



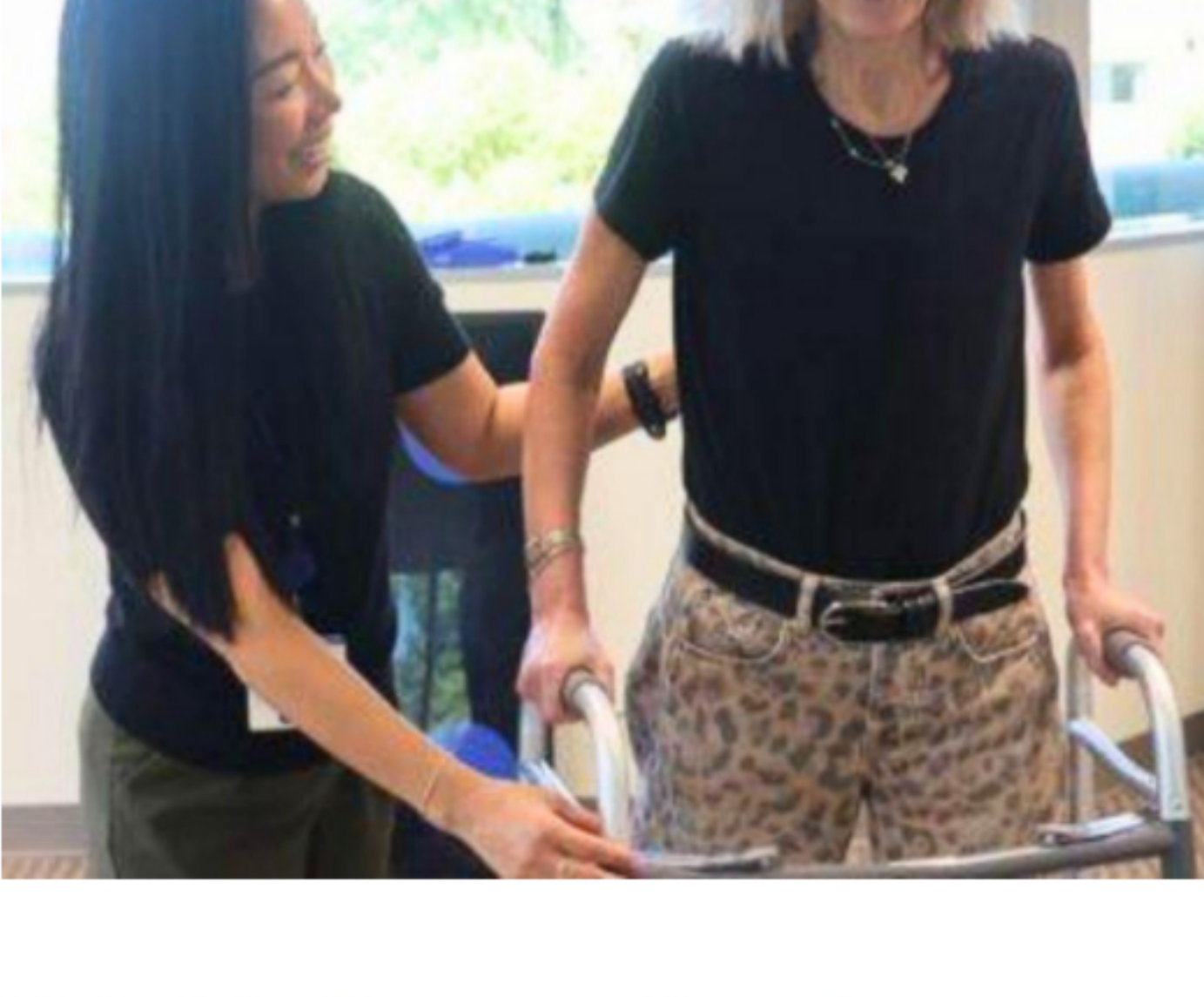
How to Enjoy a Healthy-ish Holiday Meal

with : Molly Rapozo, MS, RDN, CD

Discover the secrets to a healthy-ish holiday meal from nutrition expert [Molly Rapozo, MS, RDN, CD](#). Learn how to balance festive indulgence with brain-boosting choices, including low-carb veggies, mindful pre-event meals, hydration hacks, and the importance of savoring moments with loved ones.

[LEARN MORE](#)

★ Spotlight Stories | November 2025



What Is Occupational Therapy? Understanding Its Impact on Everyday Life

Learn how occupational therapy supports recovery and independence. **Gina Kim, MOT, OTR/L**, shares how personalized care and collaboration help patients return to meaningful daily activities after neurological challenges.

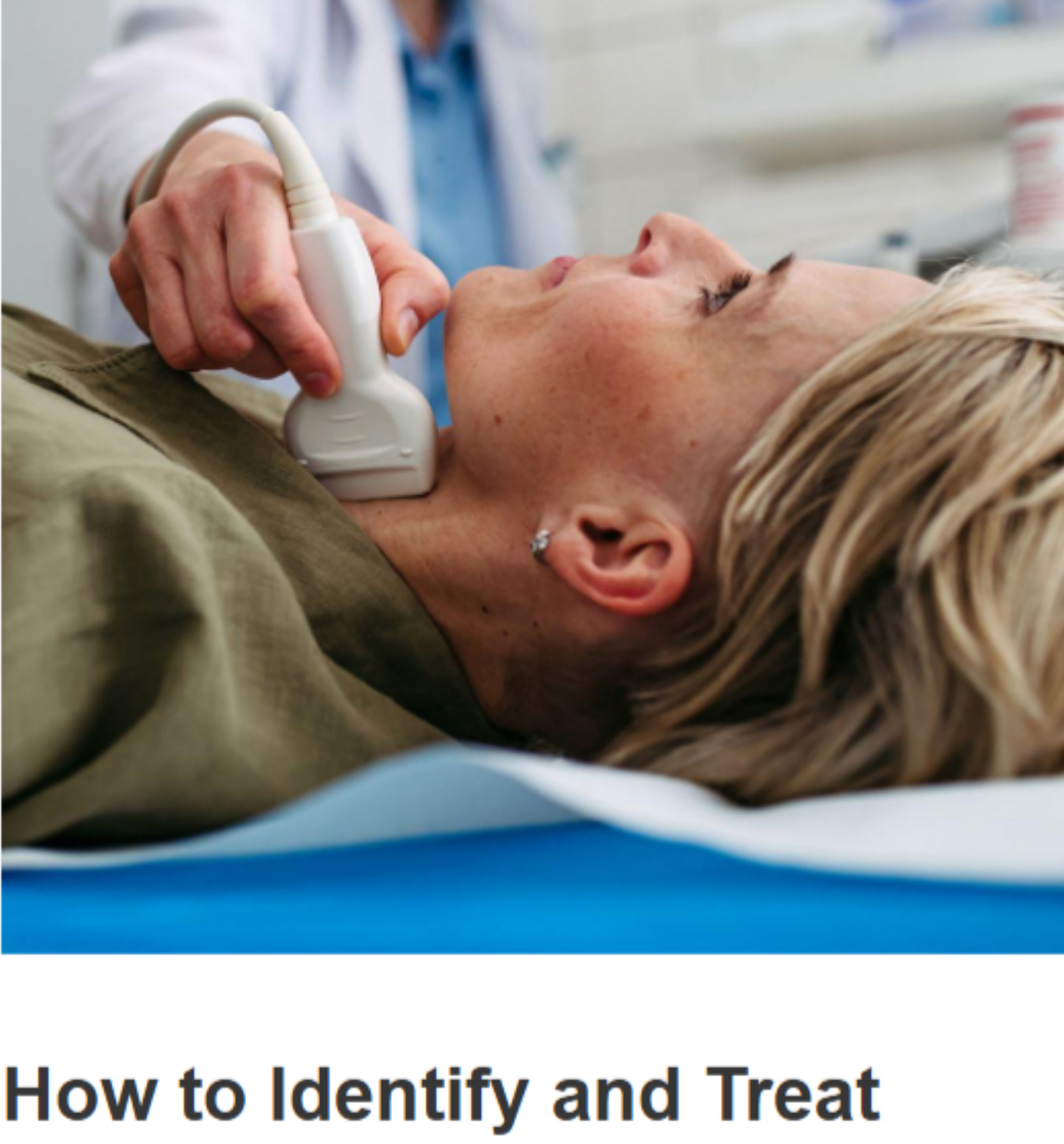
[Find Out More](#)



Finally, A Cure for My Trigeminal Neuralgia: One Grateful Patient's Journey to Facial Pain Relief

After 40 years of relentless facial pain, a patient finally found lasting relief. Discover how **microvascular decompression** surgery at PNI helped her reclaim a pain-free life.

[Learn More](#)



How to Identify and Treat Thyroid Nodules with Vivian Wu, MD

In this PNI Minute, **Dr. Vivian Wu** explains how to identify and treat thyroid nodules, which are often benign but can sometimes cause hyperthyroidism and affect metabolism or heart rate.

[Watch Video](#)



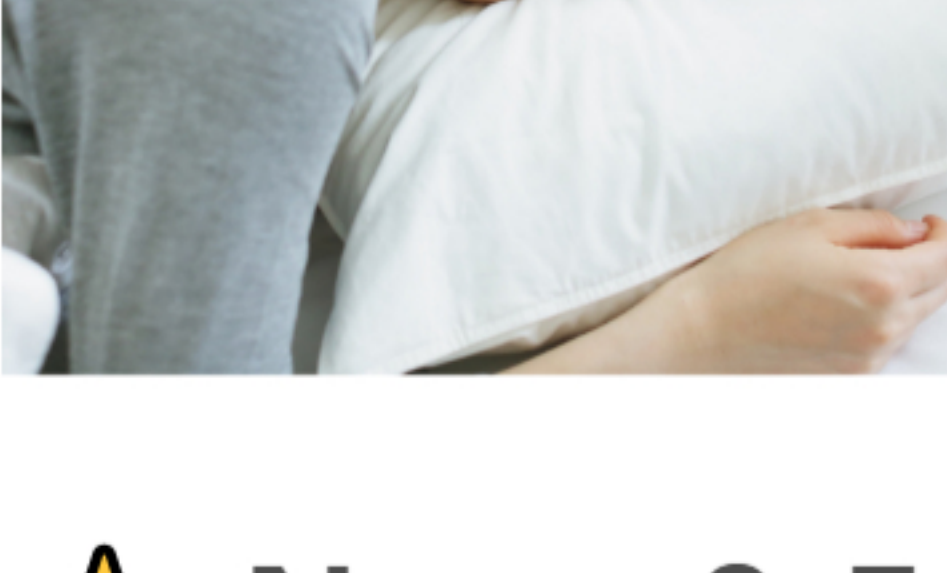
Podcast: The Lifestyle Roadmap to Improving Your Memory and Brain Health

Learn how **Dr. Karen Miller** uses cognitive training, lifestyle habits, and the "memory palace" technique to help patients strengthen memory and protect against cognitive decline.

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

[Watch Here](#)

🧠 Boost Your Brain Power



Better Sleep, Better Brain Health Webinar with Omid Mehdizadeh, MD

Learn how the Inspire implant offers a new solution for obstructive sleep apnea. **Dr. Omid Mehdizadeh** shares how this device helps patients sleep better and improve brain health.

[Watch Here >>](#)

★ News & Events



Finding Her Voice: A Cochlear Implant Story of Advocacy and Resilience

A story of courage, technology, and advocacy.

We're proud to share an article by InnoCaption, featuring **Mathilde Tranberg**, our Cochlear Implant Outreach Ambassador. InnoCaption's real-time captioning technology helps make phone calls accessible for the deaf and hard-of-hearing community.

Born profoundly deaf and among the first children in Denmark to receive cochlear implants, Mathilde's inspiring journey highlights resilience, technology, and advocacy.

[Read Here >>](#)



First Focused Ultrasound Procedure at PNI-South Bay A Milestone In Noninvasive Brain Care

We are very pleased to announce that PNI-South Bay expert restorative neurosurgeon **Dr. JP Langevin** performed the first two **focused ultrasound procedures** in October 2025 at Providence Little Company of Mary Medical Center in Torrance.

The incisionless procedure using the Insightec Exblate Prime advanced focused ultrasound machine is FDA-approved to treat symptoms of tremor in patients with essential tremor and tremor-dominant Parkinson's disease. Congratulations to **Dr. Langevin**, movement neurologist **Dr. Natalie Diaz**, and the entire team for making this important treatment option accessible to our SoCal community.



A Big Shoutout!

- **Romina Huerta** and her band Mariachi Reyna De Los Angeles have been nominated for Best Ranchero Album at the **2025 26th Annual Latin Grammy Awards**. The show will take place on November 13 at 8pm at the MGM Grand Garden Arena in Las Vegas. Romina is an expert Speech-Language Pathologist at Pacific Head & Neck.
- **Mathilde Tranberg** is representing Denmark in tennis at the **2025 Deaflympics** in Tokyo on November 14-24. Mathilde is our Cochlear Implant Outreach Ambassador at Pacific Head & Neck.

[Good luck, we're cheering for you!](#)



3rd Annual Facial Nerve Symposium 2026 Registration Now Open!

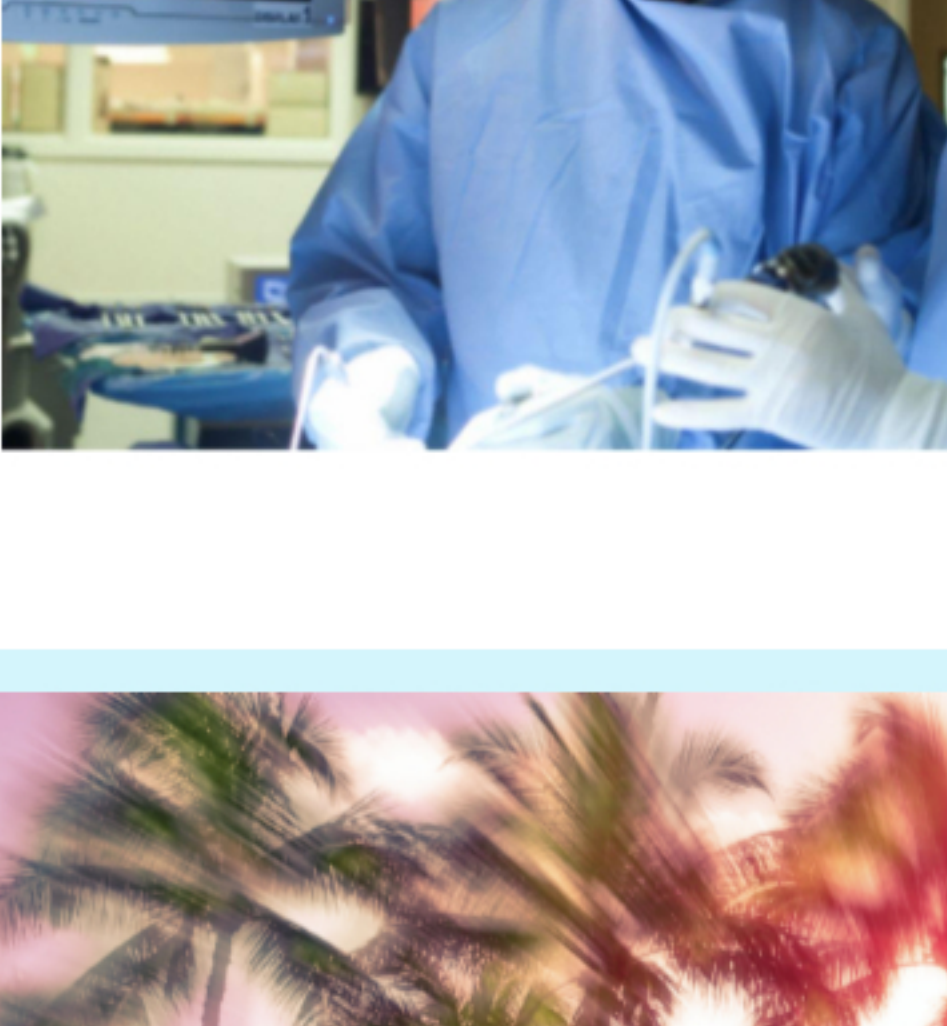
Join us **February 21–22, 2026**, for a premier two-day event dedicated to advancing your expertise in facial nerve disorders. Led by Course Director **Amit Kochhar, MD**, and featuring guest speaker **Kofi O. Boahene, MD** (Johns Hopkins), this symposium offers a dynamic blend of education and hands-on practice.

Highlights Include:

- Expert presentations on the latest research and surgical techniques
- Interactive workshops and live demonstrations
- Collaborative discussions with leading professionals
- Cadaver lab for real-world application

Early Bird Special: Register before **January 1** and receive **25% off** with code **EARLYBIRD**

[Secure Your Spot >>](#)



Save the Date!

2026 Pacific Rim Symposium | March 27-29

Attention MDs! Join us for an intensive hands-on workshop exploring advanced techniques in **endoscopic endonasal and keyhole surgery**.

[Registration coming soon.](#)



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[VIEW OUR LOCATIONS](#)

PNI takes care of patients with a wide range of neurological conditions. **Request a visit by calling (310) 582-7640 or [find a doctor at pacificneuro.org](#).**

Accepting new patients for virtual or office appointments.



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