

# What is Tourette Syndrome?

**Tics are involuntary, repetitive movements or vocalizations, and are the primary symptoms of a group of conditions called Tic Disorders. Tic Disorders start in childhood and involve the brain and nervous system. One type of Tic Disorder is Tourette Syndrome.**

There are 3 types of conditions known collectively as **Tic Disorders** and individually as 1) **Tourette Syndrome** 2) **Persistent** (Chronic) **Motor** and/or **Vocal** Tic Disorder and 3) **Provisional** Tic Disorder. These three Tic Disorders are named based on the types of tics present (*motor, vocal/phonic, or both*) and by the length of time that the tics have been present.



## **Tourette Syndrome** (TS), also known as **Tourette's Disorder**

- At least 2 motor tics and at least 1 vocal (phonic) tic have been present, not necessarily at the same time.
- Tics may come and go in frequency but have occurred for more than 1 year.
- Tics started to appear before the age of 18.
- Tics are not caused by use of a substance or other medical condition.



## **Persistent** (Chronic) **Motor** or **Vocal** Tic Disorder

- Either motor tics OR vocal tics have been present for more than 1 year **but** not both motor and vocal tic disorder together.
- Tics started to appear before the age of 18.
- Tics are not caused by use of a substance or other medical condition.



## **Provisional** Tic Disorder

- Motor and/or vocal tics have been present for less than 1 year, and have not met the criteria for TS, or persistent (chronic) motor or vocal tic disorder.
- Tics started to appear before the age of 18.
- Tics are not caused by use of a substance or other medical condition.

# Key Facts about Tourette Syndrome:

- Tourette Syndrome and other Tic Disorders are not rare. The current estimates are that 1 out of every 160 children between the ages of 5-17 years in the United States has TS and that 1 out of every 50 children has TS or another persistent Tic Disorder.
- Some Tic Disorders may lessen in severity during adolescence, while others will persist into adolescence and adulthood.
- It is common for people with Tourette Syndrome to be affected by a co-occurring condition. According to the Centers for Disease Control and Prevention, 5 in 6 children with TS have another mental, behavioral, or developmental disorder.
- Some co-occurring conditions are attention-deficit/hyperactivity disorder (ADHD) and obsessive-compulsive disorder (OCD).
- There is no cure for Tourette Syndrome, but thanks to years of dedicated research, there are a variety of treatment options.

## The Tourette Association of America

Founded in 1972, the Tourette Association of America (formerly known as the Tourette Syndrome Association) is the only national organization serving the community, and works to raise awareness, advance research, and provide ongoing support to patients and families impacted by Tourette Syndrome and Tic Disorders. To this end, the TAA directs a network of 64 State Chapters and support groups. We also recognize 23 Centers of Excellence across the country. The TAA is a nonprofit 501(c)(3) organization.



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This publication was supported by the Cooperative Agreement Number, 5 NU28DD000001-02-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

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