



Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) & Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS)

Information for Parents

PANS/PANDAS

Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) is a rare disorder affecting children that is known for causing the start of or worsening obsessive-compulsive disorder (OCD) related behaviors. OCD is when someone has unwanted thoughts and actions they feel they have to do because of the thoughts. These thoughts happen very often, taking up time and interfering with their activities. These thoughts are called obsessions and the related behaviors are called compulsions.

Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infection (PANDAS) is a disorder related to PANS that triggers or worsens OCD-like symptoms and/or symptoms of tic disorder after an infection like strep throat or Scarlet Fever, which are caused by the bacteria streptococcus.

More information at: <https://www.nimh.nih.gov/research/research-conducted-at-nimh/research-areas/clinics-and-labs/sbp/information-about-pans-pandas.shtml>

Symptoms

Children with PANS/PANDAS often have OCD-like symptoms such as anxiety, depression, obsessions, compulsions, tics, and a loss of appetite.

What you should do

If you think that your child has PANS or PANDAS, contact your child's primary care provider. They will be able to evaluate and suggest treatment options that best fit your child's condition.

Additional Resources:

National Institute of Mental Health (NIMH)

- [PANDAS Questions and Answers:](https://www.nimh.nih.gov/health/publications/pandas/index.shtml)
<https://www.nimh.nih.gov/health/publications/pandas/index.shtml>
- Genetic and Rare Diseases Information Center -
<https://rarediseases.info.nih.gov/diseases/7312/pediatric-autoimmune-neuropsychiatric-disorders-associated-with-streptococcus-infections>