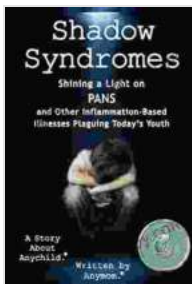


# Shining Light On Pans And Other Inflammation Based Illnesses Plaguing Today

Inflammation-based illnesses are a growing concern in today's world. These illnesses can affect people of all ages and can have a significant impact on their quality of life. Two of the most common inflammation-based illnesses are PANDAS and PANS.

## What are PANDAS and PANS?

PANDAS (Pediatric Autoimmune Neuropsychiatric DisFree Downloads Associated with Streptococcal Infections) and PANS (Pediatric Acute-onset Neuropsychiatric Syndrome) are both inflammation-based illnesses that can affect children and adolescents.



## Shadow Syndromes: Shining a Light on PANS and Other Inflammation-Based Illnesses Plaguing Today's

Youth by Anymom

★★★★☆ 4.9 out of 5

Language : English  
File size : 640 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
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PANDAS is triggered by a streptococcal infection, such as strep throat. PANS can be triggered by a variety of infections, including strep throat, urinary tract infections, and pneumonia.

Both PANDAS and PANS can cause a sudden onset of severe symptoms, including:

- obsessive-compulsive disorder (OCD)
- tics
- anxiety
- depression
- irritability
- aggression
- sensory sensitivities
- sleep problems

### **What causes PANDAS and PANS?**

The exact cause of PANDAS and PANS is unknown. However, it is believed that both illnesses are caused by an autoimmune reaction. This means that the body's immune system mistakenly attacks healthy tissue.

In the case of PANDAS, the immune system attacks the brain and nervous system after a streptococcal infection. In the case of PANS, the immune system attacks the brain and nervous system after a variety of infections.

### **How are PANDAS and PANS treated?**

There is no cure for PANDAS or PANS. However, there are a number of treatments that can help to manage the symptoms. These treatments include:

- antibiotics
- immunoglobulin therapy
- corticosteroids
- behavioral therapy
- lifestyle changes

### **Outlook for people with PANDAS and PANS**

The outlook for people with PANDAS and PANS varies. Some people recover completely from their symptoms, while others continue to experience symptoms throughout their lives.

Early diagnosis and treatment can improve the outlook for people with PANDAS and PANS. However, it is important to note that there is no guarantee of recovery.

### **Support for people with PANDAS and PANS**

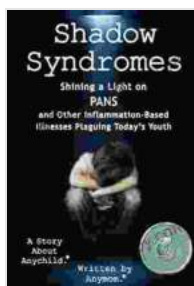
There are a number of resources available to support people with PANDAS and PANS. These resources include:

- The PANDAS Network
- The PANS Foundation
- The National Institute of Mental Health

These organizations can provide information about PANDAS and PANS, as well as support to families and individuals affected by these illnesses.

PANDAS and PANS are serious inflammation-based illnesses that can have a significant impact on the lives of children and adolescents. However, there is hope for recovery. Early diagnosis and treatment can improve the outlook for people with these illnesses.

If you or your child is experiencing symptoms of PANDAS or PANS, it is important to seek medical help immediately.



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