Learn About… Tourette Syndrome

Tourette Syndrome (TS) is a condition of the nervous system that causes people to have “tics”. A tic is a sudden uncontrollable movement, twitch or sound that a person makes repeatedly. It may manifest as a grunting sound or blinking and similarly to hiccups, you cannot stop it from happening.

Tics are either motor (blinking, shrugging shoulders, arm jerking, etc) or vocal (yelling out a phrase, humming, clearing the throat, etc). They can be simple (involving one part of the body like squinting the eyes) or complex (a combination of activities).

Symptoms usually begin in childhood between 5-10 years of age and can be worse during times of high stress. They can come and go into adulthood, sometimes lessening and sometimes increasing.

Diagnosis is made on an empirical basis, there is no medical test. A person needs to exhibit two or more tics, have them since before they were 18 years of age and have them for more than a year. The symptoms must not be related to any other diagnosed disease or a side effect of any medication being taken.

Treatment is a combination of medication and behavior modification. In the case of TS, treating the community is also very effective, in other words...educating the community can increase the understanding, lessen teasing and reduce stress, which may help to lessen the symptoms.

Excerpted from the CDC

Children with Tourette Syndrome

School may present challenges for children with TS. Uncontrollable tics can be an embarrassment and children often are mean to others. To help your child, be an advocate—Help to educate teachers, bus drivers, and others who come into contact with your child. Certain educational settings may be better, such as smaller classrooms, tutoring and untimed testing to reduce stress.

Nurture your child’s self-esteem by supporting their personal needs, interests and friendships. Nurture yourself by finding or starting a local support group.

Mayo Clinic
The following list of medications is for illustrative purposes only to show the difference in costs between some brand drugs and their generic equivalents. It is NOT intended to be taken as a recommendation of medication. Prices will vary depending on whether your deductible has been met and where you make your purchase.

<table>
<thead>
<tr>
<th>Supply</th>
<th>Brand</th>
<th>Cost</th>
<th>Generic</th>
<th>Cost</th>
<th>Used for Treating</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-day</td>
<td>Abilify</td>
<td>2,384.23</td>
<td>ariprazole</td>
<td>628.10</td>
<td>Psychosis, Depression</td>
</tr>
<tr>
<td>90-day</td>
<td>Allegra</td>
<td>218.34</td>
<td>fexofenadine</td>
<td>117.72</td>
<td>Seasonal Allergies</td>
</tr>
<tr>
<td>30-day</td>
<td>Copaxone</td>
<td>3,343.46</td>
<td>glatopa</td>
<td>2,145.21</td>
<td>Multiple Sclerosis</td>
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<tr>
<td>90-day</td>
<td>Cymbalta</td>
<td>582.98</td>
<td>duloxetine</td>
<td>46.80</td>
<td>Depression Anxiety</td>
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<tr>
<td>90-day</td>
<td>Cardizem</td>
<td>3,411.53</td>
<td>diltiazem</td>
<td>57.24</td>
<td>HBP</td>
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<tr>
<td>12 pills</td>
<td>Fosamax</td>
<td>304.54</td>
<td>alendronate</td>
<td>6.96</td>
<td>Bone resorption inhibitor</td>
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<tr>
<td>90-day</td>
<td>Lexapro</td>
<td>617.22</td>
<td>escitalopram</td>
<td>11.34</td>
<td>Depression</td>
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<tr>
<td>90-day</td>
<td>Lidoderm</td>
<td>954.77</td>
<td>lidocaine</td>
<td>485.10</td>
<td>Topical anesthetic</td>
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<tr>
<td>90-day</td>
<td>Lipitor</td>
<td>557.94</td>
<td>methylphlnidate</td>
<td>10.88</td>
<td>Cholesterol</td>
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<tr>
<td>90-day</td>
<td>Luvax</td>
<td>4,160.62</td>
<td>fluvoxamine</td>
<td>2,150.21</td>
<td>Depression</td>
</tr>
<tr>
<td>90-day</td>
<td>Lyrica</td>
<td>922.26</td>
<td>pregabalin-not an exact generic (same drug class)</td>
<td>612.46</td>
<td>Neuropathic pain</td>
</tr>
<tr>
<td>90-day</td>
<td>Maxalt</td>
<td>830.70</td>
<td>ritatriptan</td>
<td>45.09</td>
<td>Migraine</td>
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<tr>
<td>30-day</td>
<td>Neosporin</td>
<td>238.96</td>
<td>neomycin</td>
<td>134.72</td>
<td>Eye infection</td>
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<tr>
<td>90-day</td>
<td>Oxycontin</td>
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<td>oxycodone</td>
<td>408.35</td>
<td>Pain</td>
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<tr>
<td>90-day</td>
<td>Plavix</td>
<td>516.78</td>
<td>clopidogrel</td>
<td>8.10</td>
<td>Hematological disorders</td>
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<tr>
<td>90-day</td>
<td>Prevacid</td>
<td>980.19</td>
<td>Lansoprazole</td>
<td>79.65</td>
<td>Acid reflux, GERD</td>
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<tr>
<td>90-day</td>
<td>Prozac</td>
<td>837.18</td>
<td>Fluoxetine</td>
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<td>Depression, OCD</td>
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<tr>
<td>90-day</td>
<td>Singulair</td>
<td>420.01</td>
<td>Montelukast</td>
<td>16.20</td>
<td>Asthma</td>
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<td>90-day</td>
<td>Synthroid</td>
<td>81.79</td>
<td>Levothyroxine</td>
<td>28.08</td>
<td>Endocrine disorder</td>
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<tr>
<td>150 pills</td>
<td>Vicodin</td>
<td>191.19</td>
<td>Acetaminophen + hydrocodone</td>
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<td>Pain</td>
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<tr>
<td>90-day</td>
<td>Xanax</td>
<td>655.59</td>
<td>Alprazolam</td>
<td>6.48</td>
<td>Anxiety</td>
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<tr>
<td>90-day</td>
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<td>208.23</td>
<td>Bisoprol</td>
<td>24.03</td>
<td>Cardiac beta blocker</td>
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<td>90-day</td>
<td>Zenpen</td>
<td>326.97</td>
<td>Pancrelipase-not an exact generic (same drug class)</td>
<td>169.09</td>
<td>Reflux</td>
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</tbody>
</table>
Send your rebus entry to cbsummers@utica.edu

Our programs can only continue with your support.

Upcoming Dates

**June 5th:** First Common Thread Farm CSA delivery day.
Pick up will be every Tuesday afternoon in the Office of Student Employment, Room 121 White Hall.

2-4 pm
Bring your empty box back when picking up your new one.

Not too late to join the UC gardeners in the UC Garden.
For info contact Jessica Skeldon at jeskeldo@utica.edu