

What is PANDAS/ PANS?

PANDAS (Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcus, or 'Strep') and

PANS (Pediatric Acute-Onset Neuropsychiatric Syndrome) are rare neuropsychiatric conditions that affect children and young adolescents.

A medical condition where sudden, intense behavioral changes or OCD are triggered by a misguided immune response to an infection.

Baseline: Your child's typical, everyday health and behavior.

Flare: A sudden, severe spike in neuropsychiatric symptoms, usually triggered by an illness or immune stressor. Our goal is to calm the flare and restore their baseline.

Trigger

Infections or other non-infectious causes may trigger the immune system

Immune Response

The immune system launches an attack against a perceived threat

Biological Changes

Inflammation, autoimmunity, cytokines, and other immune or metabolic factors can change the body and brain

Symptoms

OCD, tics, eating disorders, and other neuropsychiatric symptoms may arise



HOW IS PANDAS/ PANS TREATED?

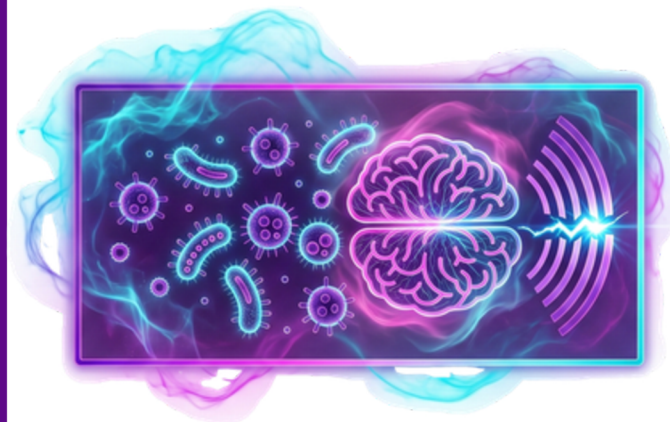
Pans can be caused by common infections like strep throat, the flu, or even walking pneumonia. Sometimes allergies, exposure to mold, or other environmental factors can play a role too

A three pronged approach is the preferred method for treatment. Many practitioners miss treatment of all three areas:

- **Treat Symptoms:** psychoactive medications, psychoactive therapies, and supportive therapies.
- **Remove Inflammatory Source:** antimicrobial treatments.
- **Treat Immune System Dysregulation:** anti-inflammatory and/or immunomodulating medications.

A prompt, rapid treatment is the single best predictor of a full recovery.

"It is estimated **1 in 200** children will develop PANDAS/PANS. Some evidence suggests that PANDAS/PANS could account for as many as 1 in 10 new pediatric cases of OCD each year. However, the exact numbers are not certain as the majority of PANS PANDAS cases go undiagnosed."- www.aspire.care



What is PANDAS/PANS?

When Infections Affect the Brain



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WHAT ARE THE SYMPTOMS?

Children will most often have an acute and sudden onset of obsessions, compulsions and/or tics. But NOT in all cases!

Other associated symptoms include:

- Eating challenges such as sudden food restriction
- Sensory issues such as sensitivity to clothes, sound, and light
- Intense irritability and/or rages (e.g. screaming)
- Attention and memory difficulties or ADHD presentation
- Sudden separation anxiety (e.g. won't sleep alone)
- New fears or phobias
- Intense generalized worries and/or panic ("a terror-stricken look")
- Deterioration of motor skills such as handwriting
- Urinary frequency or bed wetting
- Restless or unusual movements of the body

Common misdiagnoses: what PANDAS/PANS is often confused with (ADHD, anxiety disorder, ODD)

HOW IS IT DIAGNOSED?

There are no blood or neurological tests to detect PANDAS/PANS. Laboratory tests can only tell if there is a current or past strep or other bacterial infection (which may or may not be related to the symptoms).

Research shows that traditional strep tests, including rapid antigen detection tests (RADTs) and throat cultures, detect only around 50-70% of strep cases. This limitation arises because RADTs specifically target Group A Streptococcus, missing other strains like Groups C and G, which also cause similar infections. Blood tests should be done when cultures are negative.

Pandas/Pans diagnosis is largely based on clinical impression based on symptoms.

Facts:

- On average patients will see 8 doctors and spend three years seeking a correct diagnosis due to the present lack of awareness and understanding.
- If left untreated, permanent neurological damage is possible.
- PANS/PANDAS is treatable. Early identification and appropriate treatment improve the odds of a successful outcome.

Information from www.aspire.care

NAVIGATING PANDAS/PANS CARE: OUR COLLABORATIVE APPROACH

Every family's journey is unique. We offer flexible, specialized care options tailored to your needs—whether you choose to work with a single provider or utilize our full collaborative team.

Choose Your Pathway:

- **Symptom Assessment** | Dr. Melody
Comprehensive evaluation and deep-dive symptom analysis to understand your child's unique presentation.
- **Integrative & Immune Support** |
Specialized Naturopath Focuses on natural therapies, reducing inflammation, gut health, and strengthening the immune system.
- **Medical Management | Trained Nurse Practitioner** Oversees medical protocols, diagnostic testing, and targeted prescriptive treatments.

The Comprehensive Approach

For complex cases, families can choose to involve all three providers for a unified, multi-faceted treatment plan:

- **Mental Health:** Neuropsychiatric symptom support and nervous system regulation.
- **Medication:** Targeted treatments to address underlying bacterial infections.
- **Immunology:** Integrative strategies to reduce inflammation and promote long-term healing.