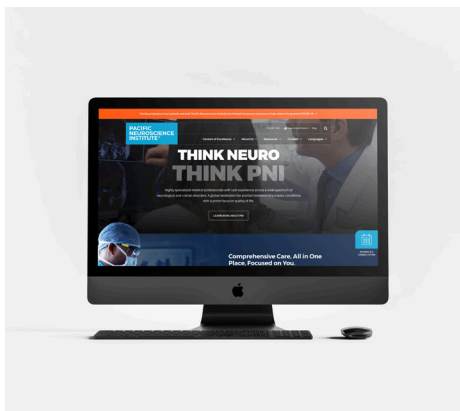


BRAIN MATTERS NEWSLETTER

THINK NEURO. THINK PNI.

PRESENTED BY

**PACIFIC
NEUROSCIENCE
INSTITUTE®**



WELCOME TO THE NEW PNI WEBSITE. LIVE ON APRIL 2

Tada! We are proud to introduce our new website that reflects our commitment to excellence. We invite you to come visit us at pacificneuro.org.

You'll find a treasure trove of information about PNI as well as helpful resources like this newsletter.

[Visit Us!](http://pacificneuro.org)



We are deeply grateful to all our healthcare providers and staff. Stay safe.



INTRODUCING THE THINK NEURO PODCAST

Each month, the Think Neuro podcast from Pacific Neuroscience Institute takes you into the clinic, operating room and laboratory with doctors and surgeons who are tackling the most challenging brain diseases and disorders. Listen to and watch our trailer and first episode now on Apple Podcasts, Spotify and YouTube.

Subscribe: [Google Podcasts](#) | [Apple Podcasts](#) | [Spotify](#)

[Discover Think Neuro](#)

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LOCATIONS

- ▶ **PNI-Santa Monica**
[2125 Arizona Ave](#)
[Santa Monica, CA 90404](#)
- ▶ [1301 20th St](#)
[Santa Monica, CA 90404](#)
- ▶ **PNI-Wilshire**
[11645 Wilshire Blvd. #600](#)
[Los Angeles, CA 90025](#)
- ▶ **PNI-South Bay**
[5215 Torrance Blvd. #300](#)
[Torrance, CA 90503](#)

**PACIFIC
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NEWS



NA-1 ESCAPE STROKE CLINICAL TRIAL RESULTS RELEASED

Research shows that a new drug helps to preserve brain cells for a time after stroke. PNI doctors participated in a University of Calgary-led international study that reports promising results.

[Learn About NA-1 Escape Results](#)



NEURODIAGNOSTIC & INFUSION SUITE OPENS AT 2125 ARIZONA

The Pacific Neuroscience Institute's state-of-the-art Neurodiagnostic & Infusion Suite is open. Patients seen at many of PNI's Centers of Excellence can benefit from the services provided.

In addition, patients participating in clinical trials facilitated through the Neuroscience Research Center will have access to the Neurodiagnostic & Infusion Suite.

Location:

[2125 Arizona Ave., First Floor,](#)
[Santa Monica, CA 90404](#)

PROFESSIONAL SPOTLIGHT



NATALIE DIAZ, MD Neurologist

Pacific Movement Disorders Center

Pacific Movement Disorders Center Dr. Natalie Diaz is a board-certified neurologist with fellowship training in movement disorders. Her clinical practice focuses on the evaluation and management of patients with Parkinson's disease, atypical parkinsonian disorders, Huntington's disease and other choreiform disorders, dystonia, and ataxia.

[Learn More](#)

More information about the Movement Disorders team can be found [here](#).



MELISA COLEMAN, ESQ. Vice President, PNIF

Pacific Neuroscience Institute is pleased to announce Melissa B. Coleman, Esq., as the new Vice President at Pacific Neuroscience Institute Foundation.

Ms. Coleman will lead PNI Foundation's strategic planning and philanthropic efforts, in partnership with Saint John's Health Center Foundation, to support the growth of the neurosciences at Providence Saint John's Health Center and its affiliates.

[Learn More](#)



VIRTUAL VIDEO ONLINE VISITS: NOW AT PNI

PNI has over 30 physicians taking care of patients with a wide range of neurological conditions in Santa Monica and Torrance. Request a virtual video visit by calling **310-582-7640** or find a doctor at pacificneuro.org.

[Schedule a Virtual Visit](#)

COVID-19 RECOMMENDED READING

STAYING CALM AND HOPEFUL

Looking at the numbers of coronavirus COVID-19 cases, it's all too easy to hit the panic button and go off the deep end. While it's definitely important to stay realistic and vigilant, and to observe recommended protocols, *don't panic*.

Consider taking a mindful approach, looking at this time as an opportunity. Staying hopeful and being prepared can go a long way to ease your mind.

PNI's brain health team has been developing a series of short articles offering some suggestions to help at this crazy time. Here are some highlights.

[Read More Articles on the PNI Blog](#)



STAYING HEALTHY IN BODY AND MIND DURING COVID-19

Looking after yourself at this time is very important. Needless to say, we are all under a tremendous amount of stress which releases the stress hormone cortisol into our brains. This can dampen our immune systems and make us more susceptible to sickness. Incorporating some healthful vactivities can help you stay mentally and physically strong.

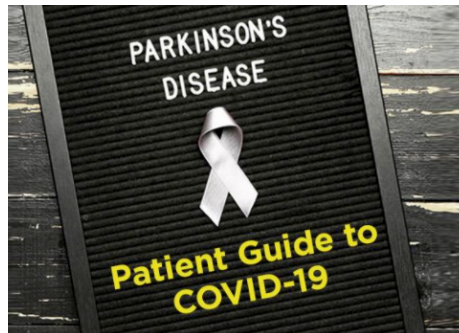
[Discover How](#)



MANAGING STRESS, ISOLATION, AND RISK OF DRUG OR ALCOHOL RELAPSE DURING THE COVID-19 PANDEMIC

The affects of social distancing are a serious concern. Those who suffer from drug or alcohol problems are not only at risk of exposure, but may also be at risk of a relapse.

[Spot the Signs](#)



APRIL IS PARKINSON'S DISEASE AWARENESS MONTH

Patients with Parkinson's disease can do a few things to keep managing their disease and stay safe during this time.

[Discover How](#)



THINGS TO KNOW ABOUT MULTIPLE SCLEROSIS & COVID-19

For anyone with a chronic medical condition, the COVID-19 pandemic can raise particular concerns. Here are some frequently asked questions from people with Multiple Sclerosis.

[Get More Info](#)

READ PNI'S RECOMMENDATIONS FOR COVID-19

PACIFIC NEUROSCIENCE INSTITUTE

2019 BY THE NUMBERS

NEUROSCIENCE CLINICAL CARE



- 10** Centers of Excellence
- 32** Medical Group Faculty
- 13** Associate Medical Group Faculty
- 12** Advanced Practice Providers
- 6** PhD Researchers
- 6** Medical Group Outpatient Clinics
- 6** Hospitals Affiliated with PNI Medical Group Physicians
- 1,738** Medical Group Surgical Procedures
(Neurosurgical 531 / ENT & Ophtho 576 / NeuroIR 631)
- 31,666** Total PNI Patient Visits

RESEARCH & CLINICAL TRIALS



- 64** Peer-Reviewed Publications and In Press
- 11** Grants
- 31** Clinical Trials & Expanded Patient Protocols
- 89** Clinical Trial Patients Enrolled and Consented

TRAINING & CONTINUING MEDICAL EDUCATION



- 54** Neuro-Anatomy Formal Dissections
- 1** Neurosurgical Fellows in Training
- 3** Neurosurgical Fellows in Training (International)
- 9** Neuroscience Interns (Undergraduate and Graduate)
- 16** Medical Assistants In Training
- 61** CME Conferences (Weekly, Monthly and Annual)
- 1** Neuroscience Nursing Symposium (10th Anniversary)

PATIENT & COMMUNITY EDUCATION



- 40** Patient Support Group Sessions
- 10** Community Events
- 60** Blogs

FOUNDATIONS SUPPORT NEUROSCIENCE PROGRESS & INNOVATION



- 9** PNIF Board Members
- 3** Special Advisors
- 38** Fundraising Events
- \$7,412,442** Funds Raised in Partnership with Saint John's Foundation