

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.

**Keep Reading** 



# 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 lyer, neurosurgeon, effectively treats this complex condition.

**Watch Now** 



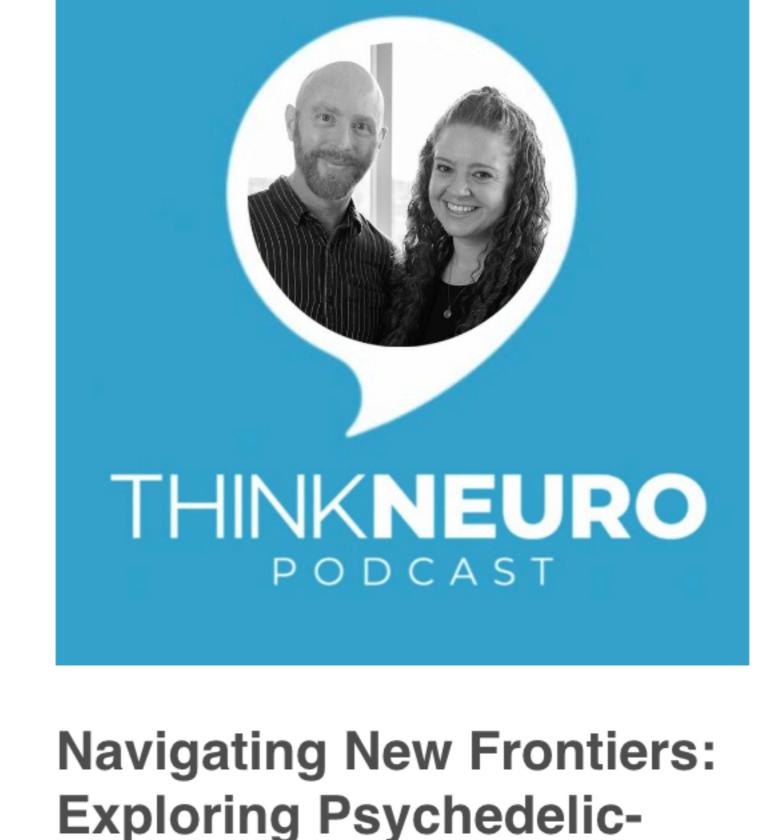
#### **Be Lurking in Your Gut** Alzheimer's disease is a complex condition, and scientists are still trying to

figure out why people develop the

**Alzheimer's Disease May** 

disease. Now, a new study suggests the bacteria in your gut may play a role in whether you develop Alzheimer's. **Keep Reading** 

News & Events



#### **Assisted Therapy at TRIP** Micah Linton, PsyD & Juliana Hudson, LCSW, explain how ketamine-assisted

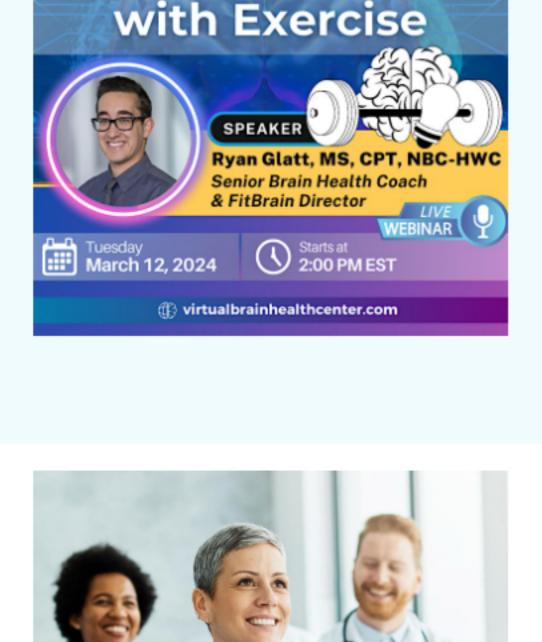
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**Watch Now** 

psychotherapy works.



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



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

March 12, 2024 | 11am - 12pm PST | Virtual & Free

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

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

Master Class in Endoscopic Endonasal and Keyhole

impact of exercise on cognitive health as we age.



base and pituitary tumors. Register >>



Clear Minds: Memory & Brain Health Workshop Series May 8-May 30, 2024 | Santa Monica YMCA | No Cost I Virtual & In-Person Options Available

Join a free 4-week course offered by the Brain Wellness

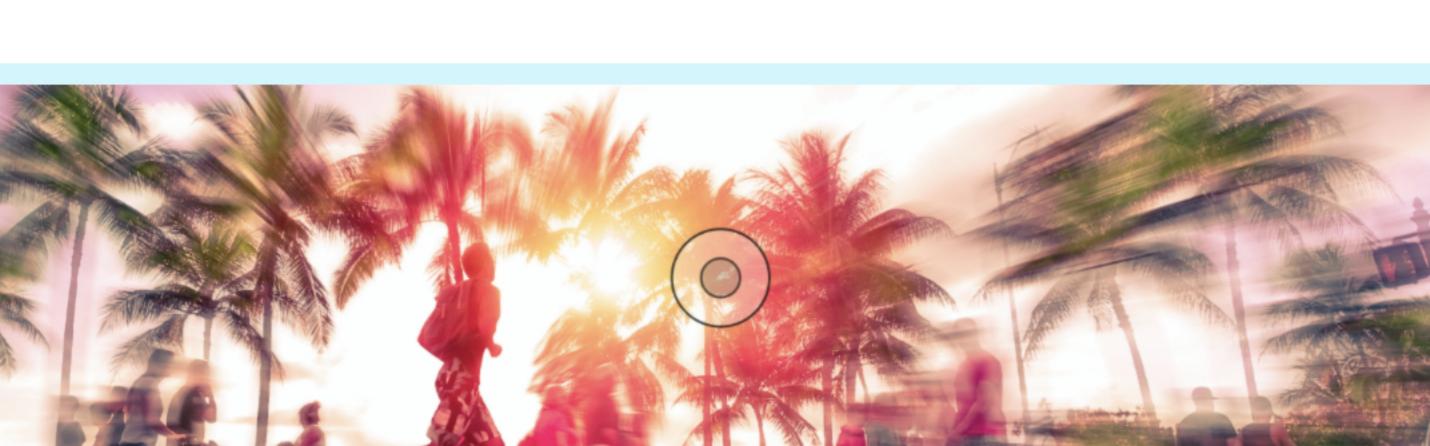
& Lifestyle Program at Pacific Neuroscience Institute.

down the brain's aging process. You're welcome to join

The Clear Minds workshops provide evidence-based

cognitive training to enhance your memory and slow

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

**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.

Playa Vista - Fullerton - Orange - Mission Viejo

Accepting new patients for virtual or office consultations.





