

Specific purpose: To inform my classmates and professor about what Tourette's Syndrome is and the impacts it has on lives, specifically using my own life as an example.

Central Idea: Tourette's Syndrome is a condition correlated with anxiety in which the symptoms are visible and/or audible.

Introduction

As you have heard I make sound at different points in class, sometimes never. Some would describe it to sound like, (click slide) "a heart attack", a dying rooster, and most commonly a loud high pitch hiccup. This sound is called a vocal tic, an involuntary sound I make due to a condition in my nervous system. The nervous system has all the nerves of one's body and together they all communicate to control and perform actions. Tourette's Syndrome is condition of the nervous system however it is unknown how exactly tics occur.

Body

There are two parts to the nervous system: central nervous system and the peripheral nervous system. The brain is part of the central nervous system (use the chart); Although it's unknown which part of the brain is responsible for tics, there are theories they are due to neurons in the frontal lobe (demonstrate on picture and point to front of head).

There are two types of tics motor and vocal.

There are also simple and complex tics

Motor tics are physical involuntary movements of the body.

According to the research journal PLOS Computational Biology in Italy, predicted that there is a miscommunication between neurons in the two systems. This is called the basal ganglia-cerebellar-thalamo-cortical system. This is a very complicated system however each of these areas are theorized to be impacted leading to tics.

Vocal Tics are vocal involuntary sounds

The physiology of vocalizing behaviors relies on a well-coordinated network of respiratory, laryngeal, and supralaryngeal muscles

Body 2

Growing up, I did not have a vocal tic disorder. The first time I ticed was in Ms. Hoag's US History class in late 2018.

As I went through weeks in pain, I cried for help, for anyone to listen to my shrieks of agony. I searched for explanations, specifically medical assistance. It is uncommon for those older the develops tics, so doctors doubted the noise I was making was a part of Tourette Syndrome.

Women are less common to have tics then men (stats on slide)

Age of diagnosis is primarily 6-12 yrs ago

Body 2

I have always been an anxious person. Growing up, I was always told to get As and work my hardest, no matter if an assignment is graded or not. I put a large amount of pressure on myself to do my best and stay extremely organized. With this, I overthink everything I write, say, think about or I do the opposite and don't think, resulting in poor results.

Mental health and every day life impacts info/stats

There is no way to cure Tourette's syndrome, "The types of tics and how often a person has tics changes a lot over time. Even though the symptoms might appear, disappear, and reappear, these conditions are considered chronic" (cdc.gov).

Therapy and breathing exercises

As an adult the symptoms lessen

Finish with narrative of how I am doing now and how I cope!