PANS and PANDAS are devastating for both a child and their family. Seeing the effects on the child’s physical, behavioral and mental health while navigating diagnosis and treatment can be overwhelming and traumatic.

It is a lonely and stressful journey. The PANS community becomes your friends, mentors and support. They will inspire and lift you. The community becomes your village and together you find the strength, resolve and fortitude to help heal your child.

Please, help support PANS/PANDAS children and their families on their path to recovery. We are forever grateful.

Yours in hope, health and support.

The Look. Team

DONATIONS
Your donation goes directly to fund treatment grants and support for children and young adults suffering from PANS/PANDAS.

EIN: 81-4926490
Formally known as the JBC PANS & PANDAS Foundation

ONLINE: www.lookfoundation.org/donate

BY MAIL:
Look. Foundation
50 Cole Parkway, Suite 32
Scituate, MA 02066
781.990.8411
info@lookfoundation.org

The Look. Foundation aims to ensure that children and young adults affected by infection-triggered neuroinflammation (PANS and PANDAS) have equal access to:

- Swift and appropriate diagnosis, treatment and care
- Essential support from schools, communities and medical providers

WWW.LOOKFOUNDATION.ORG
Look. Grants

Far too many children and young adults are suffering needlessly because they cannot afford the proper testing and care required to treat these illnesses. A Look. Grant relieves some of the financial burden for struggling families.

What are PANS & PANDAS?

PANS and PANDAS are medical conditions that occur when the body's immune system mistakenly attacks healthy brain cells, leading to inflammation of the brain (neuroinflammation). In essence, it is a misdirected immune response.

While the physiological processes are the same, PANS and PANDAS are defined by different infectious triggers.

**PANS**
Pediatric Acute-Onset Neuropsychiatric Syndrome

Triggers include but are not limited to:
- Mycoplasma Pneumonia
- Epstein–Barr Virus (Mono)
- Influenza
- Sinusitis
- COVID

**PANDAS**
Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcus

Like PANS, PANDAS exhibits similar symptoms but the trigger is a Streptococcus infection.

PANS/PANDAS Symptoms

*Infection-triggered neuro-inflammation*

PANS and PANDAS are clinical diagnoses. Children and young adults begin to exhibit life-changing symptoms, which can include:

- OCD
- Anxiety
- Separation Anxiety
- Emotional Lability
- Depression
- Irritability
- Aggression
- Oppositional Behavior
- Motor/Vocal Tics
- Unfounded Fears

- Restrictive Eating
- ADHD
- Personality Changes
- Deterioration in School Performance (decline in math and handwriting skills)
- Sleep Disturbances
- Enuresis (bedwetting)

An estimated 1 in 200 children are suffering from PANS & PANDAS

Infection-triggered neuro-inflammation is being misdiagnosed as mental health, tic and behavioral disorders (e.g. ADHD, OCD, ODD, Anxiety). Often, patients are relegated to life of symptom management and anguish when a cure *is possible.* That’s why it is vital to **LOOK.** for root causes.

Children are being misdiagnosed, marginalized and dismissed. They are prescribed psychotropic medications, counseling and other therapies rather than being properly evaluated and treated for underlying medical causes.

Families are struggling with access to resources and the devastating financial impact as they try to care for their child.

How we help

- Offer guidance and emotional support for parents and caregivers
- Provide grants that allow eligible children and young adults with PANS/PANDAS to receive proper treatment
- Educate pediatricians, physicians, practitioners, schools, legislators and communities about PANS/PANDAS
- Connect families with practitioners who treat PANS/PANDAS as well as other support resources

99% of families reported the Look. Treatment Grant helped their child on his/her path to healing.

The Foundation helps in the healing process because Look. is establishing community. Parents feel connected and having someone have your back is unspeakably important. We work on the medical side of things and *The Look. Foundation works on everything else.*

- Dr. Mark Pasternak, Unit Chief of Pediatric Infectious Disease at Mass General Brigham