

PRESS RELEASE

FOR IMMEDIATE RELEASE

September 29, 2025



PANDASAwarenessTX.org

PANS/PANDAS Awareness Day 2025 - Texas Families & Experts Partner

Thursday, October 9, 2025 | 9:00 AM – 1:00 PM

Texas State Capitol, Room E1.016 1100 Congress Ave, Austin, TX 78701

AUSTIN, TEXAS – On Thursday, October 9, Texas families, healthcare professionals, and advocates will gather at the Texas State Capitol to raise awareness about **PANS (Pediatric Acute-Onset Neuropsychiatric Syndrome)** and **PANDAS (Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcal Infection)**. The day's events will include the presentation of a proclamation from the office of Governor Greg Abbott in recognition of National PANS PANDAS Awareness Day, conversations with legislators, opportunities to hear testimonies from families and healthcare providers, as well as Parent-Practitioner Q&A panels.

PANS and PANDAS are autoimmune disorders affecting the nervous system that can severely affect a child's mental and physical health, behavior, and daily functioning. PANS may be triggered by infections, viruses and microbes such as Lyme disease and its co-infections, Mycoplasma, Influenza, Epstein-Barr, parasites, or environmental triggers like mold. PANDAS is specifically associated with streptococcal infection.

Neurological and behavioral symptoms can be extreme and may include:

- Anxiety, depression, mood swings, or suicidal ideation
- Restricted eating and eating disorders, such as anorexia and bulimia
- Obsessions and compulsions (OCD)
- Behavioral/developmental regression
- Motor and vocal tics
- Severe oppositional behaviors
- Aggression, hyperactivity
- Sudden academic decline, handwriting deterioration
- Motor abnormalities
- Sensory sensitivities
- Sleep disturbances
- Enuresis (bedwetting), urinary frequency

According to the PANDAS Network, **1 in 200 children in the U.S. may be affected**. In Texas, an estimated **11,000 children develop this illness each year**. When properly identified, treatment often includes addressing underlying infections, targeting immune system dysfunction, and providing emotional and developmental support — offering many children the chance for full recovery. Tragically, children are very often misdiagnosed due to the lack of awareness and acceptance from the mainstream medical community in Texas. When left untreated, lifelong disability can result.

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October 9th Event Agenda Highlights

- 9:00 AM** Capitol rotunda to personally invite legislators and staff onsite to attend
- 10:00** Room E1.016 Governor's Proclamation, healthcare provider and parent testimonies, conversations with legislators
- 11:00** Family testimonies
- 11:45** Healthcare provider panel + presentations
- 12:15 PM** Parent-Practitioner Q&A session
- 12:45** PANDAS Awareness TX updates
- 1:00** Group photo

Featured Guest Speakers

Dr. Brandon Brock, PhD, DNP, DC, APRN, NP-C, DACNB, DCBCN, BCIM – Integrative Doctor of Family Nursing Practice and Chiropractic, global lecturer and clinician specializing in neurology, functional medicine, and pediatrics. He also serves on the Texas PANS Advisory Council.

Barry Smeltzer, MPAS, PA-C – Physician Assistant specializing in holistic biomedical and environmental interventions, focusing on serving the autism community in Texas.

Lizzie Martinez, MA, DHOM, CCH – Board-Certified Homeopath specializing in complex pediatric cases, including PANS/PANDAS, autism, and autoimmune dysfunction.

Courtney Dillon, MS, LPC – Licensed Professional Counselor offering therapies for children, teens, and adults with OCD, anxiety, trauma, and PANS/PANDAS.

Erin Paige – Intuitive Homeopath and host of the *Remedy Revolution Podcast*; mother of a child with PANS; advocate for natural therapies and family support.

Kelley Siliven – Advocate and mother who recovered her son from severe PANS/PANDAS; published story on [BetterHealthGuy.com/rooftops](https://betterhealthguy.com/rooftops); contributor to *Somewhere in There: Families Living with PANS & PANDAS*; Vice President PANDAS Awareness TX; frequent P/P podcast guest.

Ashley Berner, RN - Mother to two children with PANS; Registered Nurse; Awareness and Outreach Chair for PANDAS Awareness TX.

Leslie Anderson – President of PANDAS Awareness TX; Co-director of PANS/PANDAS Awareness Day at the Capitol; Co-host of *Homeopathy Is Changing Lives Podcast*, former Chemical Engineer.

Call to Action

Texas families, advocates, and media are encouraged to attend and help amplify the voices of children living with PANS/PANDAS. Together, we can ensure legislators hear directly from families and practitioners about the urgent need for awareness, resources, and treatment. Details: <https://pandasawarenesstx.org/p%2Fp-awareness-day>

About PANDAS Awareness TX

PANDAS Awareness TX is a nonprofit advocacy group of passionate P/P parents dedicated to raising awareness of PANS/PANDAS. We empower families through education, community, and legislative advocacy, working toward a future where every child can access proper and swift diagnosis and treatment. <https://pandasawarenesstx.org/>

Contact / Interviews / Info

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