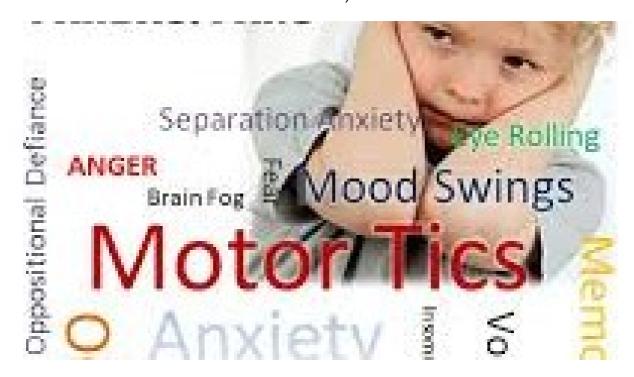
PANDAS: A Guide for Parents

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
i	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 unusua	movements
sensitivities to li	ght, sound, and toucl

	checkli.com
near catatonic state	Make and Share Free Checklists
frequent urination and bedwetting	
joint pain	
refusing to eat, which can lead to weight loss	
trouble sleeping	
memory problems	
hyperactivity or an inability to focus	
deterioration of small motor skills or poor handwriting	