



Consider an evaluation for **PANS/PANDAS**

If you see an unusually abrupt and acute onset of

- Obsessive-compulsive symptoms and/or severe eating restrictions

And at least two comorbid cognitive, behavioral, or neurological symptoms

- Anxiety, separation anxiety
- Emotional lability or depression
- Irritability, aggression, and/or oppositional behaviors
- Behavioral or developmental regression
- Deterioration in school performance (loss of math skills, handwriting changes, ADHD-like behaviors)
- Sensory or motor abnormalities, tics
- Somatic signs: sleep disturbances, enuresis, or urinary frequency