Tourette Syndrome

URL of this page: http://www.nlm.nih.gov/medlineplus/tourettesyndrome.html

If you have Tourette syndrome, you make unusual movements or sounds, called tics. You have little or no control over them. Common tics are throat-clearing and blinking. You may repeat words, spin, or, rarely, blurt out swear words.

About one of every 100 people has Tourette syndrome. It often occurs with other problems, such as

- Attention deficit hyperactivity disorder (ADHD)
- Obsessive-compulsive disorder (OCD)
- Anxiety
- Depression

The cause of Tourette syndrome is unknown. It is more common in boys than girls. The tics usually start in childhood and may be worst in the early teens. Many people eventually outgrow them.

No treatment is needed unless the tics interfere with everyday life. Excitement or worry can make tics worse. Calm, focused activities may make them better. Medicines and talk therapy may also help.

*NIH: National Institute of Neurological Disorders and Stroke*

**Start Here**


**Overviews**

  Also available in Spanish [http://espanol.ninds.nih.gov/trastornos/sindrome_de_tourette.htm](http://espanol.ninds.nih.gov/trastornos/sindrome_de_tourette.htm)
- Tourette Syndrome: Frequently Asked Questions [http://www.tsa-usa.org/aMedical/Faqs.html](http://www.tsa-usa.org/aMedical/Faqs.html) (Tourette Syndrome Association)
  Also available in Spanish [http://www.tsa-usa.org/aTSA_Espanol/preguntas_frecuentes.html](http://www.tsa-usa.org/aTSA_Espanol/preguntas_frecuentes.html)

**Diagnosis/Symptoms**

- Diagnosing Tic Disorders [http://www.cdc.gov/ncbddd/tourette/diagnosis.html](http://www.cdc.gov/ncbddd/tourette/diagnosis.html) (Centers for Disease Control and Prevention)

**Treatment**

- Tourette Syndrome (TS): Treatments [http://www.cdc.gov/ncbddd/tourette/treatments.html](http://www.cdc.gov/ncbddd/tourette/treatments.html) (Centers for Disease Control and Prevention)

**Coping**

- Ticcing in Public: Eight Smart Ways to Deal with It [http://www.tsa-
Disease Management

- Exercise, Sports and Tourette Syndrome [http://www.tsa-usa.org/aPeople/LivingWithTS/exercise.htm] (Tourette Syndrome Association)

Specific Conditions

  Also available in Spanish [http://familydoctor.org/familydoctor/es/diseases-conditions/tics-and-tourette-syndrome.printerview.all.html]

Related Issues

- Avoiding Medical and Alternative Health Scams [http://www.tsa-usa.org/aPeople/LivingWithTS/scams.htm] (Tourette Syndrome Association)
- Employment: Getting a Job and Keeping It [http://www.tsa-usa.org/aPeople/LivingWithTS/Employment.htm] (Tourette Syndrome Association)
  Also available in Spanish [http://www.tsa-usa.org/aTSA_Espanol/Empleo.html]
- Stuttering and Tourette's Syndrome [http://www.stutteringhelp.org/stuttering-and-tourettes-syndrome] (Stuttering Foundation of America)
  Also available in Spanish [http://www.stutteringhelp.org/sites/default/files/Migrate/Stuttering_TourettesSyndrome_spanish.pdf]
- Tourette Syndrome (TS): Other Concerns and Conditions [http://www.cdc.gov/ncbddd/tourette/otherconcerns.html] (Centers for Disease Control and Prevention)

Financial Issues

- Health Insurance Issues for Persons with Tourette Syndrome [http://www.tsa-usa.org/aPeople/LivingWithTS/Insurance.htm] (Tourette Syndrome Association)

Clinical Trials


Genetics


Research


Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Tourette Syndrome -- see more articles [http://www.ncbi.nlm.nih.gov/pubmed]
Dictionaries/Glossaries
- Tourette Syndrome: A Glossary of Terms [http://www.tsa-usa.org/aMedical/glossary.html] (Tourette Syndrome Association)

Directories
- TSA Chapters in the USA [http://www.tsa-usa.org/about_tsa/ausachapters.html] (Tourette Syndrome Association)

Organizations
  Also available in Spanish [http://espanol.ninds.nih.gov]
- Tourette Syndrome Association [http://www.tsa-usa.org/]

Newsletters/Print Publications
- It’s Not Just for Kids Anymore: TSA’s Young Adult Newsletter [http://www.tsa-usa.org/Publications/YANewsletter/YA_archive_page.html] (Tourette Syndrome Association)
- That Dam Tic: TSA’s Kids Newsletter [http://www.tsa-usa.org/Publications/ChildrensNewsletter/that_dam_tic.html] (Tourette Syndrome Association) - PDF
  Also available in Spanish [http://www.tsa-usa.org/aTSA_Espanol/esdichoso_tic.html]

Statistics
  Also available in Spanish [http://www.cdc.gov/ncbddd/Spanish/tourette/data.html]

Children
- Kids’ Quest: Tourette [http://www.cdc.gov/ncbddd/kids/tourette.html] (Centers for Disease Control and Prevention)
- Tourette Syndrome [http://kidshealth.org/kid/health_problems/brain/k_tourette.html] (Nemours Foundation)
- TSA for Young People [http://tsa-usa.org/aPeople/Youth/Youth.html] (Tourette Syndrome Association)

Teenagers
- Tourette Syndrome [http://kidshealth.org/teen/diseases_conditions/brain_nervous/tourette.html] (Nemours Foundation)
  Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/tourette_esp.html]

Adults
- Getting Older with Tourette Syndrome [http://www.tsa-usa.org/aPeople/LivingWithTS/GettingOlderWithTS.html] (Tourette Syndrome Association)
  Also available in Spanish [http://www.tsa-usa.org/aTSA_Espanol/Envejecer_con_ST.html]

Patient Handouts
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/000733.htm]

You may also be interested in these related encyclopedia pages:

You may also be interested in these related MedlinePlus topics:

The primary NIH organization for research on Tourette Syndrome is the National Institute of Neurological Disorders and Stroke [http://www.ninds.nih.gov]

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