



NJ Center for Tourette Syndrome AND ASSOCIATED DISORDERS, INC.

The nation's first Center of Excellence for Tourette Syndrome

For more information about NJCTS programs and referrals, call:

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or visit

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Tourette Syndrome

Misunderstood.
Misdiagnosed.
More common
than you think.



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Tourette Syndrome (TS) is an inherited, neurological disorder characterized by repeated involuntary movements and uncontrollable vocal (phonic) sounds called tics. In a few cases, the vocal tics include inappropriate words and phrases. Although symptoms range from mild to quite severe, the majority of cases fall in the mild category. The natural course of TS varies from patient to patient and the occurrence of symptoms may wax and wane, being quite pronounced at times and hardly noticeable at other times.

TS is more than just tics

Symptoms generally appear before the individual is 18 years old and are often accompanied by other disorders such as ADHD, OCD, depression, school phobias, and learning disabilities (which can be more of a problem than the TS itself.) TS is a silent epidemic—appearing in people of all ethnic groups with males affected 3 to 4 times more often than females. It is estimated that as many as 1 in 100 children show a partial expression of the disorder.

TS symptoms include:

- Both multiple motor and one or more vocal tics present at some time during the illness (although not necessarily simultaneously)
- The occurrence of tics many times a day (usually in bouts) nearly every day or intermittently throughout a span of more than one year
- Periodic changes in the number, frequency, type, and location of the tics, and waxing and waning of their severity. Symptoms can sometimes disappear for weeks or months at a time.
- Onset before the age of 18

TS is not degenerative; intelligence and life span are no different from that of the general population.

Help is available through:



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This model program—the only one of its kind in the nation—provides an innovative and comprehensive approach to treatment and support for the thousands of New Jersey families living with Tourette Syndrome.

Services provided through NJCTS include:

- Referrals for medical diagnosis and treatment
- Referrals for psychological services
- Family support including coordinated efforts among partner and community organizations throughout the state
- Youth development and advocacy training
- Education and training at medical schools and universities to develop a new generation of New Jersey professionals knowledgeable about TS and associated disorders
- Outreach to practicing physicians, educators, and allied professionals
- The nation's only university-based, stand-alone student clinician psychological clinic, located at Rutgers University
- The world's first TS Cell and DNA sharing repository, making genetic material available to qualified researchers worldwide to understand factors that can lead to better treatments and a cure