



PACIFIC BRAIN HEALTH CENTER AT PACIFIC NEUROSCIENCE INSTITUTE

Our team of experts in neurology, psychiatry, psychology, and geriatric medicine work collaboratively to provide precision evaluation and holistic treatment for middle-aged and older adults. For patients with Alzheimer's disease and other dementias, we address the body, mind, and emotions for health and quality of life. We care for memory loss and associated conditions including cross-functional areas of hormonal imbalance, vision and hearing loss, balance and falls, and neuromuscular and spinal problems.

Across all age groups, we address psycho-oncological issues associated with a cancer diagnosis and treatment, and care for patients with addiction problems.

NEUROCOGNITIVE DIAGNOSTICS & TREATMENT

Our precision assessment includes review of personal and family history of memory loss and related conditions. We provide same-day screening of neurocognitive, physical, and psychological function. Based upon initial findings, we may recommend further testing such as brain imaging or mapping, and genetic and/or blood based diagnostic testing. Personalized treatment plans help maximize the odds of success and include a combination of conventional and complementary medicine approaches as well as lifestyle modifications. TMS therapy for depression is also available. In addition, our specialists are involved in research and clinical trials that explore advancing care and treatment options for our patients.

HEALTHY AGING

We focus on achieving healthy aging and stabilizing cognitive functions that would otherwise decline with advancing years. We achieve this through a multimodal approach with a combination of medical optimization and lifestyle recommendations, helping to promote the determinants of brain health across the lifespan. We offer novel combined physical and cognitive exercises, brain health coaching and physical therapy, for brain health and wellness through our cognitive fitness (CogFit) program.

NEUROMUSCULAR DISORDERS

Exercise is one of the best ways to protect the brain against future memory problems. We provide care for nerves and muscles, to enable balance and exercise. Our neuromuscular and neurodiagnostic neurologist diagnoses and compassionately treats nerve and muscle disorders, such as peripheral neuropathy, myasthenia gravis, and myopathies.

FALL PREVENTION & TREATMENT

Diseases, medications, environment and even wear and tear, can affect balance increasing the risk for falls. Our experienced physicians assess these factors by detailed examinations. Diagnostic tests can be performed to determine nerve and muscle, and inner ear function.

DISORDERS WE TREAT

- Addiction
- Alzheimer's disease
- Amyotrophic lateral sclerosis
- Anxiety
- Balance disorders
- Behavioral disturbance due to dementia
- Cancer-treatment related issues
- Corticobasal syndrome
- Dementia
- Depression
- Frontotemporal dementia
- Gait disturbance
- Healthy aging
- Human performance optimization
- HIV-related cognitive impairment
- Lewy Body dementia
- Memory disorders
- Memory loss
- Mild cognitive impairment (MCI)
- Multiple sclerosis
- Multiple system atrophy (MSA)
- Mood disorders
- Myasthenia gravis
- Myopathies
- Neuro-vascular disease
- Parkinson's disease
- Posterior cortical atrophy
- Peripheral neuropathy
- Primary progressive aphasia
- Progressive supranuclear palsy
- Vascular dementia

ADDICTION

Our Addiction Medicine services are dedicated to the assessment, treatment, and prevention of addiction and substance use issues including problems with drugs, alcohol, and/or prescription medications. In addition to treating known drug and alcohol addictions, our doctors and clinicians also see many patients who do not have an addiction but need assistance in tapering off prescription medications or have concerns that they may be at risk for addiction in the future.



DAVID A. MERRILL, MD, PhD

Director, Brain Health Center

Dr. Merrill is a double board certified adult and geriatric psychiatrist. He specializes in the behavioral health sequelae of age-related neurodegenerative disorders such as Alzheimer's disease and Parkinson's disorder, and head trauma, tumor, and stroke. His "precision holistics" approach uses genetic and biomarker data to guide treatments for depression and cognitive dysfunction within the context of aging. pacificneuro.org/merrill

MULTIPLE SCLEROSIS

Our care of persons with Multiple Sclerosis combines state of the art diagnostics and treatments with evidence-based recommendations for lifestyle practices. This comprehensive strategy treats the whole person, with the goals of controlling disease activity while optimizing function and quality of life. The person with MS is an important partner in all treatment decisions. The MS clinic at PNI is recognized as a "Partner in Care" of the National MS Society.



SHANTHI GOWRINATHAN, MD

Director, Psycho-Oncology

Dr. Gowrinathan specializes in both Women's Psychiatry and Psycho-oncology (Cancer Psychiatry). She integrates her recommendations with the patient's medical teams to ensure a whole person, interdisciplinary and cohesive treatment approach. Gifted with the strong ability to empathetically connect with her patients quickly, she is proficient at diagnosing and treating psychiatric disease in the context of complex medical issues such as cancer diagnosis. pacificneuro.org/gowrinathan



VERNA R. PORTER, MD, FANA

Director, Dementia, Alzheimer's Disease and Neurocognitive Disorders Programs

Dr. Porter is a board certified adult and geriatric neurologist. With particular interest in behavioral neurology and neuropsychiatry, she specializes in the diagnosis and treatment of patients with memory disorders and neurodegenerative conditions, including Alzheimer's disease, Lewy Body dementia, and many other neurodegenerative processes. pacificneuro.org/porter



KEITH HEINZERLING, MD

Director, Treatment & Research In Psychedelics Program

Dr. Heinzerling practices internal medicine and is a nationally recognized addiction medicine specialist. His clinical and research focuses are on the treatment of alcohol, drug and substance use problems, with anti-addiction medications. As director of the TRIP program, he is involved in the development of psychedelic-assisted therapies for those suffering with addiction, depression, anxiety, and PTSD, and other chronic conditions. pacificneuro.org/heinzerling



WILLIAM BUXTON, MD, FANA, FAANEM

Director, Neuromuscular & Neurodiagnostic Medicine, and Fall Prevention

Dr. Buxton is board certified in adult neurology with focus on "below the neck" clinical neurophysiology. His expertise is in complex nerve and muscle disorders, treating patients with advanced diagnostic and therapeutic options in autoimmune neuromuscular disorders and other systemic conditions. In addition, his streamlined fall prevention program optimizes safety for at-risk neurology patients. pacificneuro.org/buxton



STELLA PANOS, PhD

Director, Neuropsychology

Dr. Panos is a clinical neuropsychologist who focuses on adult and geriatric assessment. She works with patients who present with an array of medical/neurological illnesses including Alzheimer's disease, Lewy Body dementia, Parkinson's disease, HIV, and brain tumor. With several years of experience, she helps patients suffering from the neurobehavioral health sequelae of various neurological illnesses, many of whom suffer from age-related neurodegenerative disorders. pacificneuro.org/panos



SCOTT KAISER, MD

Director, Geriatric Cognitive Health

Dr. Kaiser, a board-certified family physician and geriatrician, is the Director of Geriatric Cognitive Health and provides specialty geriatric medical consultations at the Pacific Brain Health Center. Focused on the needs of older patients, he works with his colleagues to provide an integrated and holistic approach to their cognitive challenges. He connects patients and their families with a broad range of resources to support their overall health and well-being. pacificneuro.org/kaiser



BARBARA S. GIESSER, FAAN, FANA

Director, Multiple Sclerosis

Dr. Giesser is an internationally recognized clinician and award-winning educator who has specialized in the care of persons with Multiple Sclerosis since 1982. Her approach to the diagnosis and management of persons with MS combines advanced diagnostics and a personalized medication plan for each patient with an emphasis on integrating lifestyle and wellness strategies into the neurologic treatment plan. pacificneuro.org/giesser

CLINIC LOCATION

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