

# TOURETTES STATISTICS - EVERY BRAIN TICS DIFFERENTLY

**Tourette Syndrome (TS)** is a neurological condition affecting the central nervous system, resulting in **involuntary movements and vocalisations called "tics"**. TS is a spectrum-based disorder, meaning cases vary from very mild to severe. Symptoms usually begin between the ages of **2 and 21**.

## #WHATSYOURTACTIC

- Tourettes is NOT contagious, it is **GENETIC**
- Tourettes is NOT bad behaviour or a mental illness, it is **NEUROLOGICAL**.
- Tics are NOT done on purpose, they are **INVOLUNTARY**.
- Tourettes **does NOT affect intelligence**.

1/100

1% of children have Tourette Syndrome.

≈70%

Approximately 2/3 of those with TS have a reduction of symptoms in adulthood



Examples of VOCAL tics

- repetitive words
- coughing
- throat clearing
- sniffing

10%

Tourettes is not just swearing. In fact, less than 10% of people with TS show this symptom

3-4x

Males are three to four times more likely to be diagnosed than females.



Examples of MOTOR tics

- eye blinking
- nodding
- head jerks
- banging



75% of children with TS develop tics by the age of 11.



Over 80% of people with TS will also have associated conditions such as depression, anxiety, OCD and ADHD. Often these can be a greater problem than TS itself.

## EVERY BRAIN TICS DIFFERENTLY

People with TS have **no control** over their tics. While they may be able to suppress a tic for a while, it takes a lot of concentration and will eventually lead to a more severe outburst. Tics are often described as an **uncontrollable urge** to scratch or need to sneeze. There is a build-up of tension and eventually they **MUST** be performed.

Tics **wax and wane**, meaning that different ones will come and go and change in frequency. They often get worse in times of stress and are affected by different environments and activities.

There is no known cure for TS. While tics often reduce and, in some cases, disappear with age, associated conditions such as anxiety, OCD and depression often persist throughout adulthood. This can be the result of ridicule and rejection, which is why the best treatment for TS is **acceptance** and **understanding**.

The **community** is a big part of the solution. It's time to share the facts and help improve the lives of those with TS.

**LET'S LEARN THE FACTS,  
AND SHARE THEM.**

Source: The Tourette Syndrome Association of Australia Inc.