



tourette syndrome association of new jersey, inc.

Winter 2000

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The Tourette Syndrome Association of New Jersey is a nonprofit organization whose membership includes individuals with Tourette Syndrome, their families, friends, and interested professionals. All of our funding comes from contributions and all of our workers are volunteers.

MISSION STATEMENT

The mission of our organization is to support the needs of families with TS, to advocate for individuals with TS, and to educate the public and professionals on TS. Our Association was reorganized in 1994 to better meet these objectives.

WEBSITE:
<http://www.tsanj.org>

HELPLINE
732-972-4459

TOURETTE SYNDROME: AN INSERVICE FOR EDUCATORS

TSANJ's commitment to educating New Jersey school employees has resulted in the development of an educator's inservice package on Tourette Syndrome and its associated disorders. This boxed package, titled TOURETTE SYNDROME: AN INSERVICE FOR EDUCATORS, includes: a facilitator's one-page guide for presenting the inservice, a one-hour audio inservice tape, video clips, along with handouts for teachers on classroom strategies, and a homework guide for parents. TSANJ is registered with the New Jersey State Department of Education as a Professional Development Provider, and as such, participants who attend our inservices and/or tape presentations are awarded professional development credit hours. Certificates are included in the package, to be copied and distributed to those in attendance.

The course offers approaches and strategies that enable teachers to create a learning environment that supports the social/emotional and intellectual development of Cont. page 5

WORKSHOPS FOR NEW JERSEY'S TS FAMILIES

Three new workshops have been developed specifically for TS families through the Rutgers Graduate School of Applied Psychology and TSANJ Partnership.

- Social Skills for Children will cover self control, social awareness, developing and maintaining friendships, recognizing one's own emotions, envisioning consequences
- Parent Training Workshop includes dealing with a new diagnosis, grief and hope, sibling relationships, raising socially competent children, advocacy, what's TS and what's not
- Social Awareness and Management Groups for Adults with TS will offer sessions on relaxation, managing anxiety, recognizing anxiety triggers, social awareness, maintaining interpersonal relationships

For additional information or to register for these workshops, contact the TSANJ HelpLine at 732 - 972 - 4459

IMPORTANT MEETING - APRIL 5, 2001

Mark your calendar for the evening of April 5. We will have a very special statewide meeting - one worth planning and travelling for !

We have invited Dr. Ross Greene, Harvard Medical School professor and author of "The Explosive Child". His internationally acclaimed book provides "a more contemporary conceptualization of inflexible, easily frustrated, explosive children and describes a new, practical, comprehensive approach for helping these children at home and in school."

We had the opportunity to hear Dr. Greene speak at the national TSA conference last November and feel that he will bring invaluable perspective on TS behaviors to our NJ families.

Here's hoping you will join us. Look for your invitation in the mail.

TSANJ PARTICIPATES IN NJEA CONVENTION IN ATLANTIC CITY

On November 9 and 10, 2000 over 60,000 educators from New Jersey attended the New Jersey Education



Association Convention in Atlantic City, NJ. The purpose of the annual event is to expose teachers to new information and new teaching methods. By attending seminars and visiting displays which provided information on how to better serve children in schools across New Jersey, our educators broaden their base of knowledge on all issues impacting the classroom.

This year TSANJ had a booth at the convention to allow us the opportunity to provide literature and books on Tourette Syndrome. In addition TS volunteers showed videos on TS, and distributed flyers on professional development courses on TS and associated disorders which will be conducted at Rutgers University and 6 community colleges beginning in Spring 2001.



The Swenson Family help educate the educators

The response from the state's teachers was very positive. Generally, they had a cursory understanding of TS but welcomed the opportunity to obtain more information on this important subject.

ATTENTION: TS PARENTS
According to IRS Revenue Ruling 2000-24 for the 2000 tax year, "Parents will be able to deduct amounts paid by an individual for expenses of admission and transportation to a medical conference relating to the chronic disease of the individual's dependent." TSANJ, INC. encourages families to check with their tax advisers about this very important savings incentive!

RESEARCH IN THE NEWS

ST. JOHN'S WORT PARALLELS PRESCRIPTION DRUG. *USA Today*, September 5, 2000. The popular and controversial herb St. John's wort is as good a treatment for mild to moderate depression as imipramine, one of an older family of anti depressants, says a study published in the *British Medical Journal*. The drug has lost ground in the USA to newer medications, experts say.

HERBAL REMEDIES FOR PSYCHIATRIC ILLNESS: CAUTION ADVISED. *Reuters Health*, August 29, 2000. Although research suggests that several herbal products may be helpful in treating psychiatric conditions such as depression, anxiety and insomnia, the lack of standardization and regulation of such products makes their use difficult, according to a new report.

NEW RULES ON USE OF HUMAN EMBRYOS IN CELL RESEARCH. *New York Times*, August 24, 2000. The National Institutes of Health issued long-awaited rules that would permit federally financed researchers to work on human embryonic stem cells, cells derived from the very early embryo.

PERGOLIDE EFFECTIVE IN TREATMENT OF TOURETTE'S SYNDROME IN CHILDREN. *Reuters Health*, April 24, 2000. The mixed D1-D2-D3 dopamine agonist pergolide significantly reduces tic severity in children with Tourette's syndrome or chronic motor or vocal tic disorder, without serious adverse events, researchers reported in the March issue of *Neurology*.

BRAIN SECRETS OF TOURETTE'S REVEALED. *Reuters Health*, August 18, 2000. An international team of researchers found that tics coincided with activity in certain brain regions including the basal ganglia, parts of the prefrontal cortex, the sensory-motor cortex and Broca's region, according to a report in the August issue of *Archives of General Psychiatry*. Detailed imaging of the brain may be useful, ultimately, in the "development of additional therapeutic strategies" for the disorder, researchers said.

FDA APPROVES ADHD DRUG. *AP*, August 1, 2000. The first single-dose form of the drug most widely used to treat attention deficit disorder in children won government approval. The Food and Drug Administration said it had approved Concerta for the treatment of attention deficit hyperactivity disorder.

ALTERNATIVE MEDICINE PANEL FORMED. *AP*, July 13, 2000. - President Clinton appointed a Harvard educated psychiatrist as chair of a new commission charged with

Cont. page 7

NOTE: Many corporations offer matching funds, allowing you to double your contributions to TSANJ. Contact your employer's Human Resources or Personnel Department to find out if your company offers this benefit.

A COLLEGE ESSAY OF A TOURETTE STUDENT

By DSD*

Most people would be amazed by the many things I have been through already by my seventeenth birthday. I have never gone skydiving or climbed Mt. Washington. I have never had lunch with Tom Cruise or Goldie Hawn. I have never walked along The Great Wall of China, and I have never met the President. But what I have done is struggle with a disorder that affects about 1 in every 1000 children in America. I have Tourette's Syndrome.

Tourette's is a neurological disorder that causes me to have motor tics, the urge to touch objects, and the occasional clearing of my throat. Compared to most people with TS, I can consider myself fortunate that I do not have extremely debilitating tics. My case was serious enough, however, that I know it will leave a lasting impression.

Searching to find the reason why I could not keep my head still when I was eight, my parents drove me to specialists throughout New Jersey. In fourth grade, I was taken to a neurolinguistic specialist and told to draw and name the tics I was having. Very confused about the point of that activity, I called it "Mr. Tic."

Next, my parents took me to two neurologists and a psychiatrist to get their opinions. In sixth grade, I had acupuncture. I will never forget how silly I looked when I stared at myself in a mirror and saw twenty needles sticking out of my head. For many years I attended biofeedback, where I was attached to probes to test my neurological activity. I was also put on different medications, which caused side effects of crying, drowsiness, and depression. I was always reluctant to try anything. In fact, I went through each activity with a sour face convinced nothing would help me.

I am thankful now that my parents forced me go, because whether it was something I did or a specialist I saw, my tics decreased substantially.

Today, if you met me on the street, you could not tell that I have Tourette Syndrome. Right now, I have minimal tics that only my parents notice due to the fact that they pay close attention to me. Having Tourette's has never affected my learning. I have always maintained an A or B average. Also, my confidence has never been seriously damaged by TS. I have never felt that I needed to stay confined to my home. In fact, I spent last summer in Israel on a teen pilgrimage, and I have also gone to summer camp for the past four years.

I have enough control over my movements that only a few individuals are aware of my disorder. I am not ashamed of having TS. However, I do have a fear of sharing this part of my life as I think people might look at me differently.

The most important lesson that I have learned from living

with TS is that I am emotionally strong, and I have developed skills that will help me get through the problems of adulthood. I have been able to cope with a serious disorder that affected my childhood and provoked many emotions within me. I know that I have become a secure teenager, and I have the ability to overcome anything as a woman. I will have Tourette's Syndrome forever for it is a disorder that can come back at any time. Yet, I believe, at this stage of my life, I have triumphed over this adversity. Instead of feeling sorry for myself and hiding in my room, I have kept control of my life, and I feel ready and excited to take on the next difficult task that comes my way, college.

** DSD is a freshman at the University of Maryland. DSD is an honor student who used this essay for college applications which require that the student submit an essay of a personal nature. DSD is proud to have been accepted to the freshman class at the University of Maryland, Rutgers University, and the University of Pittsburgh.*

NYC MARATHONER RUNS FOR TS

Marathon runner Tom Blundetto of Fair Lawn, New Jersey, competed in his second New York City Marathon on Sunday, November 5, 2000 completing the course in three hours, fifty six minutes, and twenty two seconds.

The 41 year old marathoner ran this year's race to raise money for the TSANJ Scholarship Fund. The Fund is used to assist children with Tourette Syndrome in furthering their education after high school. "People have pledged per mile and also given lump sum donations," stated Blundetto. "People have been very generous but we still need more, both for the Scholarship Fund and to help raise awareness of Tourette Syndrome."

The Tourette Syndrome cause is near to Blundetto's heart, having begun to show symptoms of TS when he was 9 years old and finally being diagnosed when he was 30 years old.

Contributions in support of Tom's effort may be sent to 26 West High Street, Somerville, New Jersey 08876. Information on Tourette Syndrome may be obtained by calling the TS HelpLine at 732-972-4459. (See "Scholarship Applications" page 4.)

NEUROSCIENCE FOR KIDS

An entertaining and informative newsletter is now available on line at <<http://faculty.washington.edu/chudler/news41.html>> A sample of this month's articles includes:

1. What's New on the Neuroscience for Kids Web Pages
2. The Neuroscience for Kids Page of the Month
3. Brain Awareness Week
4. Winter Sport Safety
5. My, What Big Eyes You Have!
6. Book Review
7. Media Alert
8. Treasure Trove of Brain Trivia

Parents, please check it out and let us know what you and your kids think.

PAYING ATTENTION TO AN OBSCURE AILMENT

Excerpted from: Pasquale DiFulco - Published in the Courier News on October 1, 2000. The entire article may be found at www.tsanj.org.

For Jeremy Price, it started with the blinking. He was just a 4-year-old then, a little boy like any other, except that he blinked far more often than a 4-year-old should.

Jeremy's parents, Randy and Bonnie Price of Raritan Township, took their son to an ophthalmologist, who found nothing wrong with the boy.

Then Jeremy started exhibiting other odd physical tics. His head would snap back suddenly, or his jaw would flex open, or he would make strange sounds. No one could explain why.

Jeremy visited more doctors, and Mrs. Price says they told her and her husband, "Don't worry, he'll grow out of it."

But people do not "grow out of" neurological disorders, and within a year of first noticing Jeremy's symptoms, the Prices got a proper diagnosis: Jeremy had Tourette Syndrome.

Jeremy considers himself one of the fortunate ones. Now a 13-year-old eighth-grader enrolled in academically talented courses, he has been able to keep his symptoms in check by taking daily medications. "Of course, every day I wish there was a cure," Mrs. Price says.

"A magic wand," Jeremy adds. "That's what she says." Unlike Ronald Reagan with Alzheimer's disease or Michael J. Fox with Parkinson's disease, Tourette Syndrome has no celebrity face except former Major League Baseball player Jim Eisenreich, whom Jeremy met several years ago.

"Sometimes I say, 'Wouldn't it be cool if the president got Tourette, or Bill Gates got Tourette?'" Jeremy says with a laugh. "I'll give you \$5 billion to find a cure.' The next day there would be a cure."

But before long, the Price family, which includes Jeremy's 9-year-old sister, Samantha, accepted Jeremy's



disorder and dealt with it as best they could. This included explaining the disorder to those unfamiliar with it.

"Whenever my friends come over, especially the first time," Samantha says, "I just say, 'Jeremy has Tourette, and sometimes he starts making noises. He can't help it. It's nothing. He just does it.'"

"It's a non-issue now," he says. "There was one person who gave me a hard time when I was 9. I was on an all-star baseball team and I was making these sounds, like 'hut,' and he was saying, 'Do you have the hiccups?' And I said to him, 'Watch out. It's contagious.' It's not, of course, but he stopped making fun of me after that."

Jeremy and his mom share a laugh. "I've been pretty lucky," he says, still chuckling.

TSANJ NOW ACCEPTING SCHOLARSHIP APPLICATIONS

The Tourette Syndrome Association of New Jersey is proud to announce the creation of the TSANJ Scholarship Fund. Through the generosity of our donors, we have established the Fund and are now accepting applications for the 2001 TSANJ Scholarship Award. The award will go to a New Jersey high school senior (private or public), diagnosed with TS, who will be attending a college or trade school in the Fall. The recipient will be chosen on the basis of his or her academic record, recommendations, and an essay or talents as demonstrated by means of an audio or video tape. The purpose of the award is to both recognize a student with TS who has accomplished despite the disorder and to serve as encouragement for furthering his or her education or training.

It is the hope of TSANJ that the Scholarship Award will become an annual event. Those interested in donating to this very special program may do so by sending a check to: TSANJ Scholarship Fund, 26 W. High Street, Somerville, N.J. 08876

Students interested in applying for the scholarship may call the TSANJ Helpline at 732-972-4459.

NIH LAUNCHES CLINICAL TRIALS WEB SITE

Patients and their families will have easy access to information about current clinical trials on a new Web site launched last year by the U.S. National Institutes of Health (NIH). The site, developed by the NIH through its National Library of Medicine (NLM), can be found at www.ClinicalTrials.gov and lists more than 4,000 clinical studies sponsored primarily by the NIH. It tells what each study involves, whether participants are being recruited, and requirements for eligibility. Contact information is provided for those who would like more information.

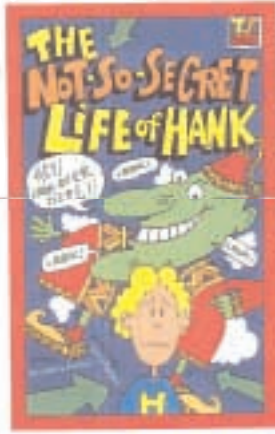
During the coming year, additional studies from other federal agencies and the pharmaceutical industry will be included. The site, which will be updated often, will provide helpful information to health care professionals, as well as to patients, family members, and the general public. It is being developed as a result of the FDA Modernization Act, which was passed into law in November 1997. Section 113 of this Act requires the Department of Health and Human Services, through the NIH, to establish a registry of clinical trials for both federally and privately funded trials of experimental treatments for serious and life-threatening diseases or conditions. You will find a hypertext link to the site in the Library of Linkage on NORD's home page at www.rarediseases.org.

LET'S SPREAD THE WORD

"The Not So Secret Life of Hank", a new comic brochure available from TSANJ, is designed to help kids, parents and teachers educate others about Tourette Syndrome.

Reviewed by a dozen TS families prior to print and distribution, there was unanimous agreement that the publication would prove a very valuable tool.

Our volunteers are distributing "Hank" at school inservice programs and support groups across the state. A copy of "Hank" will be mailed to all members this month.



TOURETTE SYNDROME: A SEMINAR FOR EDUCATORS MARCH 10, 2001

- Sponsor: The Rutgers Center for Applied Psychology and TSANJ
- Audience: Teachers, Social Workers, School Psychologists and others
- Time: 9 am - 12 pm (Check in 8:30 am)
- Location: Rutgers' Busch Campus Center, Piscataway, NJ
- Registration: Return form by Feb 26, 2001. Limited registration. Confirmed registrations will be acknowledged.
- Credits: APA CE credits, NJ Social Work credits, NJ CE hours for Teacher Certification
- Fee: \$65 (includes materials and continental breakfast)

For additional information, please call the Rutgers Center for Applied Psychology at 732 - 445 - 7795 VM Ext 36.
Parents: Please encourage your children's school personnel to attend.

TSANJ PRESIDENT ADDRESSES INTERNATIONAL CONFERENCE

TSANJ president Faith Rice addressed TS chapter leadership from across the country at the National Tourette Syndrome Conference held in Alexandria, Virginia in early November 2000. Mrs Rice presented two workshops - one on family support programs and the other on organizational development.

Conference participation surpassed all previous records, attracting people from as far away as Israel and Australia. The "official" conference was preceded by leadership training sessions, a Washington D.C. legislative outreach (Trip to the Hill) and a seminar addressing the needs of the newly-diagnosed.

During the main conference six separate symposia were

AN INSERVICE FOR EDUCATORS

(cont. from pg. 1)

all students in the classroom. Accommodations regarding instruction and testing are discussed, as well as classification. Helpful interventions and modifications for behavior management are also addressed. Insights shared, regarding the nature of TS outside of the classroom, help educators gain an understanding of the whole child, and develop a partnership with parents.

The package is available for \$35 and can be ordered through our HelpLine at 732-972-4459.

2001 SCHEDULE OF EDUCATORS SEMINARS ON TS

County College of Morris	March 2, 2001
Rutgers University	March 10, 2001
Ocean County Community College	April 17, 2001
Raritan Valley Community College	Oct. 24, 2001
Bergen County Community College	TBA
Warren County Community College	TBA

Check our web site for postings.

SCHOOL INSERVICE VOLUNTEERS NEEDED

While we will continue to make our best effort to accommodate individual school districts' requests for on-site school and district-wide inservices, we are finding it difficult to meet the needs of the entire state with only a few volunteer presenters. If you feel you could help, please call us today at 732-972-4459. We need presenters from every county in NJ - from Bergen to Hunterdon to Cape May. Please volunteer your time to help us continue this much needed family support program in our state.

held: Adult Issues, Advocacy, Education, Family Issues, Medical Update and Parenting.

There were also showings of "The Tic Code", a touching movie about a child with Tourette Syndrome.

Parents and professionals who attended found the most current information on treatment, coping strategies, self-advocacy, and education. One parent said that the most rewarding encounters were with "people just like us" who shared their experiences.

The next biennial National Conference will be held in Alexandria in the Fall, 2002.

SUPPORT GROUP INFORMATION

BERGEN/PASSAIC COUNTY FAMILY SUPPORT GROUP

Location: Valley Hospital, Terrace Room, North Van
Dien Avenue, Ridgewood
Time: 7:00 p.m. to 9:00 p.m. - Wednesday
Coordinators: Irma Chazotte

BURLINGTON/CAMDEN COUNTY FAMILY SUPPORT GROUP

Location: West Jersey Hospital, Barry D. Brown
Building (next to hospital), Voorhees
Time: 7:30 p.m. to 9:00 p.m. - Monday
Group Leader: Dr. Judy Newman
Facilitator: David Osterhout, LCSW

MIDDLESEX/UNION COUNTY FAMILY SUPPORT GROUP

Location: JFK Medical Center, Edison, NJ
Time: 7:30 p.m. to 9:30 p.m. - Tuesday
Coordinator: Debbie Kaserki

MORRIS/SUSSEX FAMILY SUPPORT GROUP

Location: Morristown Memorial Hospital Office
Building Cafeteria, 3rd Floor, Morristown
Time: 7:00 p.m. to 9:00 P.M. - Thursday
Coordinators: Dolores Colalillo & Rose Ann Zaloshinsky

OCEAN/ATLANTIC COUNTY FAMILY SUPPORT GROUP

Location: Southern Ocean County Hospital,
Manahawkin
Time: 7:00 p.m. to 9:00 p.m. - Wednesday
Coordinator: Gail Smithson

SOMERSET/HUNTERDON COUNTY FAMILY SUPPORT

Location: Somerset Medical Center, Somerville
Conference Room G
Time: **New Day & Time**
7:00 p.m. to 9:00 p.m. - Monday
Coordinator: Laurie Foster

STATEWIDE ADULT SUPPORT GROUP

Location: Robert Wood Johnson Medical School,
Room 108, Robert Wood
Johnson Hospital, New Brunswick
Time: 1:00 p.m. to 4:00 p.m. - Sunday
Coordinator: Jerrilyn Forti
Facilitator: Gayle Forman, LCSW

CALENDAR OF EVENTS

February

- 1 Morris/Sussex
Penny Vennard, MSW, LCSW. Director of The Center for Exceptional Children. Ms. Vennard will be discussing family life issues, stress management strategies, and other issues effecting the family dynamics of living with a special needs child.
- 5 Burlington/Camden
- 5 Somerset/Hunterdon
- 8 TSANJ Board Meeting
- 21 Bergen/Passaic

March

- 7 Ocean/Atlantic
- 8 Middlesex/Union
- 8 TSANJ Board Meeting

April

- 2 Burlington/Camden
Toni Slowinski of SPAN (Statewide Parent Advocacy Network, Inc.) will be presenting a workshop entitled Positive Behavioral Supports for Children with Challenging Behaviors. The focus of the training will be intervention with students who show aggression, tantrums, and other challenging behaviors.
- 2 Somerset/Hunterdon
- 5 Morris/Sussex
- 11 Bergen/Passaic
A representative from SPAN will be presenting a workshop entitled Basic Rights in Education.
- 12 TSANJ Board Meeting

May

- 2 Ocean/Atlantic
- 10 Middlesex/Union
- 10 TSANJ Board Meeting
- 20 Statewide Adult Group

June

- 4 Burlington/Camden
- 4 Somerset/Hunterdon
- 7 Morris/Sussex
- 13 Bergen/Passaic
- 16 TSANJ Board Meeting

For future dates & further information,
please visit our web page at
<http://www.tsanj.org>

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RESEARCH IN THE NEWS (CONT.)

recommending federal guidelines for the use of alternative medical therapies. The commission is supposed to recommend legislation or administration action to help people make the most of alternative medicine while avoiding potential risks from unproven therapies.

KIDS IN DEMAND FOR DRUG STUDIES. *AP*, July 10, 2000. Unknown to most parents, the majority of drugs prescribed for children have never been tested in youngsters to determine how well they work or even the best dose. Pediatricians often must guess how to use medications originally developed for adults. That's finally changing: Clinical trials of medications in children are suddenly booming, and the Food and Drug Administration expects more than 18,000 youngsters to participate in the next few years.

ONCE-A-DAY MEDICATION EFFECTIVE IN ANXIETY DISORDER. *Reuters Health*, June 21, 2000. An extended-release version of the antidepressant drug venlafaxine (Effexor XR) may allow patients with generalized anxiety disorder (GAD) to take medication just once daily for long-term treatment of this debilitating condition, according to a report.

ADULTS CAN DEVELOP TIC DISORDERS. *Reuters Health*, June 12, 2000. Adult-onset tic disorders, although rare, may be a more common condition than previously believed and may not be a recurrence of a childhood condition, according to a new study.

CONGRESS URGED TO OUTLAW GENETIC DISCRIMINATION. *Reuters*, June 7, 2000. It will be impossible to keep details of people's genes secret in the future, so Congress should pass laws to make sure such information is not abused, stated Craig Venter, founder of gene-mapping company Celera Genomics Inc.

DRUGS COULD BE TAILORED FOR GENES. *AP*, June 5, 2000. Some people die while taking some of the world's most popular drugs - from antibiotics to heartburn remedies - all because no one knew their genes made them uniquely susceptible to devastating side effects. That's about to change. A new science called "pharmacogenomics" aims to curb the problem by replacing today's one-dose-fits-all culture with simple tests to help doctors customize prescriptions, picking the safest, most effective drug for each patient's DNA.

RESEARCHERS SEEK EXPLANATIONS, COPING STRATEGIES FOR BAD CHILDHOOD BEHAVIOR. *WebMD*, May 30, 2000. For years, parents and scientists alike have wondered whether some children are born bad and, if so, why. Now research is finally uncovering some of the biological traits that may be the cause of troubled behavior.

At the same time, new educational techniques are helping parents steer difficult children away from a path of violence.

ONCE A DAY DRUG FOR ATTENTION DEFICIT IS EFFECTIVE. *Reuters Health*, May 19, 2000. An extended-release form of the drug methylphenidate that can be administered once daily appears to be just as effective for treating children with attention-deficit/hyperactivity disorder (ADHD) as giving the drug three times daily, according to a Boston researcher.

BRAIN CHEMICAL SHOWS WAY TO NEW DRUG TREATMENTS. *Reuters Health*, May 11, 2000. Alterations of a brain chemical called "substance P" promise a new approach for managing depression, anxiety and stress, and possibly controlling opiate addiction, researchers report.

COALITION RELEASES ETHICS GUIDELINES FOR HEALTH WEB SITES. *Reuters Health*, May 8, 2000. A consortium of health-related Internet businesses that want to help consumers tell the good guys from the bad guys has announced completion of a set of ethical principals designed to ensure reliable Web-based health information and services.

SCIENTISTS MAP CHROMOSOME 21. *AP*, May 8, 2000. In an achievement that could point the way to treatments for a host of illnesses, scientists have mapped chromosome 21, the smallest human chromosome and the one associated with Down syndrome, epilepsy, Lou Gehrig's disease and Alzheimer's. It is the second human chromosome whose DNA has been fully deciphered. Chromosome 22 was mapped last fall.

NEW CLASS OF CHEMICALS FOUND TO USE MARIJUANA-LIKE SYSTEM IN BRAIN TO TREAT MENTAL DISORDERS. *WebMD*, May 1, 2000. - Researchers at UC Irvine's College of Medicine have developed a chemical that could form the basis of a new class of drugs to treat a number of psychiatric disorders, including schizophrenia, Parkinson's disease, autism and attention-deficit hyperactivity disorder. The chemical affects brain cells that use chemicals similar to marijuana to counteract the actions of a neurotransmitter called dopamine. Dopamine has been implicated in schizophrenia, Parkinson's disease, Tourette's syndrome and many other psychiatric disorders.

NEW TEST MAY IDENTIFY AUTISM RISK. *AP*, May 4, 2000. - A new test aimed at helping doctors predict whether newborn children will develop autism or mental retardation confirms that such disorders are present at birth and are not the result of nurturing, researchers said.

HELP WANTED

Editor & Writers for our Newsletter,
published three times each year
Secretarial Support
School Inservice Volunteers
Administrative Help for Support Groups

Please volunteer by calling our HelpLine at
732-972-4459

TSANJ is planning our first annual fundraising dinner to celebrate the partnership between our Association and Rutgers' Graduate School of Applied Psychology. AT&T will host the event at Company headquarters in Basking Ridge, New Jersey, tentatively planned for the second or third week in May.

TSANJ members and friends are urged to show their support for the services TSANJ is providing to those with Tourette Syndrome and their families by planning to attend. Invitations with full details will be sent in early March. We will also be inviting corporate sponsors and New Jersey elected officials to attend. Hope to see you there!

TSANJ - IMPORTANT INFORMATION

HELPLINE 732-972-4459

TSANJ - Incorporated in 1988 - Reorganized in 1994

WEBPAGE ADDRESS <http://www.tsanj.org>

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MEMBERSHIP Approximately 2,500
families and
professionals

UNITED WAY - Please write in
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