

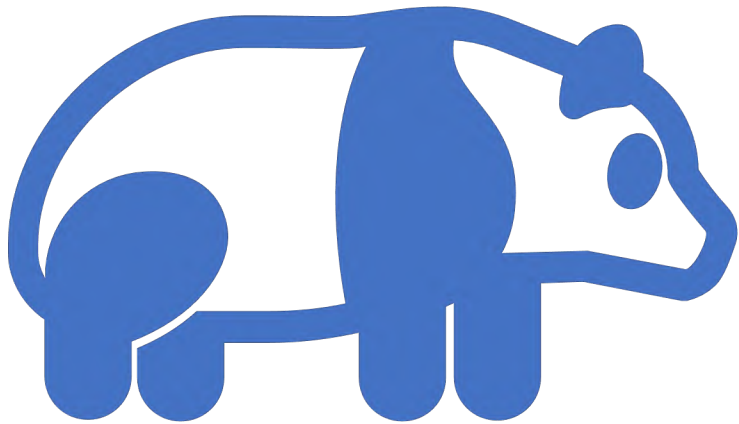


THE FAMILY
apothecary

INTRODUCTION TO HOMEOPATHY FOR PANS & PANDAS

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Working with Children with Neuroinflammatory Disorders



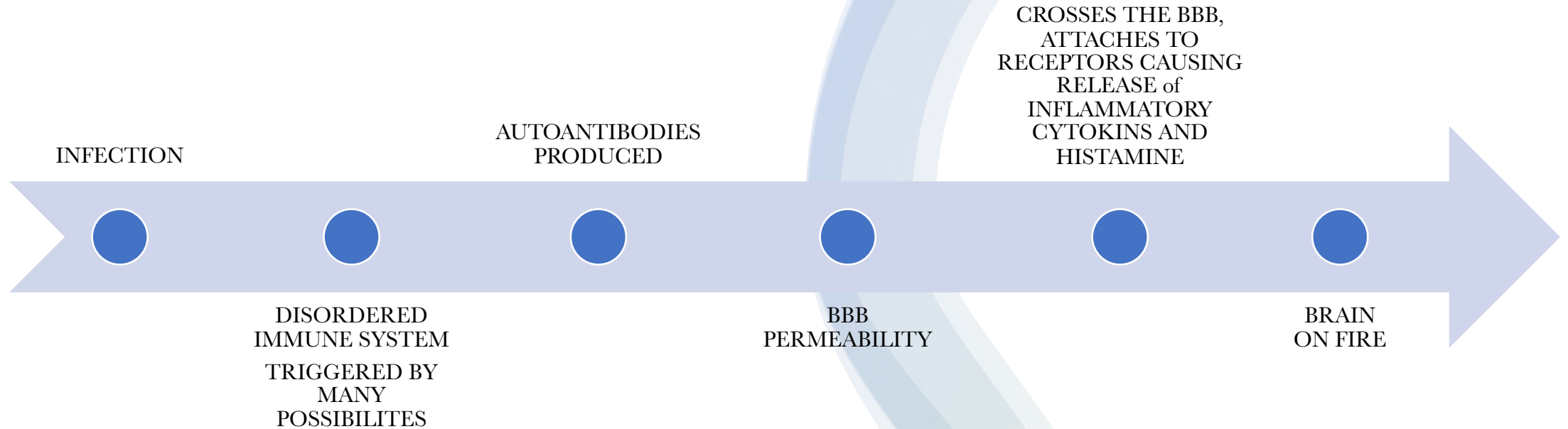
- Treating the layers of infection in PANS/PANDAS and Autism
- Children with mental, emotional and behavioural disorders – could they be related to infections??



PANS and PANDAS

- PANS – Paediatric Acute Onset Neuropsychiatric Syndrome
- PANDAS – Paediatric Autoimmune Neuropsychiatric disorder associated with Streptococcus
- PANDAS is a subset of PANS however the relation to streptococcus was discovered first, followed by the discovery that any pathogen could cause neuroinflammation and neuropsychiatric disorders

UNDERSTANDING PANS and PANDAS BRAIN ON FIRE



STATISTICS

- The PANDAS network in the USA states that a conservative estimate of children that are affected by PANS and PANDAS is 1 in 200. This could be a conservative estimate
- The statistical relevance is equal to Paediatric cancer, Paediatric Diabetes 1 and 11 AND ALS (Amyotrophic lateral sclerosis)
- Average age of onset – 4 – 10 years
- 49% of patients had OCD and TICS as Primary symptoms
- 81% of patients reported incidences of Streptococcal Pharyngitis (Strep Throat)
- Many other infections can cause neuroinflammation – Lyme (Borrelia and co-infections such as Bartonella), Mycoplasma pneumoniae, ABV, HHV

STATISTICS

- PRIMARY SYMPTOMS
 - - OCD 37%
 - - TICS 14%
 - - BOTH 49%
- INFECTIONS REPORTED
 - - Strep 81%
 - - Other 19% (Lyme, Mycoplasma, viruses)
- FAMILY MEDICAL HISTORY in FIRST or SECOND GENERATION
 - - Autoimmune Illness
 - - Strep Related Severity Illness (eg Recurring tonsillitis, Scarlet Fever, Rheumatic Fever)



IMMUNE SYSTEM AND VITAL FORCE

- Functional immune system will have a healthy response to an infection or pathogen. Responses such as cold symptoms, fevers, flus
- What did Hahnemann say about fevers???
- We know fevers are important
- Innate immune system

DIAGNOSIS

There are a few physicians in Australia that are acknowledging PANS and PANDAS as a diagnosis, however most paediatricians and hospitals will not acknowledge it.

As homeopaths we do not need a diagnosis to recognise the signs of PANS. If we can recognise whether this is a bacterial, viral or inflammatory reaction related to Mast cells then we can work with what it is.

NUROFEN CHALLENGE

DIAGNOSIS

A clinical diagnosis of PANDAS is defined by the following criteria:

- Presence of significant obsessions, compulsions or tics.
- Abrupt onset of symptoms or a relapsing-remitting course of symptom severity.
- Pre-pubertal onset.
- Association with streptococcal infection.
- Association with other neuropsychiatric symptoms.

PANS Criteria

PANS is a clinical diagnosis.

1. Abrupt, dramatic onset of obsessive-compulsive disorder or severely restricted food intake.
2. Concurrent presence of additional neuropsychiatric symptoms, with similarly severe and acute onset, from at least two of the following seven categories:
 1. Anxiety
 2. Emotional lability or depression
 3. Irritability, aggression or severely oppositional behaviors
 4. Behavioral (developmental) regression
 5. Deterioration in school performance
 6. Sensory or motor abnormalities
 7. Somatic signs and symptoms, including sleep disturbances, enuresis or urinary frequency.

Diagnostic TESTING

Doctors who recognise PANS can order the following testing specific to PANS/PANDAS

- Antibody titres
- Cunningham Panel (Autoimmune Antibody levels) – expensive

** Currently there is no 100% definitive testing

About 30% of cases **SHOWS** no antibodies in the blood or CSF - these antibodies may have returned to the receptors in the brain (Dr Souhel Najjar MN Neurology)



TRIGGERS and NWS

- PANDAS is the diagnosis related to Streptococcus, PANS is related to other infections
- Sometimes a parent will notice onset after a particular illness and at other times they won't.
- **Examples of Non-Strep Infectious Triggers**
- **Mycoplasma Pneumoniae:** Mycoplasma pneumoniae is also known as walking pneumonia.
- **Staph Infections:** Staph can occur in multiple places in the body: On the skin, in the nose, and it has even been found in the biopsy results on tonsils post-tonsillectomy.
- **Lyme Disease:** The Traditional Western Blot should be done when Lyme is suspected. The Igenex Lyme test shows antibodies that MAY be present. Approach Igenex testing with a doctor who looks at this from a comprehensive understanding of the immune system and PANDAS/PANS.
- **Influenza.**
- **Coxsackie Virus.**
- **Epstein-Barr Virus.**
- **Herpes Simplex Virus.**
- **COVID**

Other possible triggers

- Once this autoimmune pathway is in place, other factors may worsen or trigger flare symptoms in a child.
- **Exposure to any Illness:** In PANDAS and PANS children, sometimes exposure to an illness can trigger symptoms.
- **Allergies:** This includes seasonal allergies – sets off a Mast Cell response causing major inflammation
- **Stress.**
- **Chlorine.**
- **Diet:** Some families find changing the child's diet helps. This may include clean eating and eliminating certain foods such as gluten, dairy, etc.
- **Yeast Overgrowth:** Antibiotics run the chance of also killing off the good bacteria in their body. This could result in an overgrowth of yeast or candida, which can occur in multiple places in the body, including the gut. If you suspect yeast overgrowth, discuss this with your provider.
- **Parasitic infections** – Aggravations at the Full and New moon

Canaries in the coal mine

I believe these kids are the Canaries in the coal mine. They are showing what is happening to our children's immune systems. They are showing us the uncompensated state of these infections. The MIND symptoms of each nosode.

COMMON SYMPTOMS OF PANS & PANDAS

- There are many symptoms in these cases that we see and we can repertorise, but when these symptoms belong to the infection, the indicated remedy might not work on it's own. The infection could be an obstacle to cure in some cases. This is why it is important to understand the possible arising symptoms when treating PANS

Common Symptoms of PANS/PANDAS

- OCD & Rituals
- CONTAMINATION OCD
- Rituals - showering, toileting, how things need to be, handwashing
- Need to look in mothers eyes and say goodbye a certain amount of times
- Reassurance OCD “Am I bad?” “will I be sick?”
- TICS
- Mood lability
- INTRUSIVE THOUGHTS
- Meltdowns
- FEARS and PHOBIAS - vomiting, choking, people
- Spiders
- Being attacked
- Anxiety
- BIG TIME Separation anxiety - in some cases can't leave the house
- “Not feeling right in their head”
- Restricted eating – Anorexia

Common Symptoms of PANS/PANDAS

- Self harm
- Inability to sleep - awake all night
- Frequent urination
- Wiping A LOT after urination - always feeling wet
- Aversion to having a drop of water on themselves
- Cannot bear seeing their reflection - can't have a photo taken
- **AGGRESSION** and **RAGE** - can focus on 1 family member
- Mind getting stuck in **LOOPS** - intrusive thoughts
- Dizziness
- Hearing muffled
- Recently had a client who's vision was affected.
- Vertigo
- Memory affected



Challenges in working with kids with PANS and PANDAS

- Parents are often in a traumatized state and may have difficulty verbalizing the symptoms
- You need to understand PANS and PANDAS ‘FLARES’ – and treat it when it arises so the parent doesn’t reach for nurofen, antibiotics and other suppressive medicines
- Children will often not be able to leave the house OR come and speak on a video call – even seeing their reflection can send them into a flare
- Symptoms will present like other constitutional states
- You are dealing with a parent in a crisis situation
- You need to educate the parent in what to expect in the process of homeopathy
- This can be a long road and you are often the last hope for the child

What is a PANS flare ?

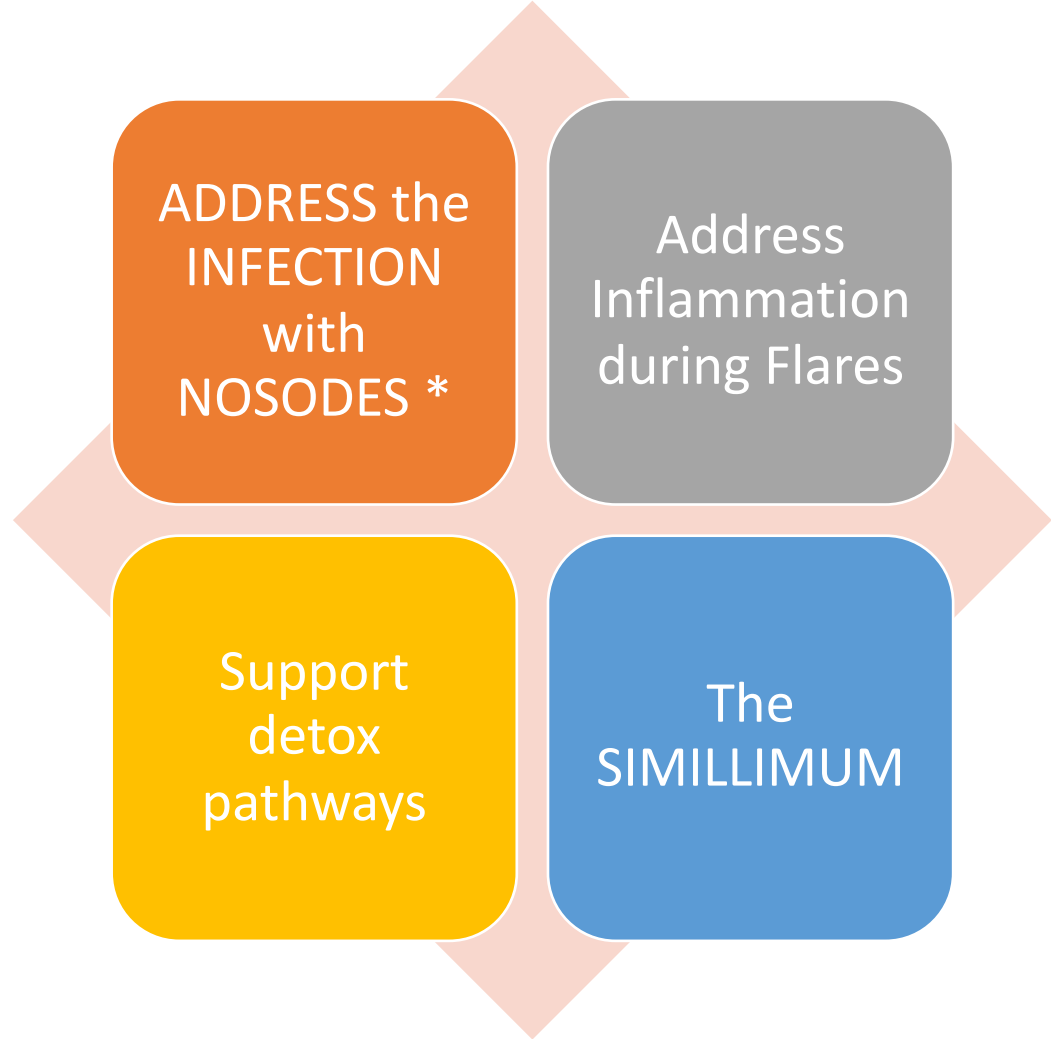
- When these clients come into contact with a pathogen (and sometimes an allergen) their symptoms can 'flare'.
- It may not even be apparent that they have come into contact with an infection – others can be carriers of infection and not show symptoms
- The child may appear to be recovering and suddenly regresses
- **WHAT TO LOOK FOR TO KNOW THAT THE VITAL FORCE IS BECOMING STRONGER** - a decrease in intensity of a flare, a decrease in frequency of flares, any sign of a **NORMAL** immune response to an infection – Fever, malaise,

An early case

- About 10 years ago I had a 9 yo boy come to me presenting with anxiety. He wouldn't sleep in his own bed, he was starting to struggle to go to school, he had to do things in a certain way such as the order of brushing teeth, getting ready for bed. He had many fears. When the family went camping he would only sit in the tent all day. He had MANY fears of monsters.
- I prescribed on his symptoms – all the usual remedies came up – Stramonium, Calc carb , Carcinosis and Lycopodium.
- Each were prescribed and I saw small improvements that would not hold and eventually regress. I worked hard on that case as I really wanted to help this boy.
- I never helped him completely but I KNEW that homeopathy would have an answer!
- If I understood infection based neuroinflammation and neuroinflammatory psychosis (PANS and PANDAS) I may have approached this case differently.
- Homeopathy has a wonderful gift in the use of NOSODES for these infection mediated neuroinflammatory states



How I work with PANS/PANDAS now



ADDRESS the
INFECTION
with
NOSODES *

Address
Inflammation
during Flares

Support
detox
pathways

The
SIMILLIMUM

Conference Presentation

- My presentation at the Inside Out Conference this year will highlight differences between Viral, Bacterial and Parasitic infections in PANS and PANDAS presentation.
- I will also focus on Streptococcus infections and Nosodes and Lyme co-infection *Bartonella henselae*





THANKYOU