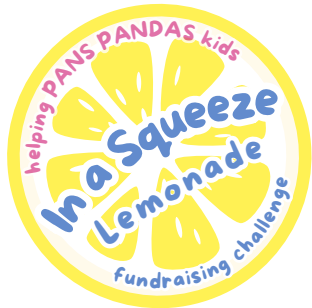




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for your support!

Today, you helped Canadians affected by
PANS/PANDAS who are "in a squeeze."

All funds raised will help deliver:

- education, awareness, and research initiatives
- peer support & connection for patients & families

Inflamed Brain Alliance... helping fill a critical gap.

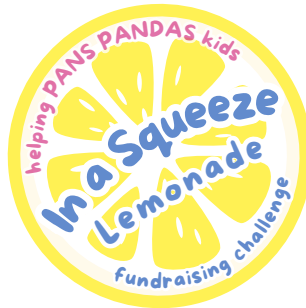
Inflamed Brain Alliance (IBA) is Canada's only registered charity dedicated to PANS/PANDAS. We bring together patients, families, professionals, supporters, and allies to break down barriers to care, expand education and peer support, advance advocacy and research, and build healthier, more hopeful futures for everyone affected.



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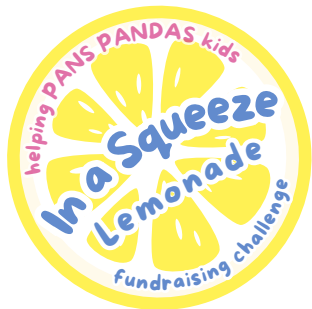
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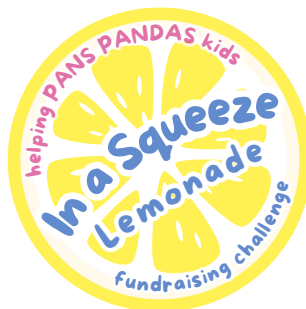
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**Sudden changes in behaviour
may signal a medical condition.**
Learn the signs of PANS/PANDAS.

What are PANS/PANDAS? What are the symptoms?

Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS) involves the sudden onset of obsessive-compulsive symptoms and/or tics following a Group A streptococcal infection. Children may also experience dramatic changes in mood, behaviour, eating, sleep, movement, and daily functioning.

Pediatric Acute-onset Neuropsychiatric Syndrome (PANS) involves a similarly abrupt onset of obsessive-compulsive symptoms or severe food restriction, together with other neuropsychiatric symptoms. Potential triggers may include infections, immune dysregulation, inflammatory processes, and other factors.

Because symptoms can appear suddenly and resemble psychiatric or behavioural conditions, children may be misunderstood or misdiagnosed. A careful medical and mental health assessment is important to identify possible causes and guide appropriate treatment and support.

Diagnosis can be challenging because symptoms and possible triggers vary. Along with **abrupt OCD or severe food restriction**, children may experience *at least two of the following*: anxiety | emotional lability and/or depression | irritability, aggression, and/or oppositional behaviours | behavioural regression | decline in school performance | motor or sensory changes | sleep disturbance, bedwetting, urinary frequency, or other physical symptoms.

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