

STATE OF NORTH DAKOTA

PROCLAMATION

PANS/PANDAS AWARENESS DAY

OCTOBER 9, 2025

WHEREAS, a diagnosis of pediatric autoimmune neuropsychiatric disorder associated with streptococcus (PANDAS) or pediatric acute-onset neuropsychiatric syndrome (PANS) means a child has a sudden, dramatic change in personality displayed as obsessive compulsive disorder (OCD) together with accompanying symptoms following a strep, bacterial or viral infection; and

WHEREAS, the OCD can display as intense fear or anxiety, and accompanying symptoms may include tics, anxiety, depression, behavioral regression, deterioration in school performance, sensory sensitivities, severely restricted food intake and more; and

WHEREAS, researchers have begun to substantiate that this syndrome involves a misdirected autoimmune process that affects or weakens the blood brain barrier, in which the inflammatory process irritates a region of the brain that manages a variety of functions such as movement, cognitive perception, habit, executive "logic-based" thinking, emotions and the endocrine system; and

WHEREAS, conservative estimates are that 162,000 children have developed PANDAS/PANS in the United States alone, however, the true lifetime prevalence of PANDAS/PANS is not known; and PANDAS/PANS may be as common as pediatric cancer and pediatric diabetes and can seriously affect the healthy outcome of a child's life; and

WHEREAS, PANDAS/PANS is often misdiagnosed and undertreated; and treatment varies by the needs of the child, but may include antibiotics, steroids, intravenous immunoglobulin, plasmapheresis, cognitive behavioral therapy and anti-inflammatory medications; and

WHEREAS, greater public awareness of this health issue can lead to better understanding, and more should be done to increase activity at the local, state and national levels.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim
October 9, 2025, PANS/PANDAS AWARENESS DAY in the State of North Dakota.




Kelly Armstrong
GOVERNOR

ATTEST: 
Michael Howe
SECRETARY OF STATE