



## June focuses on Tourette Syndrome

Tourette syndrome (TS) is a neurological disorder characterized by repetitive, stereotyped, involuntary movements and vocalizations, called tics. The disorder is named for Dr. Georges Gilles de la Tourette, the pioneering French neurologist, who in 1885 first described the condition in an 86-year-old French noblewoman.

The early symptoms of TS are almost always noticed first in childhood, with the average onset between the ages of 7 and 10 years. TS occurs in people from all ethnic groups; males are affected about three to four times more often than females. It is estimated that 200,000 Americans have the most severe form of TS, and as many as one in 100 exhibit milder and less complex symptoms such as chronic motor, vocal tics or transient tics of childhood. Although TS can be a chronic condition with symptoms lasting a lifetime, most people with the condition experience their worst symptoms in their early teens, with improvement occurring in the late teens and continuing into adulthood.

About one of every 100 people has TS. The causes are still unknown. No treatment is needed unless the tics interfere with everyday life. Excitement or worry can make tics worse. Calm, focused activities may make them better. Medicines and talk therapy may also help.

For more information about Tourette's Syndrome, visit The National Institute of Neurological Disorders website at [http://www.ninds.nih.gov/disorders/tourette/detail\\_tourette.htm](http://www.ninds.nih.gov/disorders/tourette/detail_tourette.htm), the Exceptional Family Member Program (EFMP)\* webpage at <http://www.pica.army.mil/mwr/ACS/EFMP.htm> or contact the EFMP Manager, Marci Keck, at 973-724-2145 or [marci.keck@us.army.mil](mailto:marci.keck@us.army.mil).

*\*The Department of Defense EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, and educational, medical, and personnel services to Families with special/exceptional needs.*