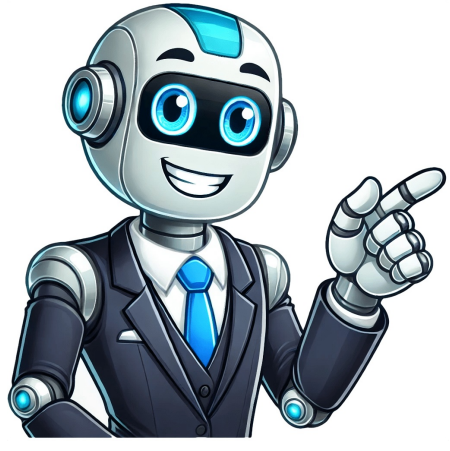


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are sudden, quick movements or sounds that you do repeatedly and involuntarily. If you have tics, you can't stop your body from doing these things. They can occur in any part of your body, including your face, shoulders, hands and legs. For example, if you have a motor tic, you might blink your eyes repeatedly or shrug your shoulders over and over again. If you have a vocal tic, you may make a grunting sound unwillingly or feel the need to constantly clear your throat. The tics you do often change over time. Tics frequently begin with an unpleasant sensation or urge that builds up in your body. People are sometimes able to suppress or delay their tics, but this may cause discomfort they can only relieve by performing the tic. Tics are common in children, typically starting between the ages of 5 and 10. They're usually not serious and often improve or stop on their own over time. But sometimes, the presence of tics can be a sign of a more serious tic disorder that requires treatment. Types of ticsPeople may experience simple or complex motor tics and vocal tics. Simple tics are brief and sudden repetitive movements that involve just a few muscle groups. They're more common than complex tics. Motor tics involve body movements, like shoulder shrugging. Vocal tics involve your voice, like throat clearing. Motor tics tend to develop before vocal tics, and simple tics develop before complex tics. Some people have both types of tics. What causes tics?Tics are caused by abnormal brain activity. This abnormal activity sends signals to parts of your brain that control movement and speech. These signals tell your muscles to move or your mouth to speak without your conscious input. In some areas throughout your body, complex motor tics include:Facial grimacing combined with a shoulder shrug and a head twist.Touching or sniffing an object.Hopping.Jumping.Bending.Twisting.Complex vocal tics include:Repeating your own words or phrases.Repeating other peoples words or phrases (echolalia). Using obscene, vulgar or swear words (coprolalia).What are tic disorders?Tic disorders are a spectrum of neurological conditions that cause you to perform tics. Tics and their associated symptoms may range from mild to severe. In many cases, tics are mild and don't require treatment. Tics often go away as children get older. In other cases, treatment is necessary to manage tics and other health conditions that occur with them.What are the different types of tic disorders?There are three main types of tic disorders. They differ from each other based on the type of tics and how long symptoms have lasted. Tic disorders include provisional tic disorder, persistent (chronic) tic disorder and Tourette syndrome.Provisional tic disorder:(transient tic disorder)People with provisional tic disorder, or transient tic disorder, have motor or vocal tics (one or both) for less than one year. This is the most common type of tic disorder. It may affect up to 10% of children in their early school years. According to the DSM-5, a person must have the following to receive a diagnosis of provisional tic disorder:One or more motor tics or vocal tics.Tics present for no more than one year.Tics are not due to having a medical condition that can cause tics or due to taking medication or other drugs.No other tic disorder diagnosis.Persistent (chronic) tic disorder:People with persistent (chronic) tic disorder have motor or vocal tics for both for more than one year. Persistent tic disorder affects less than 1% of school-age children. According to the DSM-5, to get a diagnosis of persistent tic disorder, you must have:Complex motor or vocal tics, but not both.Tics that happen many times each day nearly every day, or off and on throughout a period of more than one year.Tourette syndrome:Tourette syndrome is a chronic tic disorder characterized by both complex motor and vocal tics. According to the DSM-5, you must have the following to receive a diagnosis of Tourette syndrome:Two or more motor tics and at least one vocal tic, but not necessarily at the same time.Tics for at least one year that can happen many times a day (typically in bouts) nearly every day, or on and off.Tics that start before 18 years of age.Symptoms that aren't due to having a medical condition that can cause tics or due to taking medication or other drugs.How common are tic disorders?Tic disorders are fairly common. Researchers estimate that 1 out of every 50 children has Tourette syndrome or another tic disorder. Tic disorders are conditions involving your nervous system. They're caused by you to make repetitive, sudden, rapid sounds or movements, and you may struggle to control yourself when they happen. These disorders affect 1 in 5 children at some point. Tics usually start between ages 4 and 6, and symptoms are most noticeable between 10 and 12 years old. Tic disorders include Tourette syndrome, persistent or chronic tic disorder, and provisional tic disorder. If you have tics, you're more likely to have other mental health conditions, including depression, bipolar disorder, substance use disorder, attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD), anxiety disorders, and learning disorders. Sometimes, tics get better over time or go away completely. But they may also be long-lasting. Tic disorders start in childhood and often get better with age. (Photo Credit: E+/Getty Images) Three tic disorders are included in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5-TR), which health professionals use to help diagnose and treat mental health conditions. The manual defines three types of tic disorders:Provisional tic disorder: While provisional tics disappear within a year, chronic tics last more than a year. With this disorder, your child might have one or more long-lasting tics. They may be either motor or vocal, but not both. Symptoms begin before age 18. Chronic tics occur in less than 1 in 100 children.Tourette syndrome: Sometimes, what seems to be a chronic tic may be a sign of Tourette syndrome, the most severe type of tic disorder. If your child has this disorder, they will have both motor and vocal tics.Experts estimate that 1 in 162 children in the U.S. have the condition. Symptoms usually begin when children are between the ages of 5 and 10.The severity of your child's condition may change over time. They may have periods with fewer tics, followed by periods with more tic activity. Many people with Tourette syndrome find that their condition improves as they get older. But some may find their condition gets worse with age. What is tic anxiety disorder?Anxiety often triggers tics or makes them worse. Researchers think its because having tics when you're anxious or stressed could make them harder to control. It might also be that anxiety makes tics happen more often. Sometimes, having anxiety might make you more aware of how other people react to your tics, which can make your symptoms feel more distressing.The exact cause of tic disorders isn't understood. But researchers think that genetics and environmental factors play a role.Tics often run in families (genetic).Are related to behavioral disorders such as ADHD and OCDHappen as a complication of pregnancy and birth-related problems such as smoking during pregnancy and low birth weight.More research is needed to understand how these factors affect the likelihood of having tics.Are men and people assigned male at birth (AMAB) at higher risk for developing tic disorders?Tic disorders are more common in men and people AMAB. In fact, men are three to four times more likely than women to have tics.Motor tic symptoms happen suddenly, quickly, and repeatedly without following a pattern or rhythm. They're involuntary movements that can be hard to control.Vocal tics are sounds that come out of your mouth without you wanting to say anything.They're often triggered by stress, anxiety, or excitement.They can be embarrassing or socially unacceptable.Behavioral tics include:SniffingGruntingHummingShruggingThroat clearingBarkingComplex vocal tics include:Repeating words or soundsMaking animal noisesYellingSaying socially inappropriate wordsYour doctor will make a diagnosis using a standard set of criteria, including the type of tics you haveHow long you've had themHow often they happenAt what age they started They may ask you other questions to see if you can make a diagnosis or to figure out the cause, such as:If you have a family history of ticsIf you have any medications or substances that may be causing your symptomsIf you have any medical conditionsYou won't have to do any blood lab, or imaging tests to get diagnosed. But in rare cases, where your doctor wants to confirm other conditions aren't causing your symptoms, you may do a blood test or imaging tests such as MRI, CT, or electroencephalogram (EEG). You may get your diagnosis from a primary care provider, pediatrician, or mental health care specialist. Your doctor may refer you to a specialist if you show unusual symptoms. Tic disorders have no cure, but a doctor can recommend treatments to manage your symptoms, or in some cases suppress them. These may include medications and therapy, especially if the tics cause pain or injury, interfere with daily functioning, or make you stressed. Treatment may also help manage other conditions you have with a tic disorder. MedicationsMedicines can help manage serious and disruptive tic symptoms and symptoms of other conditions such as ADHD. They also improve sleep. However, you should know that while you take medicines, you may not be able to control your tics. Some medicines can make your tics go away completely. Most medicines doctors prescribe for treating tics haven't been approved by the FDA, so your doctor may not work for you. The next best option is behavior therapy. This involves working with a therapist to learn how to control your symptoms. These techniques include:HalteroideoloanazapinePimozideRisperidoneAnticholinergics. Studies suggest that medicines for treating epilepsy, such as topiramate (Topamax), may help manage symptoms in some people with Tourette syndrome.Medicines for mental health conditions. Your doctor may recommend medication for mental health conditions you may have with tic disorders, such as antidepressants and ADHD medicines. Botulinum (Botox) injections. Your doctor may recommend a Botox injection into the muscle involved in the tics to help relieve a simple or vocal tic.Behavioral therapyYou may work with a mental health professional to learn ways to reduce how often you have tics, how serious they are, and how much they affect you. The most common type of behavioral therapy is called habit reversal. It involves awareness training and competing response training.In awareness training, you say the tic out loud as it's happening. Then, you use a competing response, which helps you learn how to change your behavior when the tic occurs. For example, if your tic involves head rubbing, the competing response teaches you to place your hands on your knees or cross your arms so that you're unable to rub your head. Another form of behavioral therapy is the comprehensive behavioral intervention for tics (CBIT). CBIT is a therapy that includes habit reversal, education about tics, relaxation techniques, and other evidence-based approaches to managing tic disorder symptoms. Your therapist will help you understand more about your symptoms, including the type you're having, triggers, and new behaviors that may help reduce how often your symptoms happen.PsychotherapyTalk therapy or psychotherapy can help you learn how to cope with tics and how they affect your life. Cognitive-behavioral therapy (CBT) is a type of psychotherapy that helps you learn how to change your thoughts and feelings about tics. Exposure and response prevention (ERP) is a type of CBT that helps you learn how to cope with tics. ERP involves exposing you to situations that trigger your tics without allowing you to perform the tic. This helps you learn that you can tolerate the situation without having to perform the tic. ERP is a type of CBT that helps you learn how to cope with tics. 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