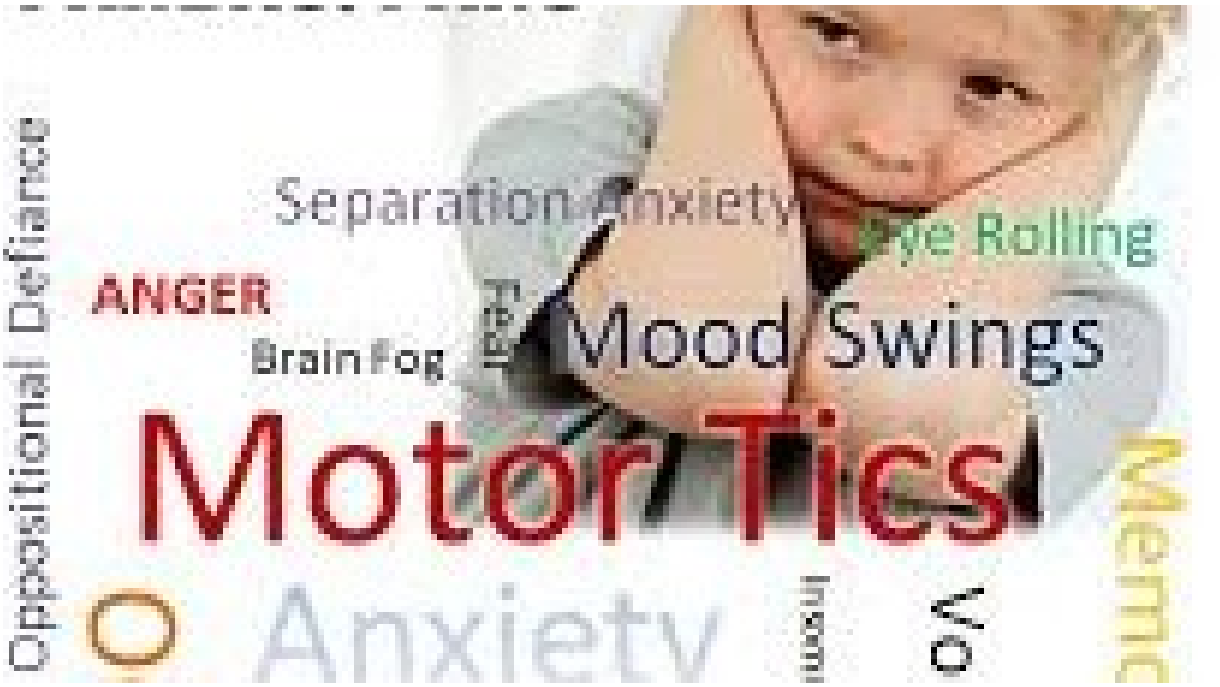
PANDAS: A Guide for Parents

PANDAS stands for pediatric autoimmune neuropsychiatric disorders associated with streptococcus. The syndrome involves sudden and often major changes in personality, behavior, and movement in children following an infection involving Streptococcus pyogenes (streptococcal-A infection).



What are the symptoms?

- [ ] The symptoms of PANDAS start suddenly, about four to six weeks after a strep infection. They include behaviors similar to obsessive-compulsive disorder (OCD) and Tourette syndrome. These symptoms can interfere with schooling and quickly become debilitating. Symptoms worsen and reach their peak usually within two to three days, unlike other childhood psychiatric illnesses that develop more gradually.

Psychological symptoms may include:

- [ ] obsessive, compulsive, and repetitive behaviors
- [ ] separation anxiety, fear, and panic attacks
- [ ] incessant screaming, irritability, and frequent mood changes
- [ ] emotional and developmental regression
- [ ] visual or auditory hallucinations
- [ ] depression and suicidal thoughts

Physical symptoms may include:

- [ ] tics and unusual movements
- [ ] sensitivities to light, sound, and touch

- [ ] deterioration of small motor skills or poor handwriting
- [ ] hyperactivity or an inability to focus
- [ ] memory problems
- [ ] trouble sleeping
- [ ] refusing to eat, which can lead to weight loss
- [ ] joint pain
- [ ] frequent urination and bedwetting
- [ ] near catatonic state

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