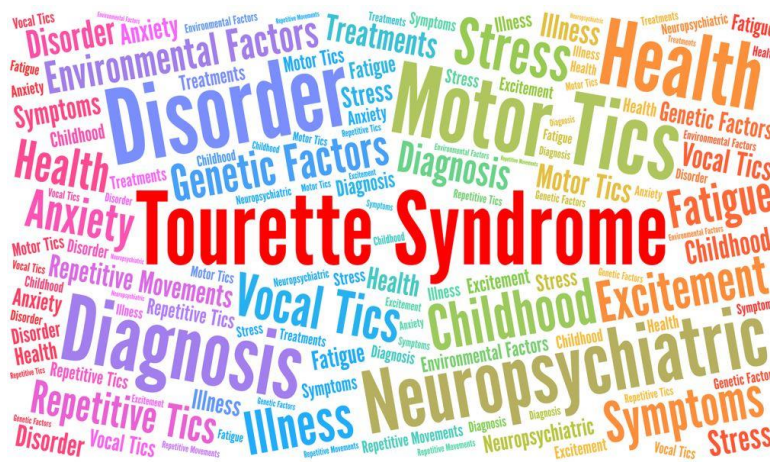


What is Tourette's Syndrome?



Tourette's Syndrome (TS) is when someone makes movements and/or noises that they can't control. These movements or noises are called Tics.

Tics usually happen fast and repeatedly. TS is a genetic condition with the onset typically around 5 years of age but with an increase in tics around the time of puberty. It is characterised by the presence of multiple motor tics and one or more vocal tics that are present for over a year. Some people have either motor or vocal tics but not both and they will be diagnosed as having Persistent Tic Disorder and not TS. Contrary to popular opinion, only about 5-10% of people with TS have vocal tics which involve swear words.

Tics will ‘wax and wane’ naturally but be worse if a person is stressed. TS is often associated with other neurodiverse conditions such as ADHD, anxiety and OCD.

In order to get a diagnosis, the first step will be to consult your GP. They will refer your child to a specialist who will ask your child questions to help them formulate a diagnosis. There are no tests or brain scans that can diagnose the condition.

Pupils with TS/ tics are likely to need sensitive support and encouragement at school. We can work with parents to produce an individual healthcare plan to support your child's needs.

Some people are reporting an increase in tics following the Covid pandemic perhaps related to anxiety. Others think that figures from popular culture who have revealed their own TS diagnosis may be encouraging others to come forward.

Further information:

www.nhs.uk/conditions/tourettes-syndrome

www.gosh.nhs.uk

Great Ormond Street Hospital for Children have an excellent website with many information packs/ resources that can be downloaded.