



## Please join us!

Light up RED on October 9, 2023 to help celebrate Inflamed Brain Alliance's inaugural **Light Up for PANS PANDAS** campaign for **World PANS PANDAS Awareness Day**.

As Canada's only PANS PANDAS charity, Inflamed Brain Alliance is committed to changing the public's awareness of this little known autoimmune neuropsychiatric condition which causes traumatic impacts for the entire family. Due to a lack of education & research, health care system barriers routinely delay timely diagnosis and urgent treatment for thousands of children and young adults across our nation.

**Please join the 50+ Canadian landmarks uniting this October to shine light on PANS PANDAS.**

If you are not the person to authorize this request, please forward to a colleague who can.

**Date of Special Lighting: Monday, October 9, 2023**

**First choice date:** 10/9/2023 (Second choice: 10/10/2023 | Third choice: 10/08/2023)

**Colors Requested:** RED, #FF0000; rgb (255,0,0); alternate color is pink

[2023 Light Up for PANS PANDAS approvals](#) are listed on IBA's website. Illuminated landmarks will be mentioned on social network sites, press announcements, news articles, and/or blog posts.

**Organization:** Inflamed Brain Alliance (IBA)  
**Charitable #:** 798185542RR0001  
**Contact Person:** Marnie Deschenes, IBA co-founder & co-chair  
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Instagram: @inflamedbrainalliance  
Twitter: @inflamedbrain\_

**Hashtags:** #LightUpForPANSPANDAS, #InflamedBrain, #BringHealthToMind; #PANSPANDASRed

### PANS PANDAS: Definition, Impacts & Prevalence

World PANS/PANDAS Awareness Day is on October 9, 2023 to raise awareness of the autoimmune neuropsychiatric conditions - PANS/PANDAS. PANS (Pediatric Acute-onset Neuropsychiatric Syndrome) and PANDAS (Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcus) are postinfectious neuroinflammatory (autoimmune encephalitis of the basal ganglia) conditions often appearing very suddenly and affect the physical and mental health of children and young adults. As the result of misfiring autoimmune processes, the brain inflammation caused by infection can sometimes trigger or mimic common mental health symptoms such as depression, anxiety, OCD and major behavioral changes.

According to PANDAS Network US research, one in every 200 children is affected by PANS/PANDAS. Based on this statistic, IBA estimates approximately 30,000 Canadian children are impacted by this condition - yet the public is largely unaware of it.