

PANS/PANDAS & AUTISM



PANS/PANDAS Symptoms

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

No child should ever be denied proper evaluation for PANS/PANDAS just because they have an Autism diagnosis.

• 1 in 44 kids have been diagnosed with Autism. How many should have a PANS diagnosis?

• Prevalence unknown in PANS PANDAS.

• One can have a dual diagnosis of PANS PANDAS and Autism.

• One can be misdiagnosed with Autism but actually have PANS PANDAS.

• In Autism, boys are more than 4 times as likely to be identified than girls.

• In PANS PANDAS, boys outnumber girls about 2 to 1.

• If a child has regressive ASD, evaluate for PANS PANDAS.

• If a child with Autism, has sudden worsening or new symptoms, evaluate for PANS PANDAS.

PANDAS may be more difficult to recognize in a child with autism – due to overlapping symptoms. Or it may be mistaken for classic OCD, which commonly co-occurs with autism. What distinguishes PANDAS from autism symptoms or classic OCD is the sudden onset of symptoms. As mentioned, this can include new anxieties and compulsive behaviors. Importantly, these symptoms are often accompanied by some tell-tale symptoms not usually seen with classic OCD. These include sleep difficulties, loss of bladder control, behavioral regression and loss of appetite. As we mentioned, many children with PANDAS also develop odd movements (e.g. tics), become irritable and moody or become noticeably more sensitive to loud noises or other stimuli. – Sue Swedo, MD