



**PANDAS Physicians Network**  
117 Eastbend Court  
 Mooresville, NC 28117  
FEIN# 46-3067699

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To Whom It May Concern,

PANDAS Physicians Network publishes consensus diagnostic guidelines and treatment protocols for PANS (Pediatric Acute-onset Neuropsychiatric Syndrome) and PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections). These guidelines are developed by the PPN Diagnostic and Therapeutics Committee, Scientific Advisory Board, and clinicians with vast clinical experience in diagnosing and treating PANS/PANDAS.

PANS and PANDAS are treatable. Early intervention and treatment are keys to expediting a full recovery. Lack of treatment may lead to psychological distress for the child, school disruption, family disruption, suicidal ideation, psychiatric hospitalization, death in severe case of restrictive eating, and evolution of the disease into a chronic state.

According to PPN's therapeutic guidelines, treatment options are tied to the severity of symptoms. Treatments range from antibiotics to treat infections to anti-inflammatories and immunomodulatory therapies. Moderate and severe cases may require Intravenous immunoglobulin (IVIG) or plasmapheresis. For all PANS/PANDAS patients, Cognitive-Behavioral Therapy (CBT) with Exposure and Response Prevention (ERP) should be started as soon as the child can tolerate it. If the child is not able to engage in CBT/ERP due to the severity of symptoms, learning parent management techniques may be beneficial for the family. CBT/ERP may also help with residual OCD symptoms and managing flare-ups. A referral with a psychiatrist to help with symptom management may also be considered.

Diagnosing and treating immune-mediated brain diseases can drastically alter the course of a child's life. It is imperative to provide physicians and medical professionals with the tools and resources they need to help their patients recover. Thank you.

Sincerely,

PANDAS Physicians Network

Quick references:

PANDAS Physicians Network website: [www.pandasppn.org](http://www.pandasppn.org)

Seeing Your First Child with PANDAS/PANS: [www.pandasppn.org/seeingyourfirstchild](http://www.pandasppn.org/seeingyourfirstchild)

PANS Research Consortium guidelines: [www.pandasppn.org/jcap](http://www.pandasppn.org/jcap)

**PANDAS Physicians Network - A Division of the Foundation for Brain Science & Immunology, Inc.**  
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