

# The Parent's Survival Guide to PANDAS/PANS



A Handbook to Manage  
Neuroimmune Disorders in Your Child  
Without Losing Your Mind

Deborah Marcus

ISBN: 9780578981642  
Publisher: Seedfire Publishing  
Format: Paperback  
Pages: 157  
Other Format: eBook  
Trim: 5" x 8"  
Price: \$19.99  
Publication date: October 9, 2021  
Available through: Ingram, Amazon  
Category: Medical/Mental Health/Family

## The Parent's Survival Guide to PANDAS/PANS

Has your child's personality seemed to change overnight? Has he or she been exhibiting unusual symptoms like tics, obsessive-compulsive disorder, separation anxiety, oppositional defiance, aggression or rage?

These are trademark symptoms of PANDAS/PANS. PANDAS and PANS are becoming more common in children, yet many in the medical community are unaware of these illnesses and are unable to diagnose and treat them properly. Whether parents are just beginning on this journey and attempting to get a proper diagnosis for their child or have been on this journey for a while and need help coping, ***The Parent's Survival Guide to PANDAS/PANS*** will help them navigate the emotional, physical and financial challenges of these illnesses.

### Target Audience

- Parents of children (ages 0-21) with Obsessive Compulsive Disorder (OCD), Anxiety, Tics, ADHD and/or behavior issues

### Sales Points

- 1 in 200 children are estimated to have PANDAS/PANS yet it often goes undiagnosed or misdiagnosed
- Easy-to-read handbook provides parents with the tools they need to get proper evaluation, diagnosis and treatment for their child
- Give tips and tricks to manage day-to-day
- Contains firsthand accounts from children
- Provides an extensive, up-to-date resource section

### Competing Books

- *Brain Under Attack: A Resource for Parents and Caregivers of Children with PANS, PANDAS, and Autoimmune Encephalitis.* Lambert, Beth et. al., Answers Publications, 2018.
- *Childhood Interrupted: The Complete Guide to PANDAS and PANS.* Maloney, Beth Alison. CreateSpace Independent Publishing Platform, 2013.

*"This is an amazing firsthand-experience guide that will help other families that are dealing with this complicated and often misunderstood disorder."*

- Dr. Denis Bouboulis, Advanced Allergy, Immunology & Asthma P.C.

### Author: Deborah Marcus

Deborah Marcus has been a mom of two children with PANDAS/PANS, Lyme disease and other tickborne illnesses since 2014, and has since guided many families dealing with these illnesses. *The Parent's Survival Guide to PANDAS/PANS* is her first book, which was written with the sole purpose of expanding her reach and support to others in this growing community. She earned her BA from Syracuse University and her MBA from The University of North Carolina at Chapel Hill. She lives in Austin, TX, with her husband and two daughters.

