

I want everyone to know how bad it feels to have pandas. When my brain first started telling me that I had to tap the door and be the one who turned off the lights I didn't know that it wasn't normal. I just didn't want to be cursed. I was just so afraid of being cursed that I just did whatever my brain told me to do. One time when I was taking a shower I bumped my head with the shower sprayer and I was convinced I was going to turn into a shower head. At the time I didn't know that that was a ridiculous thought. I was just afraid. I had to be the one to turn off the light or I thought I would be cursed. There was this one time after that when I had to spit. I could not stop spitting. I spit on the carpet while we watched a movie. I thought the food was poisoned so I threw my food on the floor a little at a time so my parents did know I wasn't eating. Now I know it's not at all reasonable to think my parents would poison me or realize that I wasn't eating since my food was all over the floor. I am better than I was but I want to be all the way better.

When I first went back to school after being online because of Covid I was certain that everyone could look at me and know that I have PANS.

I am so stressed at school and I cannot concentrate. I work so hard trying to control myself during school that when I get home I just can't do anymore work. I stuff all my feelings and emotions inside during school. Sometimes when I come home from school all the stuff I have kept inside comes busting out. I get angry and lash out. I am so afraid that I will never get better. I have had to suffer through blood draws and IV's for my IVIG but I will do it because then I feel better. I am suffering and this effects my entire family. Please don't let kids like me continue to suffer when there are treatments available.