

COGNITIVE DYSFUNCTION IN CANCER IS MORE THAN "CHEMOBRAIN"

JUNE 2024
Brain Matters Newsletter
PACIFIC NEUROSCIENCE INSTITUTE

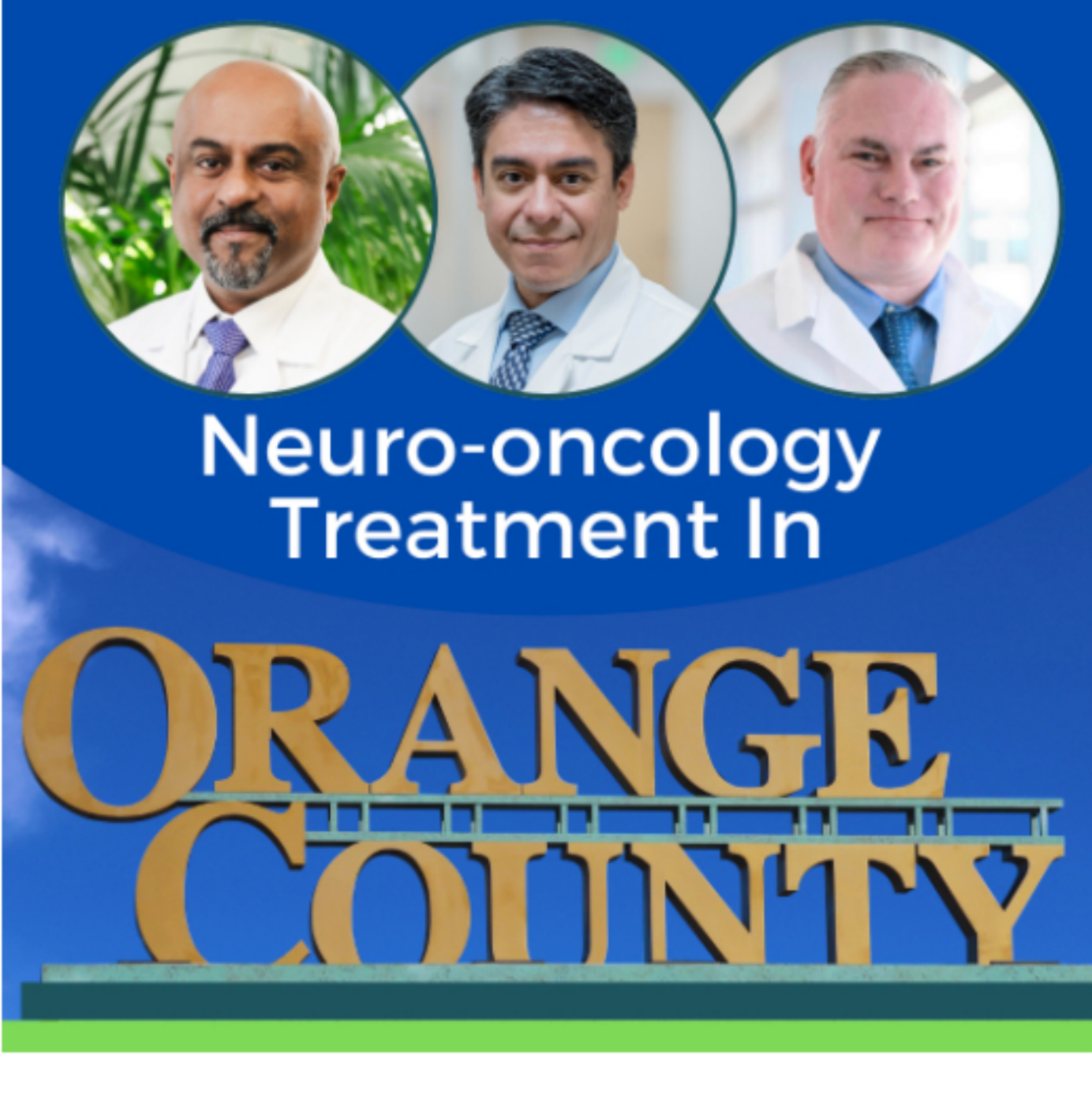
CHEMOBRAIN

June is National Cancer Survivorship Awareness Month. The increasing number of individuals surviving a cancer diagnosis prompts a heightened interest in survivorship issues that include quality of life, performance status, and work reintegration after treatment. **Drs. Santosh Kesari and Marlon Sarria** discuss one of the most common concerns raised by cancer survivors -- **Cognitive dysfunction**, frequently referred to as "**Chemobrain**".

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In this issue of *Brain Matters*, we also highlight June awareness month conditions of **PTSD** and **Myasthenia Gravis**. *Brought to you by Pacific Neuroscience Institute®.*

★ Spotlight Stories



Brain Tumor Care - More Than Chemo & Radiation

Scott Turner, MD, cares for patients with brain tumors. In this informative article, he dives into the many aspects of neuro-oncology treatment, from established methods to clinical trials. Plus, discover PNI's neuro-oncology network across SoCal and **Orange County practice locations**.

[Learn More](#)



Understanding Post-Traumatic Stress Disorder

Post-Traumatic Stress Disorder (PTSD) affects individuals of all ages and backgrounds. Uncovering causes, recognizing symptoms, and seeking treatments including **ketamine-assisted psychotherapy (KAP)**, are all important steps towards promoting healing and recovery.

[Find Out More](#)



Myasthenia Gravis: 6 Things to Know

Myasthenia Gravis (MG) is a complex **neuromuscular autoimmune disorder** that causes weakness and fatigue in the voluntary muscles. At PNI, **William Buxton, MD**, treats this rare, long-term condition with compassion and care. Learn the answers to the most asked questions surrounding MG.

[Learn More](#)



What Everyone Should Know About Strokes

A stroke can be debilitating and even deadly. **Jason Tarpley, MD, PhD**, talks about the various kinds of strokes, the need for speed in assessment, what BEFAST stands for, the latest options for treatment, and the best opportunities for prevention. **Apple Podcasts | Google Podcasts | Spotify | Simplecast | YouTube**

[Watch Now](#)

🎉 News & Events



Brain Wellness & Lifestyle at PNI Ongoing Programs | In-Person & Online Options

Exercise is vitally important for brain health and **preserving memory**. A multimodal approach including **aerobic** exercise, **resistance** (strength) training, and **neuro-motor** (skill or motor) training is ideal. To help stave off cognitive decline, clients in the FitBrain gym use **dual tasking** and **clinical exergaming** engaging both body and brain simultaneously in a 'clinical arcade'.

Whether individuals have mobility, physical, or cognitive impairments, there is always something that can be done to customize an exercise program.

[Learn More From the Brain Wellness Team >>](#)



BREAKING NEWS: New Alzheimer's Paper

It's important to understand the safety and efficacy of treatments for Alzheimer's disease after they are approved by the FDA. This can be challenging as practices vary, and the general population of people being treated is much broader than the initial clinical trials.

In this paper published by the Alzheimer's Association in their May 2024 issue, **Verna Porter, MD**, and her colleagues propose considerations for observational post-approval studies. To **improve the standard of care** across all treatment clinics, they discuss the benefits of collecting harmonized longitudinal data from patients with mild cognitive impairment or mild dementia stage of disease.

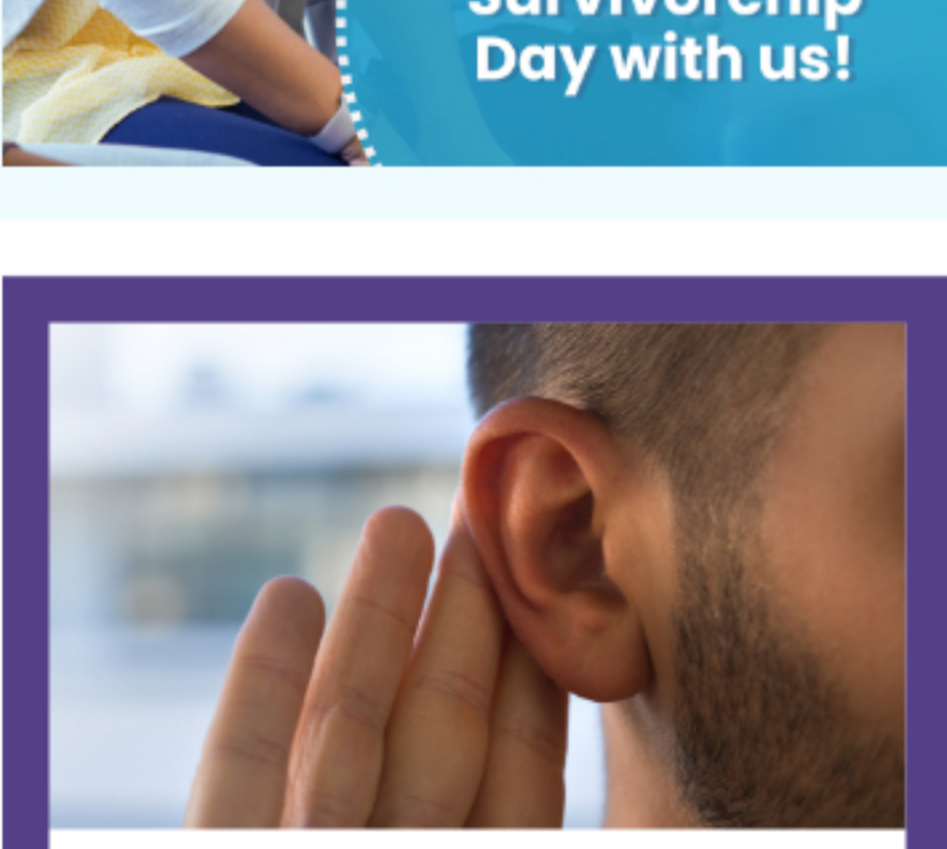
[More Details >>](#)



Cancer Survivorship Celebration June 9, 2024, 9am - 12pm | Mullin Plaza at Providence Saint John's Health Center, Santa Monica | Free

Join us in a celebration of life as we honor those who survive and thrive. Enjoy info, resources, food, and fun. Event registration is appreciated but not required. Questions? 310-829-8648.

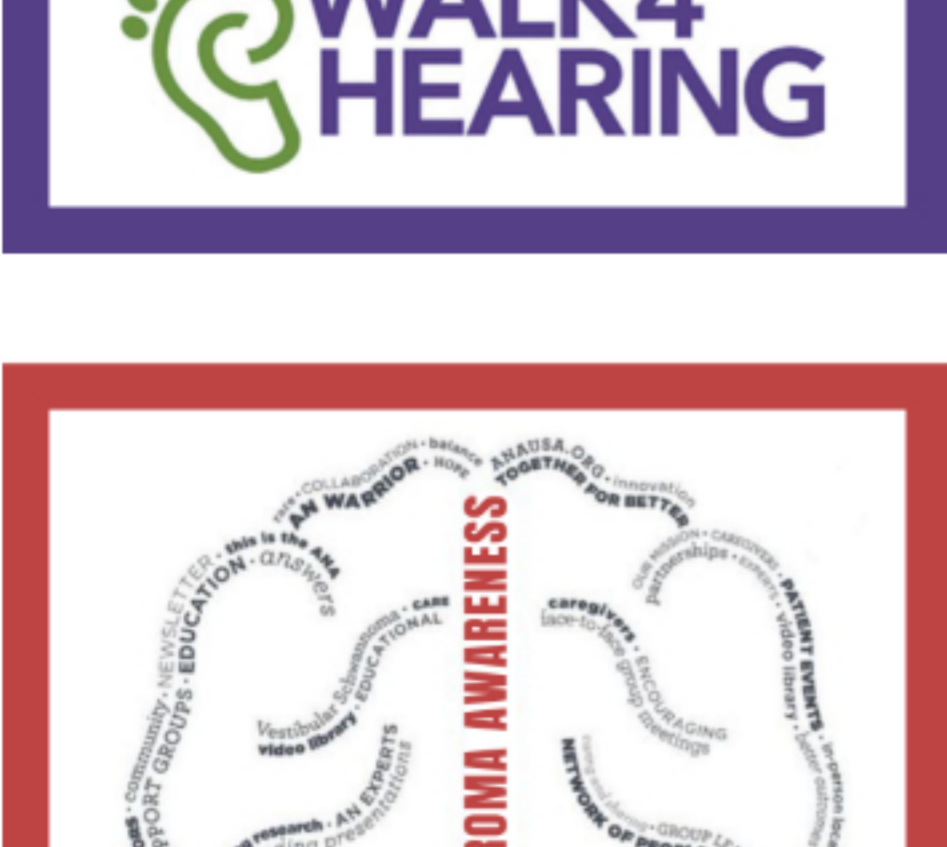
[Learn More & Register >>](#)



Walk4Hearing June 8, 2024, 9:30am - 2:30pm | Shoreline Park, 200 Aquarium Way, Long Beach

Walk4Hearing is a nationwide campaign which brings hope to people with **hearing loss** in 21 cities, meeting them in their communities to raise awareness and show support. Gather your family and friends and join our team!

[Learn More & Register >>](#)



Acoustic Neuroma Awareness Week June 16-22, 2024 | Virtual | Free

Acoustic Neuroma Awareness Week (ANAwareness Week) is a time for education and support, and will include virtual **daily presentations** on topics such as gene therapy, treatment options, and post-treatment issues. PNI's **Courtney Voelker, MD, PhD, and Rebecca Lewis, AuD**, are among the expert speakers.

[Register Now >>](#)

Think Neuro. Think PNI.

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[VIEW OUR LOCATIONS](#)

PNI has **39 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.

