

Tics Disorder

A tic is a fast uncontrollable spasm-like movement of particular muscles that can occur anywhere in the body but often affects the eyelids or face. Tics are most prevalent in children. Some twenty percent of children experience tics. Boys are far more likely to be affected by tics than girls. Tics typically appear around 5 years of age. Exactly what causes tics to occur is not understood. They often happen alongside other conditions, such as:

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

Tics usually aren't serious and they do not damage the brain.



TIC DISORDER



Diagnosis



Tics involving movements are called motor tics. Tics involving sounds are called vocal tics. Tics can be either simple or complex.

Motor tics involving a single muscle group are simple motor tics. Some simple motor tics are:

- Eye blinking
- Lip biting
- Nose wrinkling
- Head twitching
- Shoulder shrugging
- Facial grimacing
- Shoulder shrugging

Complex motor tics usually involve more than one muscle group. Complex motor tics include but aren't limited to:

- Smelling objects
- Mimicking movements by others
- Jumping
- Skipping
- Kicking



Tic Types



Simple vocal tics involve making a simple sound such as:

- Throat clearing
- Grunting
- Coughing
- Hissing
- Sniffing
- Barking

Complex vocal tics include:

- Yelling
- Repeating words and phrases
- Calling out
- Animal sounds

There are three types of tic disorders:

- Tourette syndrome
- Persistent tic disorder
- Provisional tic disorder

A diagnosis of Tourette syndrome requires two or more motor tics.



Treatments

The patient will have had tics for at least a year. Tics will often start in childhood. Symptoms are not due to taking medicine or due to having another medical condition.

Persistent tic disorder (sometimes called chronic) - tics may occur many times a day, nearly every day, or on and off throughout a period of more than a year. One or more motor tics or vocal tics are presented but not both. Lastly, symptoms that are not due to taking medicine.

Provisional tic disorder is the most common type of tic disorder.

The condition may involve physical and verbal tics. Tics have been happening for less than a year. The cause of provisional tic disorder can be physical or psychological. The child must have had tics almost every day for at least 4 weeks, but less than a year.





Treatments

There's no cure for tics. There are behavioral therapies, medicines, and surgery to control tics that interfere with everyday activities. Behavioral therapy is a treatment that teaches people to manage their tics. Medicines rarely reduce tics by more than 50 percent. A type of surgery called deep brain stimulation has been used in a few cases of severe tics. Medications to help control tics or reduce symptoms of related conditions include:

- Medications that block or lessen dopamine.
- Botulinum (Botox) injections.
- ADHD medications.
- Central adrenergic inhibitors.
- Antidepressants Antiseizure medications.

These treatments each carry a risk of side effects.





Treatments

Simple things you can do that may help to improve tics:

- Avoid stress, anxiety, and boredom
- Ignore the tic
- Do not feel embarrassed
- Avoid becoming too tired
- Let other people know about tics

Don't hesitate to ask questions of your doctor anytime you don't understand something or need more information.

