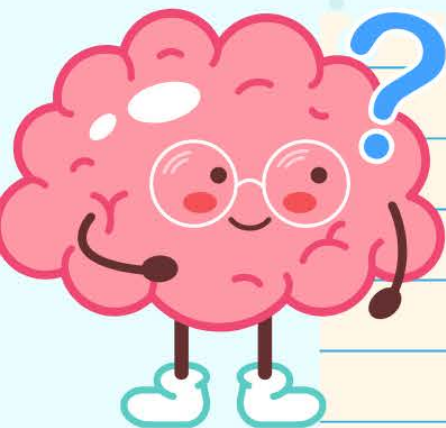
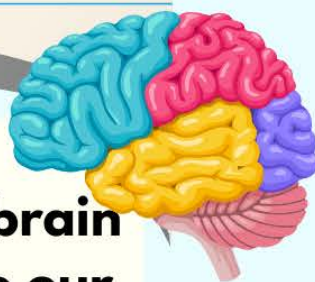


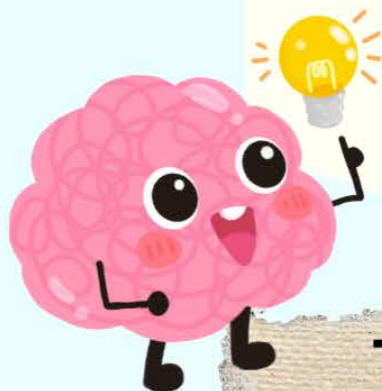
What are Tics and Tourette's?



A tic is a sudden movement or sound that happens automatically.



Tics happen because our brain sends the wrong signal to our muscles.



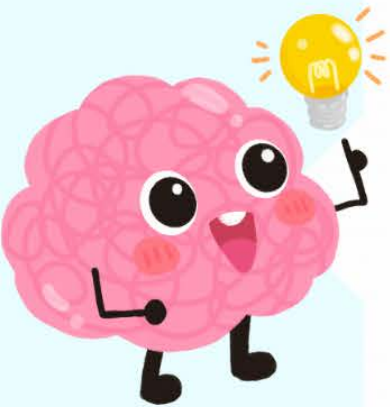
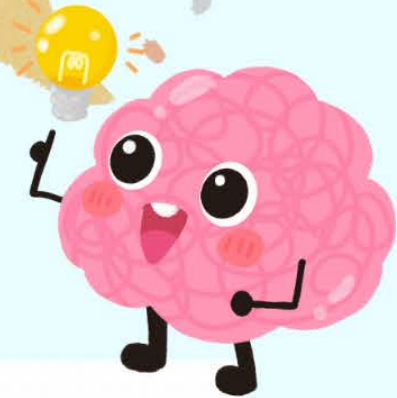
There are many different types of tics, and they all fit into one of three categories. The tics that cause sounds are called vocal tics. The tics that cause movements are called motor tics. There are also cognitive/mind tics, where you might have thoughts on repeat.



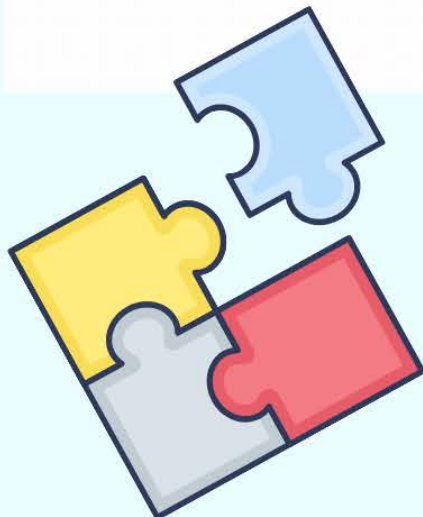
What are Tics and Tourette's?



Sometimes you might get a funny feeling before a tic. This is called a premonitory urge. Some people describe this as tingling, an ache, or a feeling of electricity, but it can be different for everyone.



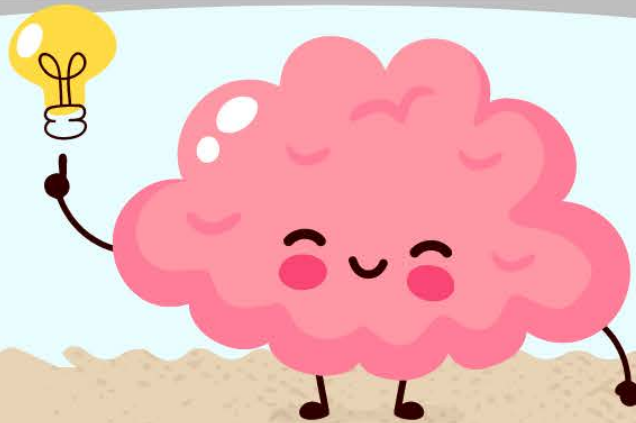
There are different causes of tics. Some common conditions that cause tics are Tourette's, FND, PANDAS, Transient tic disorder, and chronic tic disorder.



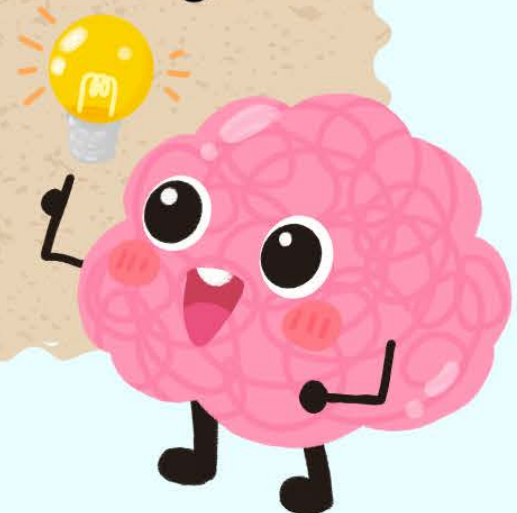
What are Tics and Tourette's?



Transient tic disorder is when you have any type of tics for less than a year. Chronic tic disorder is when you have motor or vocal tics, not both, for more than a year.



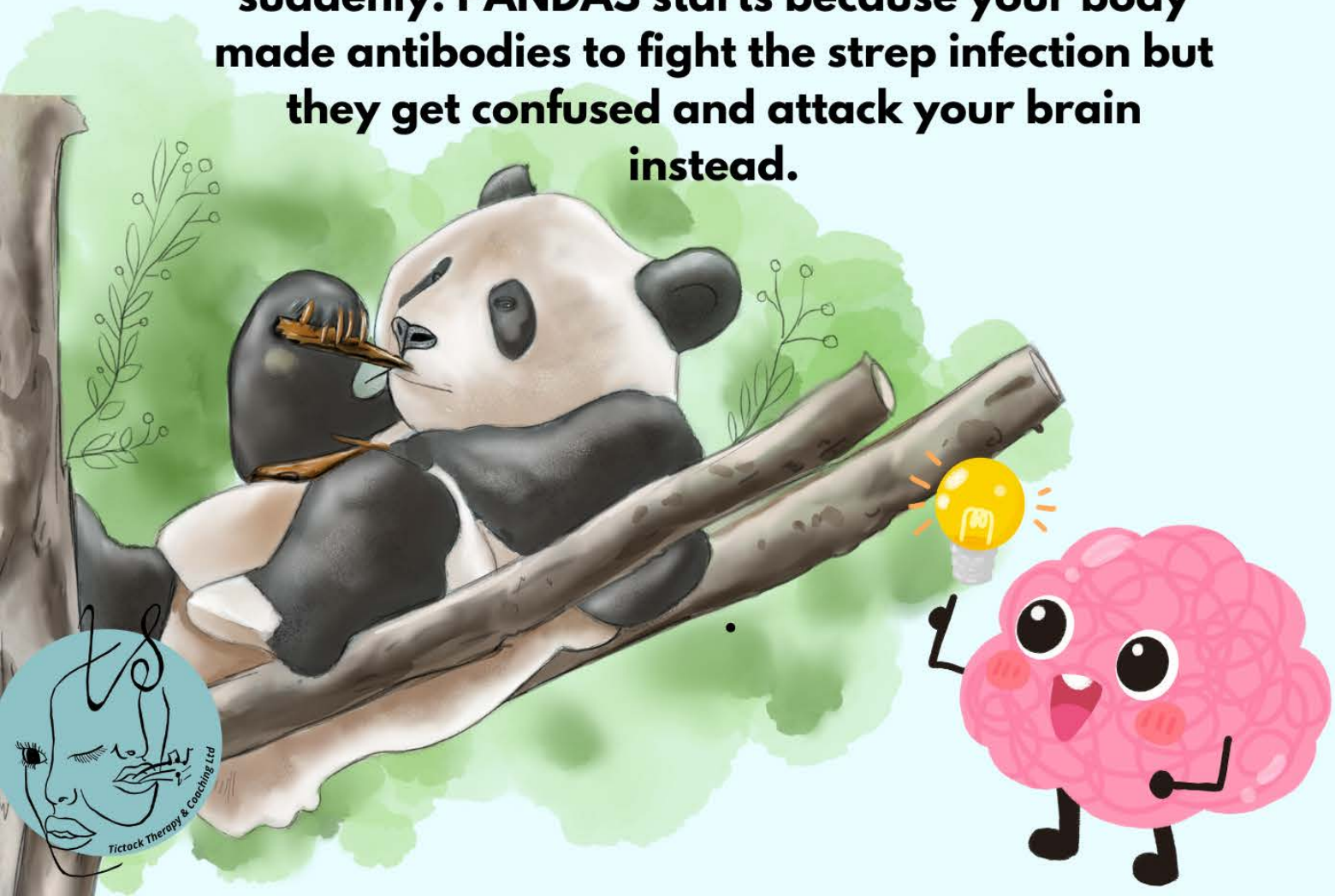
Tourette's is when you have both motor and vocal tics for more than a year, before age 18.



What are Tics and Tourette's?

FND can cause functional tics, these tics can start suddenly at any age. It is also common to have other symptoms as well as tics like, anxiety, headaches, pain, and weakness among others

PANDAS, starts after a strep infection generally in children under 12. It can cause tics and OCD along with other symptoms. It will often start suddenly. PANDAS starts because your body made antibodies to fight the strep infection but they get confused and attack your brain instead.





Why am I moving and/or making sounds that I don't mean to?



Movements and sounds that happen to you without your control could be tics. Tics happen when our brains don't put the breaks on and we make a movement or sound which we didn't mean or want to..

Tics are nothing to be ashamed of and are actually very common. Did you know that at least 1 in 100 people has Tourette's, and 18 in 100 under 10-year-olds have some form of tics for at least a while.

I know it can be scary when your body is moving out of your control, but tics don't need to be scary.

So why does this happen?

Your brain has many different parts, but the main part that causes tics is called the basal ganglia (brain Breaks). It causes tics because it's slightly smaller and there is too much dopamine (a brain chemical), or as we like to call it oil, which makes your brain brakes slippy.

This means it is harder for you to action your breaks so unwanted signals go to your muscles and tics occur

Tics aren't something you can stop, but you can learn to manage them with techniques that help you change tics that bother you into tics that don't bother you so much, this is called CBit.

What can tics look like?

Remember these are just examples and not inclusive of all tic types.



Common Motor Tics

- Blinking
- Tensing arms or legs
- Eye rolling
- Facial Grimacing
- Shoulder shrugging
- Belly rolling
- Jerking of the head or other limbs
- Jumping
- Touching objects or people



Common Vocal Tics

- Grunting
- Throat clearing
- Whistling
- Coughing
- Sniffing
- Tongue clicking
- Animal sounds
- Saying random words and phrases
- Repeating a sound, word or phrase.



Not as Common Tics

- Throwing things
- Ripping up paper
- Calling out (in / out of context)
- Contextual tics
- Snapping things
- Blocking (including speech and movement)
- Banging, Smashing, Hitting self/ others/ objects
- Spitting
- Inappropriate tics

What can tics look like?



Mental Tics

Mental tics are sometimes called cognitive tics and can often be confused with intrusive thoughts.

Mental tics are exactly that - tics within your mind

Mental tics are often thoughts that play on a loop, a bit like when we get the chorus of our favourite song stuck in our heads.

Mental tics can be totally random, they can be thoughts or images and they are usually very distracting.

Mental tics can be hard to explain to others but its important you do let your family know, if you experience them.



Fancy words for tics you might hear



Echolalia: Involuntary repetition of other people's words and/or phrases. (e-ko-lay-lee-a)

Echopraxia: Involuntary repetition of others' actions. (e-ko-prax-e-a)

Echoskepsi: Involuntary repetition of something you have heard - Mentally. (e-ko-skep-see)

Palilalia: Involuntary repetition of your own words and/or phrases. (pal-e-lay-ley-a)

Palipraxia: Involuntary repetition of your own actions. (pal-e-prax-e-a)

Paliskepsi: Involuntary repetition of your own thoughts - Mentally. (pal-e-skep-see)

Coprolalia: Involuntary repetition of obscene words and/or phrases. (cop-row-lay-lee-a)

Copropraxia: Involuntary repetition of obscene gestures. (cop-row-prax-ee-a)

Coprographia: Involuntary repetition of inappropriate written words/ drawings. (cop-row-graph-ee-a)

Coproskepsi: Involuntary repetition of inappropriate words/phrases - Mentally (cop-row-skep-see)