



TEXAS
Health and Human
Services

What are **PANS** and **PANDAS?**

Pediatric Acute-Onset Neuropsychiatric Syndrome (**PANS**) and Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcus (**PANDAS**) are medical conditions in children defined by the sudden onset of obsessive-compulsive symptoms and/or severe eating restrictions, diagnosed simultaneously, with at least two additional neuropsychiatric symptoms that affect a child's thinking skills, behavior or nervous system.

Diagnosis

PANS is diagnosed by looking at the patient's medical history, current symptoms and a physical examination. Lab work and testing can identify a possible cause (like an infection), rule out other diagnoses and suggest treatment plans. Sudden onset or recurrence of obsessive-compulsive disorder and/or eating restrictions must be present with similarly sudden onset of at least two of the following neuropsychiatric symptoms:

- Anxiety (heightened anxiety, separation anxiety, irrational fears)
- Erratic emotions and/or depression
- Irritability, aggression and/or severe oppositional behaviors
- Behavioral (developmental) regression
- Sudden decline in school performance
- Motor or sensory abnormalities (touch, visual images, sound)
- Somatic symptoms (sleep disturbances, bed-wetting or urinating frequently)

Children, Teens Impacted

- It is estimated that about 1 in 200 children have **PANS**.
- Most children with **PANS/PANDAS** start showing symptoms around 6 and a half years old.
- About twice as many boys are diagnosed with **PANS** than girls.
- Children diagnosed with **PANS** or **PANDAS** are typically between 1 and 13 years old, but cases have been seen in older teenagers.

Treatment

Treatment includes relieving symptoms with appropriate medications and behavioral interventions as well as treating symptoms to reduce inflammation or regulate the immune system. Talk to your child's doctor about treatment options.



For more information, visit the **HHSC PANS** webpage at hhs.texas.gov/pans.