



What Should You Know About Your Friend With
PANS/PANDAS?

What Are Some Ways People with PANS/PANDAS Behave?

- They have OCD. OCD is not just washing hands. They can have repetitive behaviors, a need to constantly check things, can have perfectionism, or can be messy, & more.
- Some kids will only eat a few foods. You might say they have anorexia.
- Some kids have no impulse control. Some kids look like they now have ADHD.
- They have anxiety. Sometimes they are too anxious to leave home.
- Some kids have tics.
- They can be very emotional and have depression.
- They can be aggressive and have oppositional behavior.
- Some kids regress and can lose skills for example their handwriting changes, some suddenly can't do math, or might act young for their age.

What Are Questions You Might Have?

- Does every kid with PANS act the same way? No, every kid is different.
- Is it contagious? No, It is not contagious.
- Will it go away? Some kids get better quickly but other kids are sick for years. Some get better for a little while but can relapse.
- Why don't they don't look sick? You can't see all diseases. Their immune system is not working correctly so even on a good day, they are sick.
- Can't they stop acting that way? No, it is an autoimmune disease that attacks the brain which causes inflammation. This affects the way their brain works. They would love to stop thinking and acting the way they do.