

# PANDAS/PANS/ENCEPHALITIS

## Educator Resource Guide

### Overview

PANDAS/PANS/AUTOIMMUNE ENCEPHALITIS (AE) of the basal ganglia are clinical diagnoses recognizable by the symptoms that a child exhibits. This looks like mental illness but is medically caused by underlying immune suppressing infections. Common culprits include strep, mycoplasma pneumonia, HHV6, EBV and Coxsackie. More often than not, the child does not exhibit normal signs of illness such as fever or sore throat and instead suffers from an uptick in neurological & psychological issues. Diagnosis is often confirmed by a positive response to initial treatments which reduce brain inflammation resulting in a decrease in symptom severity.

### Symptoms

- Anxiety
- Emotional Lability & Rages
- Depression
- Behavioral Regression
- Deterioration in School Performance
- Sensory or Motor Abnormalities
- Sleep Disturbances
- Food Restriction
- Increased Urinary Frequency



### More Information and Resources

Southeastern Pans/Pandas Association - [www.sepans.org](http://www.sepans.org)

New England Pans/Pandas Association - [www.nepans.org](http://www.nepans.org)

Pandas Network - [www.pandasnetwork.org](http://www.pandasnetwork.org)

Pandas Physicians Network - [www.pandasppn.org](http://www.pandasppn.org)

Stanford University PANS Program - [med.stanford.edu/pans](http://med.stanford.edu/pans)

### Bend Medical Provider

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