



## How to Enjoy a 'Healthy-ish' Holiday Meal

Are holiday temptations challenging your wellness goals? No need to sacrifice the sweets! Join **Molly Rapozo, MS, RDN, CD**, Registered Dietician & Senior Brain Health Coach, as she unveils her secret strategies for a 'healthy-ish' holiday feast!

[Learn More](#)

## ❄️ Spotlight Stories



### One Month, Three New Publications at PNI

Our latest publications explore chordoma patient experiences, carbohydrate-restricted diets, and virtual coaching for brain health. At PNI, we are committed to advancing innovative treatments for conditions affecting the brain.

**Congratulations** to our dedicated researchers and doctors for their valuable contributions to healthcare innovation.



### Unlocking the Hidden Potential of Ketamine

Discover the transformative potential of Ketamine-assisted psychotherapy (KAP) as it offers new hope in the treatment of conditions like depression, anxiety, and PTSD. Dive into the leading-edge applications of KAP in modern medicine.

[Read More](#)



### Can Hearing Loss Trigger Memory Loss?

Hearing loss affects millions of people worldwide, particularly older adults. Recent studies show that hearing loss leads to a higher risk of developing dementia and Alzheimer's.

Learn how to protect your hearing to preserve your cognitive wellness.

[Learn More](#)



### A Neurosurgeon & an Artist Walk Into a Room...

... & they print a 3D brain. Neurosurgeon **Dr. Garni Barkhoudarian** and medical illustrator **Josh Emerson, BS, MFA**, reveal how they map the brain's tiny structures to improve surgical techniques.

[Apple Podcasts](#) | [Google Podcasts](#) | [Spotify](#) | [Simplecast](#) | [YouTube](#)

[Watch Now](#)

## ❄️ News & Events



### 1<sup>st</sup> Annual SoCal Brain Tumor Conference Dec 8, 2023 | Los Angeles, CA | CME Credits

Calling all healthcare providers specializing in brain tumors! Elevate your expertise at the 1st Annual Southern California Brain Tumor Conference, hosted on the USC campus. **Dr. Garni Barkhoudarian** will unveil the power of 3D models in understanding and treating brain tumors.

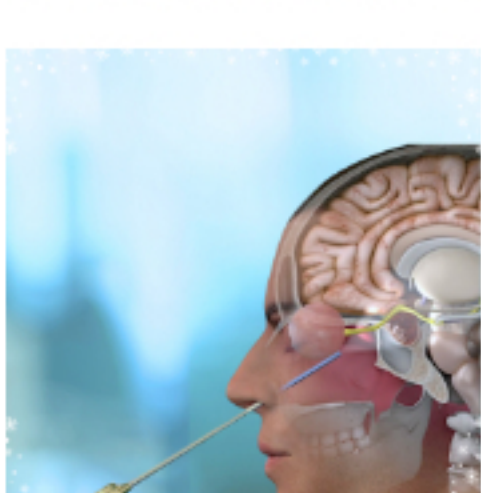
[Secure your spot >>](#)



### You're Invited: Facial Nerve Symposium Feb 23-24, 2024 | Santa Monica, CA | Provider Event

We are delighted to extend an invitation to the PNI Facial Nerve Symposium. This two-day event promises a meticulous exploration of leading-edge advancements in facial nerve surgery and care, featuring experts from across the nation.

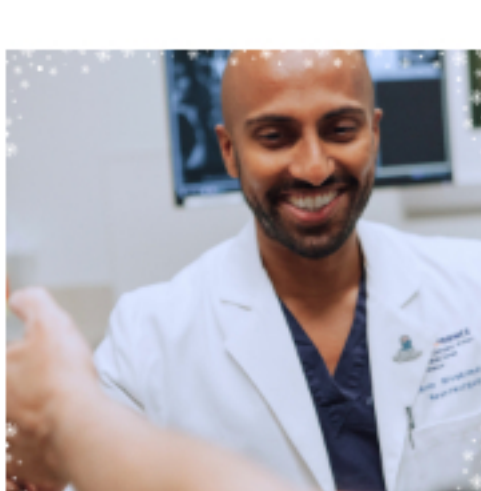
[Sign Up >>](#)



### Join Us for the Pacific Rim Master Class March 15-17, 2024 | Santa Monica, CA | CME Credits

Introducing the Pacific Rim Master Class in Endoscopic Endonasal and Keyhole Surgery, a collaboration between PNI and the University of Colorado. This three-day course offers an immersive education in advanced surgical techniques for brain, skull base and pituitary tumors.

[Register Now >>](#)



### Top 10 Neurosurgeons Under 45 to Know Becker's Spine Review | 2023 Edition

Congratulations to **Dr. Walavan Sivakumar**, a neurosurgeon from PNI, for earning a well-deserved spot among the top 10 neurosurgeons under 45-years-old by Becker's Spine Review!

[Read More >>](#)

## Think Neuro. Think PNI.

Santa Monica (310) 582-7640 | South Bay (424) 212-5361 | Burbank (818) 847-6049

Santa Monica - Torrance - Burbank - Mission Hills - Wilshire  
Playa Vista - Fullerton - Orange - Mission Viejo

[VIEW OUR LOCATIONS](#)

PNI has over **35 physicians** taking care of patients with a wide range of neurological conditions in Santa Monica, Torrance and Burbank. Request an in-person or virtual video online visit by calling (310) 582-7640 or find a doctor at [pacificneuro.org](https://pacificneuro.org).

Accepting new patients for virtual or office consultations.

