

PANS quick-test



How do I know if I or someone I love could have PANS or PANDAS?

Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS) is a disorder caused by a misdirected autoimmune response to a strep infection in the body. However, it's not the strep bacteria itself that's the culprit, but rather the body's immune reaction to the strep that causes the inflammation in the basal ganglia of the brain. Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) is a broader diagnostic category used when an infection other than strep or a non-infectious trigger is creating the neuroinflammatory response.

Take the quick-test now.

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 adults across our nation. Care can only begin when you have answers and that requires a proper diagnosis.

Please read all the symptoms below and check off those that apply:

OCD (Obsessive Compulsive Disorder)

- Sudden Onset
- Perfectionism
- Fear of contamination
- Fear of not being in control
- Repeated checking
- Grooming/washing
- Mental compulsions
- Seeks reassurance
- Avoidance
- Unwanted sexual thoughts

Restricted Eating

- Loss of appetite
- Ritualistic eating
- Body Dysmorphia
- Problems swallowing
- Fearful of choking, swallowing, or vomiting
- Fearful of being poisoned

Anxiety

- General anxiety (GAD - General Anxiety Disorder)
- Separation anxiety
- Unwilling to attend activities (school, etc.)

Sensory Issues

- Hypersensitivity to strong smells, textures, tastes
- Hallucinations

Motor Abnormalities

- Motor or vocal tics
- Hyperactivity
- Dysgraphia (difficulty writing)
- Clumsiness
- Akathisia (restlessness)

Behavioral Regression

- Reverts to baby talk
- Clinginess
- Refuses to carry out age-appropriate tasks
- Frequent tantrums

Decline in Academic Performance

- Poorer math/calculation performance
- ADHD symptoms (hyperactivity and impulsivity)
- Problems with short term memory
- Noticeable brain fog
- Decreased processing speed
- Impaired dexterity

Mood Disorders

- Depression
- Emotional lability (dysregulation)
- Reactive rage (immediate)
- Mania
- Severe Oppositional Defiance (ODD)

Somatic Symptoms

(Symptoms NOT due to UTI, anxiety, or OCD)

- Increase in daytime urinary frequency (Polyuria)
- Bedwetting at night (Enuresis)

Sleep Disorders

- Problems falling/staying asleep
- Night terrors
- REM behavior disorder
- Insomnia
- Parasomnia
- Sleep phase shifting

Date recorded:

If you or a loved one has experienced sudden symptoms (sometimes gradual) in the categories of OCD and/or restricted eating, and also has checks in two or more of the other categories, print out this quick-test, and share your symptoms results with your healthcare professional at your next earliest appointment.

Please remember this quick-test is not intended to replace or substitute the advice of a physician. Only a PANS PANDAS-literate healthcare professional can determine if you have PANS or PANDAS. Your physician is the best source of information regarding your family's health.