

About Inflamed Brain Alliance

Founded in 2020 and granted charitable status in 2022, Inflamed Brain Alliance is a national organization dedicated to improving the lives of Canadians affected by PANS and PANDAS.

Our work is powered by individuals with lived experience, caregivers, advocates, donors, and professionals who are advancing awareness, improving care, and driving research.

Our Mission

To unite the PANS/PANDAS community and its allies to expand support, education, and research, so every individual affected can access care and build healthier, more hopeful futures.

Be Part of the Change

Together, we can:

- Advance research
- Improve care
- Support families
- Increase awareness



Donate today.

Help bring hope to those facing these life-altering conditions.



Because **no one** should face
PANS or PANDAS **alone**.



inflamedbrain.org

Recognize

PANS & PANDAS

Early Signs. Real Impact.



Contact Us

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Charitable Reg. No. 798185542RR0001

Learn more



Canadian PANS Registry (CPR)

Lived experience? Help advance research.

www.inflamedbrain.org/pans-registry

2026.04

bring health to mind.

Understanding Sudden Change

For some individuals, changes in behaviour, emotions, or functioning can happen suddenly and without clear explanation.

A child who was thriving may develop intense anxiety overnight.

A student may begin struggling in school seemingly out of nowhere.

Families and educators are often left searching for answers while the individual continues to struggle.

These changes are often misunderstood, and in some cases, they may be linked to underlying medical conditions known as PANS and PANDAS.

When symptoms appear abruptly, they are often misattributed, delaying access to appropriate care.



What are PANS and PANDAS?

PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections) is linked to a prior strep infection.

PANS (Pediatric Acute-onset Neuropsychiatric Syndrome) is a broader condition that may be triggered by infections, environmental factors, or other stressors often without a clear cause.

Current evidence suggests both conditions involve an abnormal immune response affecting the brain, leading to sudden, significant changes in behaviour, emotions, and functioning.

Recognizing the Signs*

Sudden onset of:

- OCD and/or tics (PANDAS)
- OCD or severe eating restrictions (PANS)

Along with at least TWO of the following:

- Anxiety or separation anxiety
- Mood changes or depression
- Irritability or aggression, or oppositional behaviors
- Behavioural or developmental regression
- Sudden decline in school, work, or cognitive functioning
- Motor or sensory changes (including tics)
- Sleep disturbances or urinary changes

*Clinical criteria referenced from established PANS guidelines

It may be medical.

A Path Forward

PANS and PANDAS are complex conditions, and each person's experience is different. Progress is often gradual and not always linear.

Treatment is individualized based on symptoms and underlying triggers. With appropriate care, meaningful improvement is possible.

Care may include:

- Treating infections
- Reducing inflammation
- Supporting the immune system
- Stabilizing symptoms with medication



Supportive strategies, along with school or workplace accommodations, help individuals regain stability, function, and quality of life.

The Reality for Families

Too often, individuals and families are left unseen, unsupported, and misunderstood.

They are navigating sudden, life-altering changes, often without answers or access to care.

Greater awareness, earlier recognition, and access to appropriate care can change outcomes.