CLÍNICA VIVALDI · FREE SHEET · NEURODEVELOPMENTAL

Tourette's syndrome

Multiple motor tics and at least one vocal tick for more than one year, beginning before age 18. They vary in intensity and usually improve in adulthood.

COMMON SIGNS

- Blinking, grimacing or sudden movements
- Throat clearing, sounds or words
- An urge felt before the tic

TIPS FOR YOU

1. Avoid drawing attention to the tics
2. Ask about behavioural intervention for tics (CBIT)
3. Inform the school to prevent teasing

FOR FAMILY AND FRIENDS

1. Don't draw attention to the tics
2. Explain to the people around them what tics are to prevent teasing

WHEN TO ASK FOR HELP

1. If the tics cause pain or injury
2. If anxiety, obsessions or attention problems appear

TO OBSERVE AND NOTE DOWN

☐ I make sudden movements I can't stop (blinking, grimacing, jerks)

☐ I make sounds without meaning to (throat clearing, grunts, words)

☐ I feel an urge before doing the tic

☐ I can hold back the tics for a while, but then they come back

☐ The tics increase with stress or tiredness

☐ The tics make me feel ashamed

☐ The tics have caused me problems in class or at work

☐ I have had the tics for more than a year

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/sindrome-de-tourette
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com