

7 TIPS

for Dementia Care Partners

PACIFIC
NEUROSCIENCE
INSTITUTE™

Caring for a loved one with dementia can be quite challenging. It requires patience, understanding, and informed strategies to manage the situation effectively. We've compiled 7 practical tips to help you care for a person with dementia.

Keep reading to learn how you can [create a safe and healthy environment](#) for your loved one, all while [tending to your own well-being](#).

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★ Spotlight Stories



From a Rare Brain Tumor to Law School: A Young Woman's Journey

Janna's college journey took an unexpected detour when she suddenly lost hearing in one ear. Soon after, an MRI scan revealed a rare brain tumor. Continue reading to learn about Janna's inspiring road to recovery at PNI.

[Learn More](#)



Moyamoya Disease: A Rare Disorder Affecting Both Kids and Adults

Moyamoya disease is characterized by the gradual constriction or blockage of the major blood vessels that supply the brain. In our new PNI Minute, learn about how [Dr. Adi Iyer](#), neurosurgeon, effectively treats this complex condition.

[Watch Now](#)



An Early Sign of Alzheimer's Disease May Be Lurking in Your Gut

Alzheimer's disease is a complex condition, and scientists are still trying to figure out why people develop the disease. Now, a new study suggests the bacteria in your gut may play a role in whether you develop Alzheimer's.

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Navigating New Frontiers: Exploring Psychedelic-Assisted Therapy at TRIP

[Micah Linton, PsyD](#) & [Juliana Hudson, LCSW](#), explain how ketamine-assisted psychotherapy works.

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🎉 News & Events



Boosting the Brain With Exercise: Join our Live Webinar During Brain Week 2024

[March 12, 2024](#) | [11am - 12pm PST](#) | [Virtual & Free](#)

Brain Week 2024, organized by the Virtual Brain Health Center, provides a complete week of events aimed at promoting optimal brain well-being. [Ryan Glatt, MS, CPT, NBC-HWC](#), Senior Brain Health Coach & FitBrain Director at PNI, will present valuable insights into the impact of exercise on cognitive health as we age.

[Sign Up >>](#)



Join Us for the Pacific Rim Master Class

[March 15-17, 2024](#) | [Santa Monica, CA](#) | [CME Credits](#)

Attention surgeons: It's almost time for the [Pacific Rim Master Class](#) in Endoscopic Endonasal and Keyhole Surgery, a collaboration between PNI and the University of Colorado. This three-day course offers an immersive education in advanced surgical techniques for brain, skull base and pituitary tumors.

[Register >>](#)



Clear Minds: Memory & Brain Health Workshop Series

[May 8-May 30, 2024](#) | [Santa Monica YMCA](#) | [No Cost](#) | [Virtual & In-Person Options Available](#)

Join a free 4-week course offered by the [Brain Wellness & Lifestyle Program](#) at Pacific Neuroscience Institute. The Clear Minds workshops provide evidence-based cognitive training to enhance your memory and slow down the brain's aging process. **You're welcome to join us for *any and all* sessions!**

[Register >>](#)

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 **39 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](#).

Accepting new patients for virtual or office consultations.

