I texted my friend:



Hi, I am back from the doctor. Can you play?



Are you okay?

Yes! Do you know the blinking and head movements that I keep doing? Those are tics.

OMG, you have ticks?  
Where did you get it?

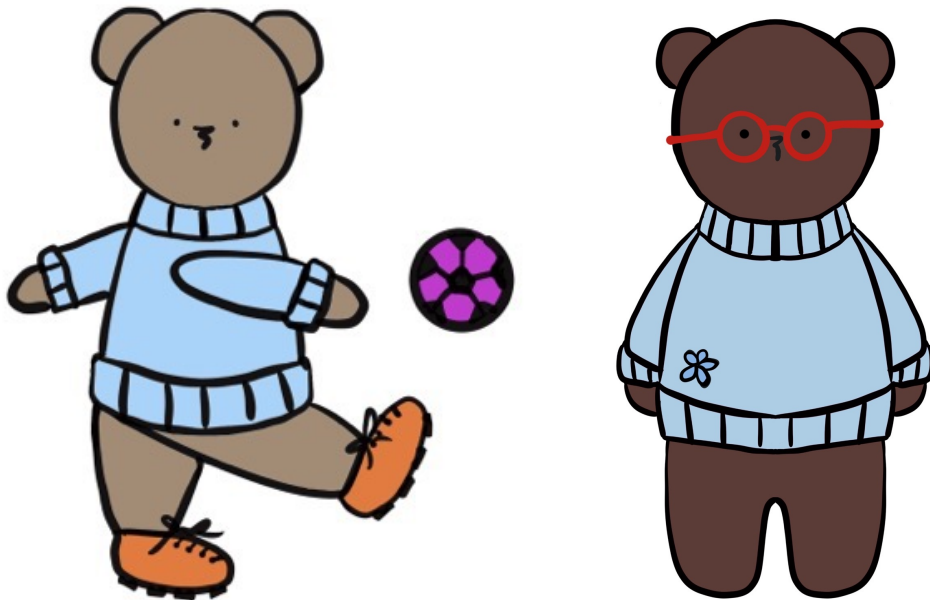


Not ticks, tics!



Great! Let's play.

Now I have regular visits to the clinic to make sure I am fine. But nothing has changed, I still like sports and music, and after school I play with my friends.



The End



