



GERARD M. SARANZA, MD, FPNA

NEUROLOGY, MOVEMENT DISORDERS

**Adult & Pediatric Movement Disorders · Parkinson's Disease · Tremor · Dystonia
Deep Brain Stimulation (DBS) Programming · Botulinum Toxin Therapy**
Stroke · Critical Care Neurology · Headache · Dizziness & Vertigo · Seizures & Epilepsy
Sleep Disorders · Dementia & Behavioral Neurology · CNS Infections · Brain Tumors
Multiple Sclerosis and Autoimmune Disorders · Myasthenia Gravis · Neuromuscular Disorders

For clinic schedules, please visit <https://seriousmd.com/doc/gerard-saranza>
For general & non-emergent inquiries, please contact +63966-350-9040



RESOURCES FOR TICS and TOURETTE'S

for patients and caregivers

- Here are some **webpages with short videos and worksheets** that patients and families can use to help them cope with tics and Tourette's:
 - **CBIT by Prof. Doug Woods:**
<https://effectivechildtherapy.fiu.edu/course/view.php?id=39>
 - **CBIT worksheet:**
<https://leakybrakes.ca/brake-shop/brake-shop-virtual-clinic/tic-management-toolbox/>
- The **TicHelper** is an online, self-guided therapy program, which requires payment: <https://www.tichelper.com/>
- The book, "**Nix Your Tics**", by Dr. Duncan McKinlay, who is a clinical psychologist in London Ontario, who has Tourette syndrome himself. In this book, he writes about his own experiences using behavioral therapy for tics and gives helpful guidance for patients and families.
- Other resources you can check out:
 - <https://tourette.org/resources/overview/>
 - <https://tourette.ca/about-tourette-syndrome/questions-answers/>
 - <https://effectivechildtherapy.fiu.edu/course/view.php?id=39>
 - <https://leakybrakes.ca/brake-shop/brake-shop-virtual-clinic/tic-management-toolbox/>

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