



Tourette Awareness

[https://www.cdc.gov/ncbddd/tourette/facts.html#:~:text=Tourette%20Syndrome%20\(TS\)%20is%20a,keep%20blinking%20over%20and%20over.](https://www.cdc.gov/ncbddd/tourette/facts.html#:~:text=Tourette%20Syndrome%20(TS)%20is%20a,keep%20blinking%20over%20and%20over.)

Tourette Syndrome (TS) is a condition of the nervous system. TS causes people to have “tics”. Tics are sudden twitches, movements, or sounds that people do repeatedly. People who have tics cannot stop their body from doing these things. For example, a person might keep blinking over and over. Or, a person might make a grunting sound unwillingly.

Having tics is a little bit like having hiccups. Even though you might not want to hiccup, your body does it anyway. Sometimes people can stop themselves from doing a certain tic for a while, but it’s hard. Eventually the person has to do the tic.

Types of Tics

There are two types of tics—motor and vocal.

Motor Tics

Motor tics are movements of the body. Examples of motor tics include blinking, shrugging the shoulders, or jerking an arm.

Vocal Tics

Vocal tics are sounds that a person makes with his or her voice. Examples of vocal tics include humming, clearing the throat, or yelling out a word or phrase.

Tics can be either simple or complex:

Simple Tics

Simple tics involve just a few parts of the body. Examples

of simple tics include squinting the eyes or sniffing.

Complex Tics

Complex tics usually involve several different parts of the body and can have a pattern. An example of a complex tic is bobbing the head while jerking an arm, and then jumping up.

Symptoms of Tourette syndrome

The main symptoms of TS are tics. Symptoms usually begin when a child is 5 to 10 years of age. The first symptoms often are motor tics that occur in the head and neck area. Tics usually are worse during times that are stressful or exciting. They tend to improve when a person is calm or focused on an activity.

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.

In most cases, tics decrease during adolescence and early adulthood, and sometimes disappear entirely. However, many people with TS experience tics into adulthood and, in some cases, tics can become worse during adulthood.

Although the media often portray people with TS as involuntarily shouting out swear words (called coprolalia) or constantly repeating the words of other people (called echolalia), these symptoms are rare, and are not required for a diagnosis of TS.

Post-traumatic Stress Disorder (PTSD) Awareness Day - June 27

Most people with post-traumatic stress disorder underwent a traumatic event or experience in their past that has led to mental and physical symptoms that can last for years

Participate in Tourette Awareness Month

Challenges faced as a result of the condition can be physically and psychologically crippling. Let’s make a difference together this Tourette Syndrome Awareness Month, May 15 – June 15, as we create a more universal understanding of the condition, as well as to share successes to inspire our community and beyond.



#MyTourette



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and can be debilitating. In recent years, more research and treatment possibilities have developed to help people with this sometimes life-threatening mental health condition.

https://factly.com/conditions/ptsd/10-symptoms-of-ptsd/?style=quick&utm_source=adwords-ca&adid=490399916347&ad_group_id=90215161625&utm_medium=c-search&utm_term=ptsd%20symptoms&utm_campaign=FH-CA-Search-PTSD-Symptoms-Desktop&gclid=Cj0KCQjw4NujBhC5ARIsAF4lv6fK9qO0JD6CJdz6oBRJt5dNmLtlqDst_Q4zTXPa4aamX4Y-IK-JnSlaAh9QEALw_wcB

Detachment from Others

One of the first symptoms of post-traumatic stress disorder is detachment from others. This can happen for a myriad of complicated reasons. Often, those with PTSD are afraid of how they might behave in front of other people. They worry that they might become angry or react strangely to normal occurrences

Flashbacks

Flashbacks are another symptom of PTSD. The symptom causes a person to relive a traumatic event. The emotional response is different for everyone. However, flashbacks often cause feelings of panic, extreme stress, and physical issues like fainting, heart palpitations, and high blood pressure.

Nightmares

Frequent nightmares are a common symptom of PTSD. These nightmares may focus on the event that created the trauma or they may appear unrelated. Nightmares are different from flashbacks in that they occur on a subconscious level during sleep, while flashbacks take place while the mind is alert and awake.

Avoiding Reminders

Someone with PTSD may avoid situations that remind them of the events around the trauma. For example, if the traumatic event happened at work,

then the person with PTSD may have difficulty returning to their job. Additionally, they may not want to be around family or friends they associate with the traumatic event. This symptom can interfere with one's livelihood and social life.

Insomnia

Insomnia, or the inability to sleep, is another symptom of PTSD. There are many reasons this occurs. Some people may find that they keep worrying about the event that caused the trauma, making it difficult to clear their minds and drift off to sleep. The knowledge that nightmares begin after they drift off can also make sleep difficult. Doctors can prescribe medications and holistic methods such as meditation to help reduce instances of this debilitating symptom.

Lack of Motivation

Sleeping too much or generally losing interest in day-to-day activities and hobbies about which one used to feel passionate can be an indicator of PTSD or another condition such as depression. If someone experiences this symptom over the long-term, on a regular basis, it may be advisable to seek professional help or advice.

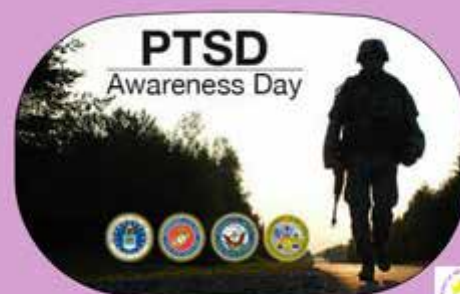
Anger

An individual with PTSD may exhibit irritability and anger in varying degrees and at sometimes unexpected intervals, often to a greater degree than they once did. This can happen for a variety of reasons and can impact interpersonal relationships and job performance.

Memory Loss

Memory loss can be associated with PTSD. Often, an individual will mentally block out the traumatic event

PTSD Awareness Day is observed every year on June 27th. PTSD stands for Post-Traumatic Stress Disorder and is a condition that many veterans and non-veterans alike suffer. PTSD can occur when someone experiences or witnesses a traumatic event. This condition wasn't always understood properly by the medical or military community, and Department of Defense press releases often point to earlier attempts to identify PTSD symptoms in the wake of service in World War 2, Vietnam, and other conflicts.



June 27 of each year is proclaimed as PTSD Awareness Day

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temporarily or permanently. This presents challenges in the diagnosis, acceptance, and recovery, as many mental health professionals encourage their patients to face and discuss the circumstances that led to the condition. In addition, people with PTSD may have difficulty recalling recent events unrelated to the trauma.

Feeling Jumpy

People with PTSD may find that they feel jumpy or are never completely at ease. This often occurs when a traumatic event that caused the condition is particularly frightening and life-endangering. For example, many soldiers who have spent time in active war zones and other dangerous situations may experience PTSD and, as a result, loud noises and stressful situations reminiscent of the trauma can trigger emotional and physical responses.

PODCAST Interview Requests

<https://www.buzzsprout.com/1678687/episodes>

VAD hosts podcasts about relevant issues in the disability community and we would be honored to invite member organizations to be interviewed in an upcoming podcast episode telling our listeners about your organization.

VAD is looking for members that would like to promote their organization to our membership and the public - VAD feels that our individual iVAD members would benefit from knowing more about VAD's organizational network.

We are looking to learn about your community resources, how you work with individuals with disabilities, and how VAD can collaborate with your organization for referrals in the community.

The Podcast episodes are average 15 to 30 minutes long and interviews are conducted through zoom.

Interested and want more information, please send an email with your available dates to schedule a podcast interview that is a convenient time for you. Teresa is currently booking for June, July, August, and September.

Here is some links to the current VAD podcasts for you to review:

The Voice - Inclusion Alberta with Trish Bowman
<https://www.buzzsprout.com/1678687/episodes/12860508>

The Voice - Alberta Crime Prevention Podcast
<https://www.buzzsprout.com/1678687/episodes/12644305>

The Voice - Public Interest Alberta
<https://www.buzzsprout.com/1678687/episodes/12408983>

VOICE OF ALBERTANS WITH DISABILITIES

50 STORIES 50 YEARS

Call for Submissions

VAD is celebrating 50 years as an organization and is looking for 50 positive stories that are 50 seconds long about the disability community.

Want more information, email teresa@vadsociety.ca for details. Submissions will be accepted by email and compiled to create an anniversary video.

Cell phone videos are acceptable and maximum time allotted is 50 seconds per submission.

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VOICE OF ALBERTANS WITH DISABILITIES

50 STORIES 50 YEARS



Who: Any individual with a disability or an ally can participate in the 50 Stories - 50 Years project.

What: Provide a 50 second video that we can include in our amalgamation of anniversary videos to showcase at our 50th anniversary event this August 2023.

Where: Across Alberta - anyone in the province is welcome to submit a video that positively portrays the disability community and the great people in it.

When: DEADLINE is July 15, 2023 at 4 pm



Why: VAD wants to highlight the great things that have happened in the last 50 years and how far the disability community has come to inclusiveness and full participation in society.

How: email your video to Teresa@vadsociety.ca with your contact information. Videos must be submitted in landscape and mp3 format. If you are unable to record a message, VAD is able to record a message with zoom or at an in office meeting with you.

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