



AUGUST 2024  
Brain Matters Newsletter

PACIFIC NEUROSCIENCE INSTITUTE

## THE UNWANTED BEAT OF PULSATILE TINNITUS

While most people are familiar with the continuous ringing type of tinnitus, there is another less common form known as **pulsatile tinnitus** which could indicate a serious underlying health issue. **Rebecca Lewis, AuD**, explains.

[LEARN MORE](#)

**In this issue:** **Accolades** from US News & World Report. Do you have **sleep apnea**? The impact of **hormonal imbalances**. And how **dual tasking** strengthens your brain. *It's time to dive into the August Brain Matters newsletter brought to you by Pacific Neuroscience Institute®!*

## ★ Spotlight Stories



### High Ranking Neuro Care at 3 Providence Hospitals

US News & World Report's annual rankings place all 8 SoCal Providence hospitals in the top 50 in California. PNI experts contributed to high performing status of neuro programs in Torrance, Mission Viejo, and Burbank.

[Find Out More](#)



### When Snoring Makes Sleeping Difficult

Do you suffer with **obstructive sleep apnea**? If you do and you are unable to tolerate the CPAP machine, an implantable device is now available at PNI with ENT surgeon, **Omid B. Mehdezadeh, MD**.

[Learn More](#)



### Are Hormone Imbalances a Big Deal?

Yes, they can impact memory. Hormonal imbalances play a significant role in cognitive health and the development of neurological conditions such as dementia and Alzheimer's disease. A precision brain health approach can help.

[Learn More](#)



### Forget Multitasking. Dual Tasking Is Fire

We must dual task, says brain health coach **Ryan Glatt, MS, CPT, NBC-HWC**. That means finding activities that challenge our minds and bodies at the same time, like dance.

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

[Listen Now](#)

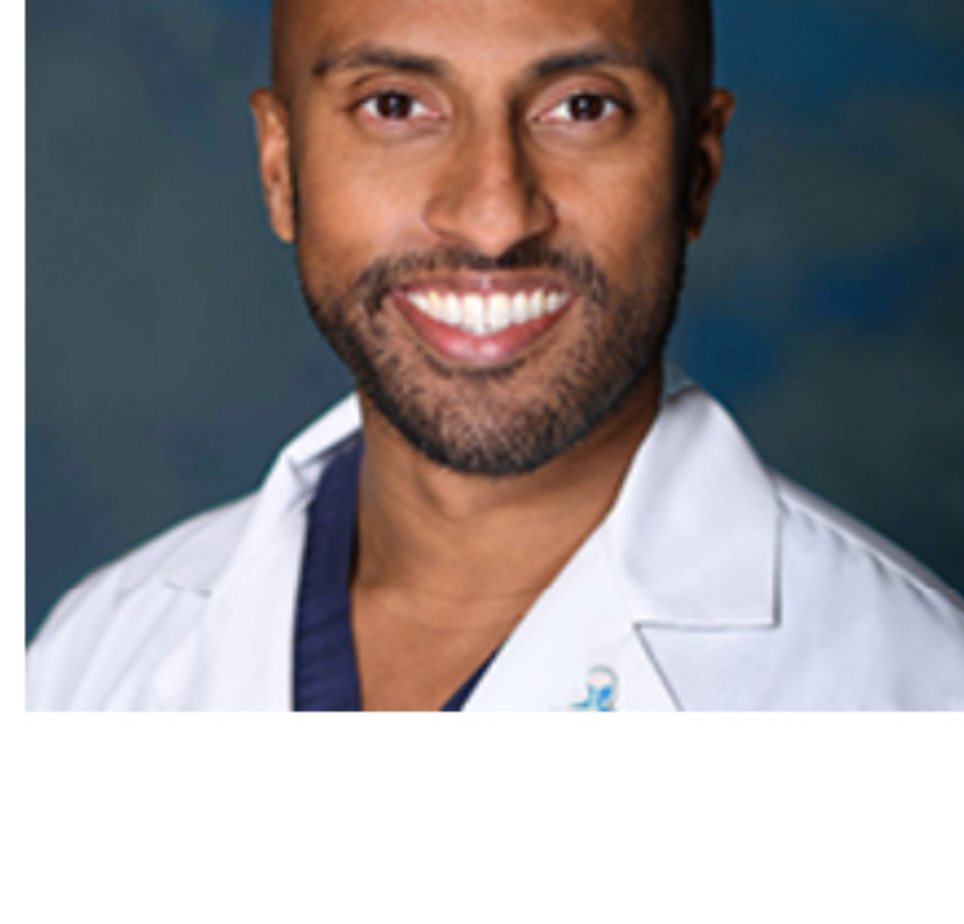
## 🔥 Notable News



### Welcoming Dr. Noa Tal

We are thrilled to welcome **Noa Tal, MD**, to PNI as our new dedicated pituitary and **hormonal health endocrinologist** with additional expertise in thyroid and adrenal disease and a focus on wellness. Dr. Tal will also oversee our in-house endocrine testing unit at the PNI Clinic, enhancing diagnostic convenience and accuracy for both patients and providers. *Welcome Dr. Tal!*

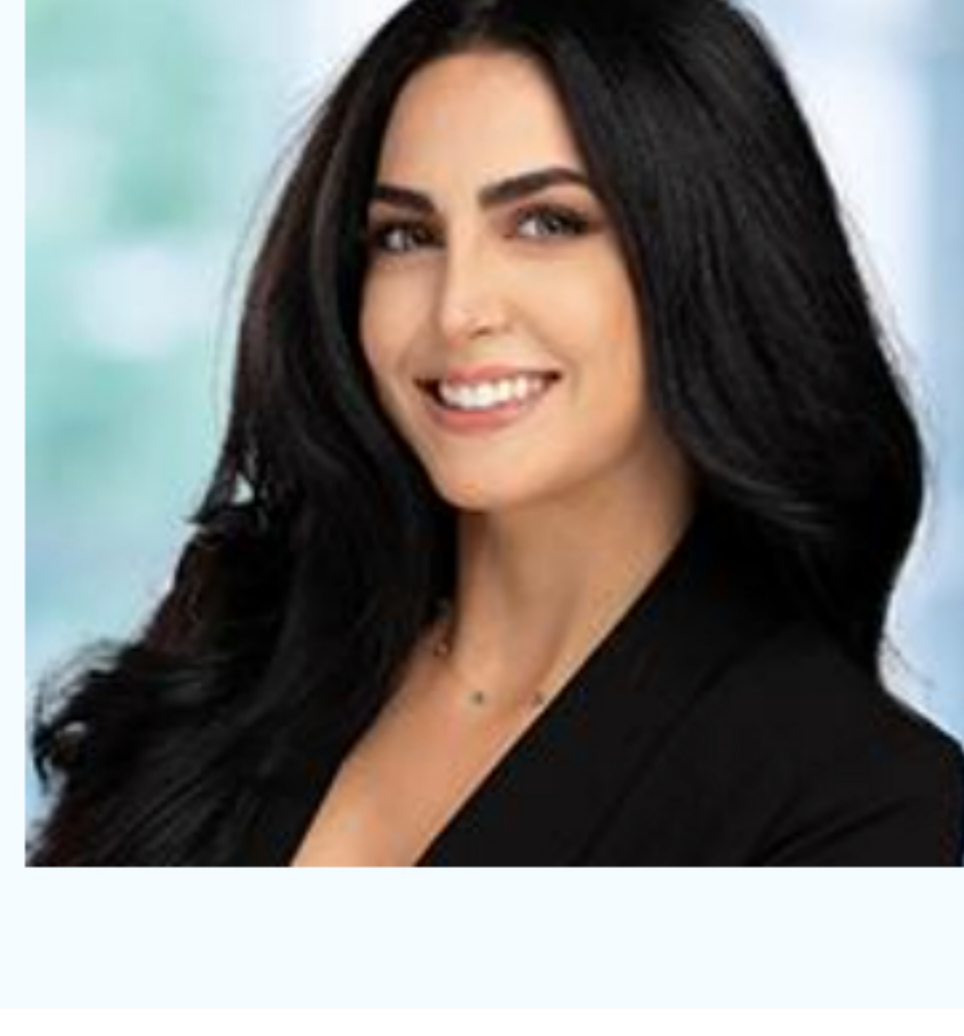
[More Details about the Pituitary Disorders Center >>](#)



### Dr. Walavan Sivakumar: Providence Physician Champion of the Year

**Walavan Sivakumar, MD**, has been selected as the **Providence Physician Champion 2024-25**. As director of neurovascular surgery at PNI and director of neurosurgery, and Stroke & Neurovascular Center director at PNI-South Bay, Dr. Sivakumar is a dedicated neurosurgeon who consistently takes care of his patients at the highest levels. In addition, he has spearheaded and implemented ERAS (Enhanced Recovery After Surgery) protocols to further streamline processes at Providence Little Company of Mary, Torrance. *Big congrats, Dr. Sivakumar!*

## 🧠 Health Happenings



### Join "Vital Minds" Memory Courses with Dr. Shannel Elhelou, PsyD

**ENROLLING | In-Person Classes in Santa Monica**

Does it take longer to remember a word? Do you want to prevent brain and memory decline? This course is for you. PNI's **Brain Wellness & Lifestyle "Vital Minds" classes are enrolling now.**

[Learn More](#)  
[In-Person Session>>](#) Aug 8, 15, 22, 29 | 10am-12pm



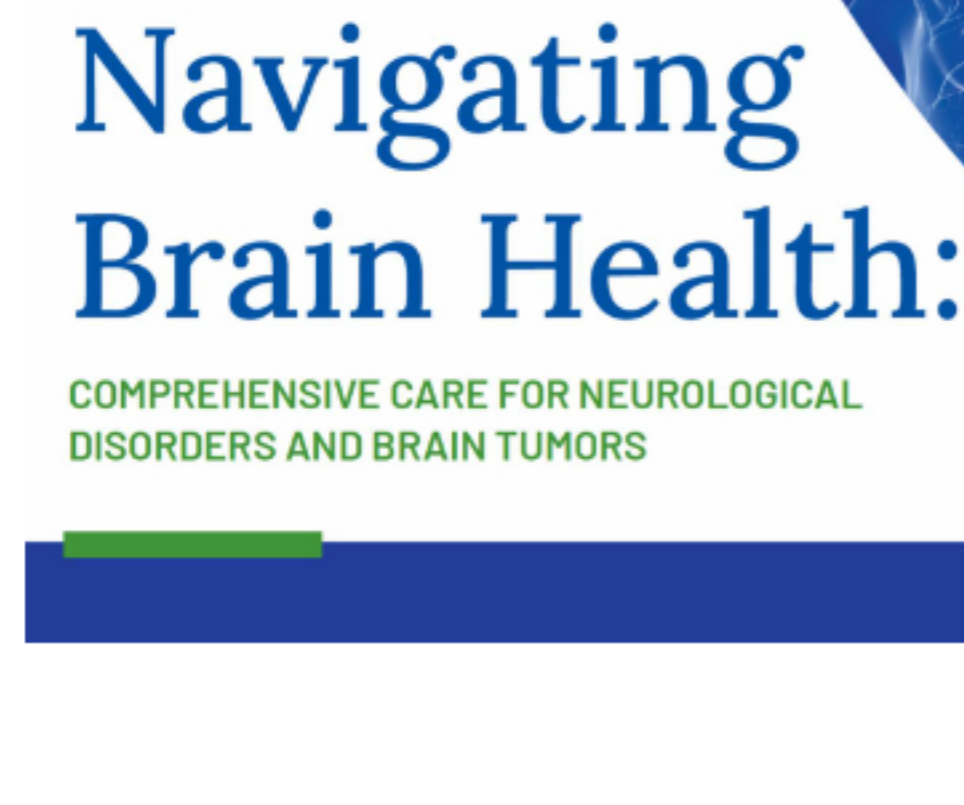
### Check out the BBC! The Brain Book Club

**Tuesdays, 11am - 12pm | Santa Monica YMCA | Free**

Do you wish to keep sharp and connected? Join the BBC! Take advantage of this dynamic and insightful community resource to keep you on top of your brain health! Facilitated by Rick Frieder.

[Learn More >>](#)

## 🍁 Plan Ahead For These October Dates!



### Brain Health & Brain Tumor Patient Lecture

**Thursday, October 3, 2024, 5:30 - 6:30pm | Virtual | Free**

**Take charge of navigating your brain health!** Join us for an expert-led community lecture on holistic treatments for dementia, memory loss, depression and advanced brain tumor therapies.

Moderated by: Dr. Daniel Kelly  
Guest speakers: Drs. David Merrill & Walavan Sivakumar  
Sponsored by: Providence

[Learn More >>](#)



### Acoustic Neuroma Patient Education Event

**Saturday, October 5, 2024, 7:30am - 4:00pm | Le Méridien Delfina, 530 Pico Boulevard, Santa Monica | Free**

**Mark your calendars!** PNI experts will be presenting a comprehensive discussion at a special patient education event in collaboration with the Acoustic Neuroma Association.

[Learn More & Register>>](#)



### Walk to End Alzheimer's | Beach Cities

**Sunday, October 13, 2024, 9am | Hermosa Beach Pier Plaza, 1001-1009 The Strand, Hermosa Beach | Free**

Walk to fight for a future without Alzheimer's for our families, our friends and ourselves. Funds raised further the care, support and research efforts of the Alzheimer's Association. Not in Los Angeles? Register at a local walk.

[Learn More >>](#)



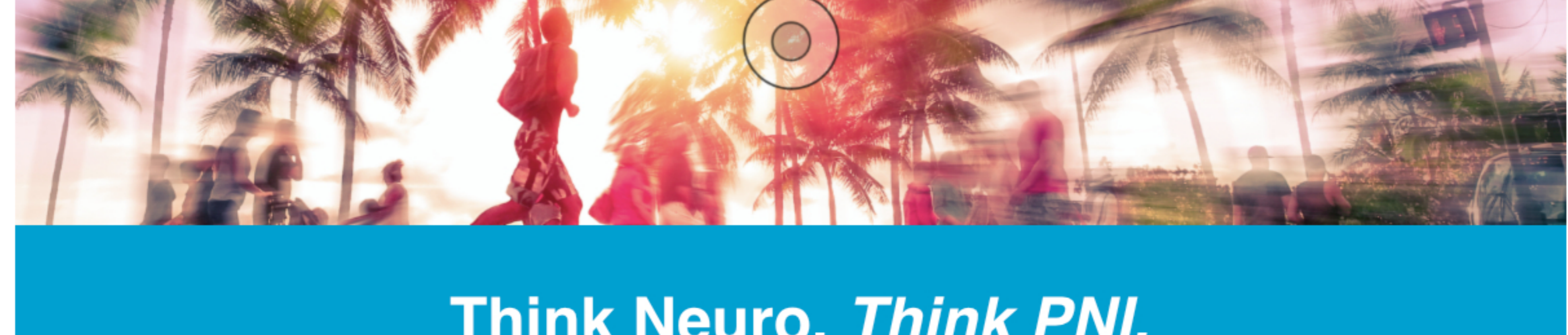
### Brain Tumor 5K Walk & Run

**Saturday, October 26, 2024, 8am | Tongva Park, Santa Monica, CA 90401**

Join Pacific Neuroscience Institute at the American Brain Tumor Association's BT5K this year to show your support for our patients and their families as we work to raise funds to advance brain tumor research.

Team Leader: Emmaline Mauritson, MPAP, PA-C

[Join our team! >>](#)



## 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 **40 physicians** taking care of patients with a wide range of neurological conditions. Request an in-person or virtual video online visit by calling (310) 582-7640 or

[find a doctor at pacificneuro.org.](#)

Accepting new patients for virtual or office consultations.

