

PANS/PANDAS Info and Resource Guide

If your child has a history of strep infections and is experiencing OCD or restrictive eating and tics, it may be important to have an evaluation completed to rule in/rule out PANS/PANDAS. A host of behaviors—OCD, Tourette's, anxiety, depression, tics, eating disorders, hair pulling, bedwetting, mood swings—are often symptoms of an undiagnosed infection. PANDAS is specific to strep infection and is a diagnosis based on exclusion. Because it is a medically induced disorder (from the strep infection), there are specific tests that can be done to determine if your child has PANDAS. PANS can be caused by any infection, and therefore the differentiation is simply a clinical diagnosis and is a diagnosis by exclusion, that is other things should be ruled out first. Either way, medical treatment can be helpful in addition to treatment for OCD and Tics. An evaluation can be conducted by Dr. Alicia Goodman through Simply Psychology, LLC in regards to a specific assessment protocol and can be done in one session. However, to get the blood test, you would need to visit a medical doctor. The following resources are provided to help you with this.

There is a treatment center of excellence for PANS/PANDAS through Banner Health in Mesa.

<https://www.bannerhealth.com/locations/mesa/banner-childrens-specialists-postinfectious-autoimmune-encephalopathy-clinic-dobson>

Dr. Melanie Alarcio-Antic Health
480-621-8200

The PACE foundation is a great place to get information about PANS/PANDAS
<http://www.pacefoundation4kids.org/>

Books:

Childhood Interrupted: The Complete Guide to PANDAS and PANS
Book by Beth Alison Maloney