



Mental Health Symptoms?

Look. for root causes

LOOKFOUNDATION.ORG

The **Look.** Foundation is dedicated to **changing** the course of **mental health** by ensuring that no child or young adult with Infection Triggered Neuro-inflammation (e.g PANS/PANDAS) is **missed.**

Our Mission

- **Misdiagnosed** with OCD, ADHD, anxiety & Tourettes for 3 years
- Unable to attend school for extended periods of time
- **Properly** diagnosed with PANS at age 11
- Saw **over 15** different doctors before getting proper diagnosis
- **Infectious triggers:** Pneumonia & COVID
- Treated **successfully** with antibiotics & anti-inflammatories
- **Today:** Fully recovered, all mental health symptoms resolved, back in school full time and thriving



AMELIA, AGE 12

Look. Grant Recipient

What are PANS/PANDAS?

Medical conditions that occur when the body's immune system **mistakenly** attacks healthy brain cells, leading to inflammation of the brain (**neuroinflammation**).

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

PANS *Pediatric Acute-Onset Neuropsychiatric Syndrome*

TRIGGERS MAY INCLUDE BUT ARE NOT LIMITED TO:

- Epstein Barr Virus (Mono)
- Mycoplasma Pneumonia
- Influenza
- Lyme Disease & Co-infections
- Allergies
- COVID
- Sinusitis
- Coxsackie Virus
- Herpes Virus
- Environmental Triggers

PANDAS *Pediatric Autoimmune Neuropsychiatric Syndrome Associated with Streptococcus*

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

- **Sudden onset** of vocal tics, ADHD, sleep disturbance, separation anxiety, school refusal
- **Misdiagnosed** with Tourettes, ADHD and Generalized Anxiety Disorder
- **Properly** diagnosed with **PANDAS** at age 5
- Infectious Trigger: **Strep Throat**
- **Today: Fully recovered** following antibiotic, anti-inflammatory and IVIG treatments



SAM, AGE 7

Look. Grant Recipient

PANS/PANDAS symptoms can vary from person to person.

Children and young adults begin to exhibit **life-changing symptoms**, which can include:

- OCD
 - Anxiety
 - Vocal/Motor Tics
 - Depression
 - Emotional lability
 - Irritability
 - Aggression
 - Oppositional Behavior
 - Restrictive eating
 - Sudden deterioration in school performance
 - Motor or sensory abnormalities
 - Sleep disturbances
 - Enuresis (bed wetting)
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- **Gradual** onset of OCD, anxiety, unfounded fears and suicidal ideations starting at age 11
- **Misdiagnosed** with OCD, anxiety and Bipolar Disorder.
- Placed on 8 different psych meds over 10 years, **none helped**
- **Properly** diagnosed with PANS at age 23
- **Infectious triggers:** Lyme Disease and Bartonella
- Started treatment with antibiotics, anti-inflammatories, herbal supplements and IVIG
- **Today:** Off all psych meds, symptoms 70% resolved, on path to full recovery



STACEY, AGE 25

Look. Grant Recipient



ABBY, AGE 12

Mental health symptoms triggered by infection, inflammation and/or the environment can occur at any age.

When diagnosed and treated properly, children and young adults with PANS/PANDAS heal and behavioral and mental symptoms resolve.

- **Sudden onset** of anxiety, insomnia, panic attacks and suicidal ideations
- **Misdiagnosed** with acute-onset OCD, put on psych meds, did not help symptoms
- **Hospitalized** for inpatient psychiatric treatment
- **Properly** diagnosed with PANS/PANDAS at age 17
- **Infectious triggers:** Strep and Mycoplasma Pneumonia
- Put on antibiotics and anti-inflammatories, 90% back to baseline
- **Today:** Peter is on the path to full recovery



PETER, AGE 18

Look. Grant Recipient

- **Abrupt onset** of anxiety, OCD, vocal tics and insomnia
- **Misdiagnosed** with Generalized Anxiety Disorder
- Started CBT therapy and anxiety medications, **nothing worked**
- **Properly** diagnosed with PANDAS at age 8
- **Infectious Trigger:** Strep Throat
- Treated for underlying infection with antibiotics and anti-inflammatories
- **Today:** Fully recovered



DANNY, AGE 9

Look. Grant Recipient



MAGGIE, AGE 11

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We can't thank The Look. Foundation enough. They have literally changed our lives and helped us see that there's hope. In a lonely world of this illness it's nice to become part of a family.

-Tim, Look. Grant Recipient Parent



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LEARN MORE



The Grant removed financial barriers to effective treatment. Your foundation gave us the opportunity to pursue advanced diagnostic tests and integrative treatment options. The fear of financial costs limited our family from pursuing these treatment options for several years. The grant literally lifted a weight for us. It broke down barriers. I do not believe that our children would be at this point in their healing journey without the grant we received. We are so grateful!

- Michelle, Look. Grant Recipient Parent