

# Top 4 Trending Diets

Expert Insights



## Trending Diets & Your Health

Do trending diets pose a risk to your health? Medical professionals reveal the risks and benefits of intermittent fasting, the celery juice cleanse, a restricted-carbohydrate diet, and the Mediterranean diet.

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## Spotlight Stories



### Lifestyle Adjustments to Lower Your Stroke Risk

**Jason Tarpley, MD, PhD**, Director of the Stroke and Neurovascular Center at PNI, explains how to identify and treat strokes, and reviews lifestyle adjustments you can make to lower your stroke risk today.

[Learn More](#)



### Myasthenia Gravis: What You Need to Know

Myasthenia Gravis (MG) is a disorder of the nerves and muscles that commonly affects women under 40 and men over 60. Join **Bill Buxton, MD**, as he explains everything you need to know about MG.

[Learn More](#)



### How 4 Physicians Protect Their Brain Health

Curious about the measures PNI doctors take to safeguard their cognitive well-being? We sat down with 4 of our physicians to learn their expert habits for a healthy mind.

Featuring: **Daniel Kelly, MD**, **David Merrill, MD, PhD**, **Melita Petrossian, MD** and **Verna Porter, MD**.

[Learn More](#)



### How to Support Someone With Brain Cancer

Three patients share personal stories of life with brain cancer. Learn how to best support brain cancer patients during this heartfelt discussion with **Akanksha Sharma, MD**.

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

[Watch Now](#)

## News & Events



### Memory Concerns? We Have Solutions for You. [Ongoing Classes Enrolling for Summer 2023](#)

The **Lifestyle Program** is a specialized educational program designed to optimize your cognitive well-being. Whether you're spending a summer away, or staying in your local area, the Lifestyle Program provides virtual and in-person courses to support your memory, reduce stress, optimize nutrition & fitness, and regulate sleep.

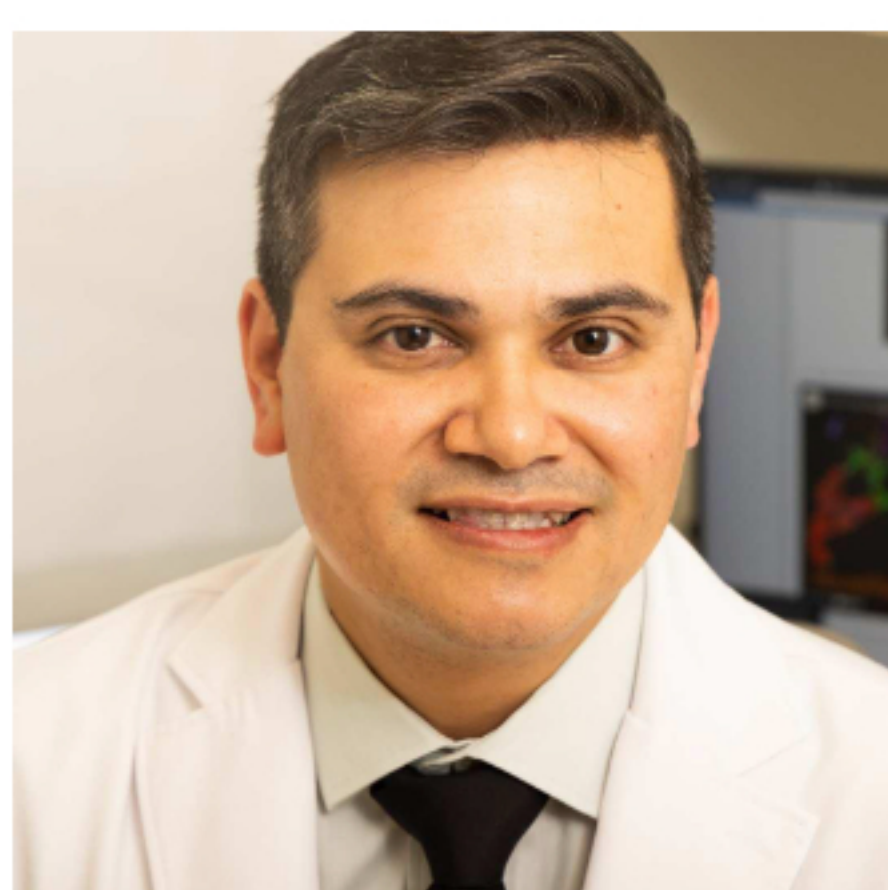
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### New Publication! Promising Advances in Chordoma Treatment

Chordomas are slow-growing tumors that arise from embryonic remnants in the body. In his recent publication, **Santosh Kesari, MD, PhD**, has demonstrated promising results in using anti-folate drugs to inhibit the growth of chordomas. Ongoing clinical trials are now being conducted.

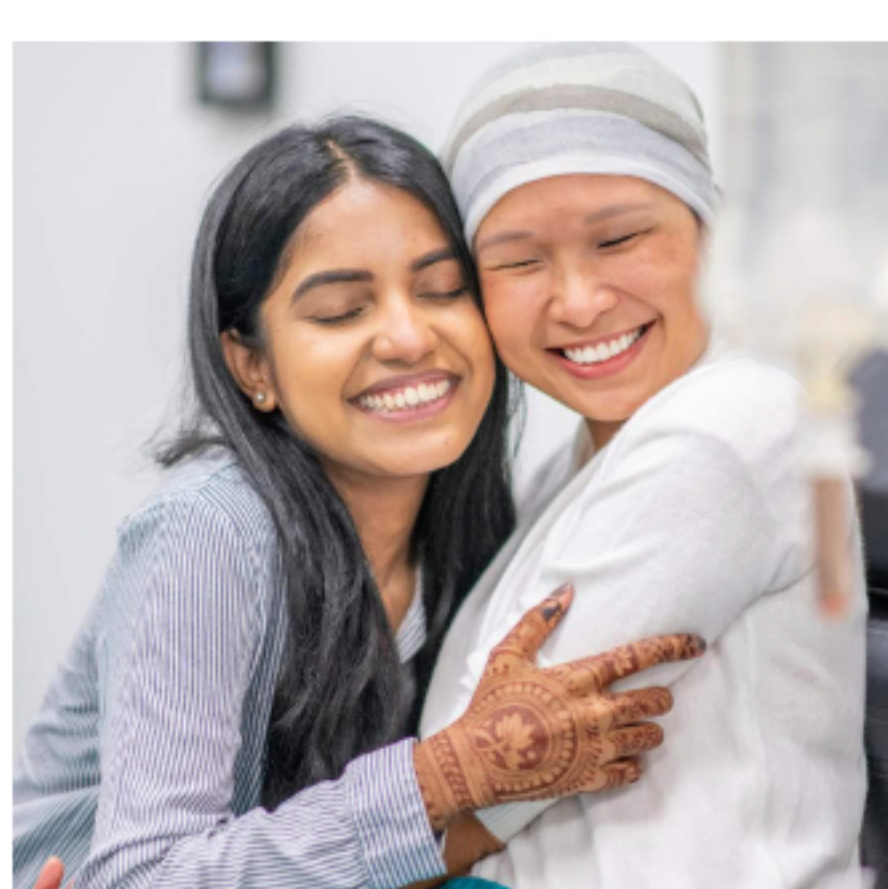
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### Let's Talk Parkinson's with Alex Solomon, MD [Friday, June 16, 11:00 am - 12:00 pm](#)

**Alexander M. Solomon, MD**, is collaborating with Parkinson's Community Los Angeles (PCLA) to address the topic of eye issues and vision changes associated with Parkinson's disease. You're invited to join Dr. Solomon at a free *Let's Talk Parkinson's* webinar, featuring a 40-minute presentation followed by a 20-minute Q&A session.

[REGISTER NOW >>](#)



### ABTA Brain Metastases Patient and Family Meeting [Saturday, June 17, 8:00 am - 1:00 pm](#)

**Akanksha Sharma, MD**, is presenting at the American Brain Tumor Association's Patient and Family Meeting. This free and virtual program is designed to support patients with or at risk of metastatic brain tumors and their care partners. We invite patients, colleagues, and our local brain tumor community.

[SIGN UP >>](#)

## Think Neuro. Think PNI.

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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.

