

# Tourette Syndrome; Is It an Annoying Disorder or an Inspiring Companion??!!

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well in TS cases suffering from OCD as a comorbidity. Relaxation techniques (exercise, yoga, or meditation) and biofeedback may be helpful in some cases [36-38].

On the other hand, supportive interventions could be useful to help patients to cope with their disorder and its social and emotional repercussions. Educating the patients, their families, school personnel, and counterparts about the disease and its nature is very useful for the patients to minimize their stress and to learn how to live with their condition [35].

Deep brain stimulation has been used in some adults with severe TS who show no response to other available therapeutic modalities but it

