

# LEARN ABOUT PANS PANDAS

Sudden Onset OCD and/or  
Food Restriction & Multiple  
Neuropsychiatric Symptoms

## Infectious Triggers

Strep, Mycoplasma, Lyme,  
Respiratory Infections, EBV,  
Influenza, Coxsackie, & more

## Symptoms

- OCD
- Severe Food Restriction
- Anxiety, Separation Anxiety
- Mood Swings, Depression
- Irritability, Aggression, Severe  
Oppositional Behaviors
- Developmental Regression
- Deterioration in School Work,  
Loss of Math Skills,  
Dysgraphia
- Sensory Processing Issues,  
Tics, ADHD like symptoms
- Sleep Problems
- Enuresis, Urinary Frequency

