

# BRAIN MATTERS NEWSLETTER

THINK NEURO. THINK PNI.

Happy  
Holidays

FROM

PACIFIC  
NEUROSCIENCE  
INSTITUTE®



## EXCITING STRIDES FORWARD FOR PARKINSON'S DISEASE

There's a perception that because there isn't a cure for **Parkinson's disease (PD)**, that means there's no treatment, no way to improve symptoms, no way to improve quality of life. This is absolutely **WRONG** – says [Dr. Melita Petrossian](#). There's always more we can do!

For PD, lifestyle measures such as exercise and diet play a huge role in quality of life. Also, there have been **NINE** new **FDA approved** medications just in the past six years!

Many patients can take advantage of a treatment **window of opportunity** and may be good candidates for **deep brain stimulation (DBS)** surgery, which is a way to reduce "off" time, increase

the amount of time the medication is working ("on" time), reduce tremor, and reduce dyskinesias (involuntary movements related to treatment).

DBS is like a pacemaker for the brain. DBS is not new – it's been FDA approved since 1997 – but there have been new advances in DBS technology that are exciting. We're now able to sense the signals of the brain itself using **Medtronic's BrainSense™** technology, which will help guide more accurate stimulation.

This new technology is available at Pacific Neuroscience Institute. PNI's expert neurorestorative neurosurgeon, [Dr. JP Langevin](#), was the first to implant and program the **Percept™ PC** with **BrainSense™** technology DBS system to treat a patient with Parkinson's disease among Providence hospitals.

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## LOCATIONS

- ▶ **PNI-Santa Monica | 310-582-7640**  
[2125 Arizona Ave](#)  
[Santa Monica, CA 90404](#)
- ▶ [1301 20th St](#)  
[Santa Monica, CA 90404](#)
- ▶ **PNI-Wilshire | 310-477-5558**  
[11645 Wilshire Blvd, #600](#) [Los Angeles, CA 90025](#)
- ▶ **PNI-South Bay | 424-212-5361**  
[5215 Torrance Blvd, #300](#)  
[Torrance, CA 90503](#)
- ▶ [4201 Torrance Blvd, #520](#)  
[Torrance, CA 90503](#)

**PACIFIC  
NEUROSCIENCE  
INSTITUTE®**



Accepting new patients for virtual and clinic consultations

## THINK NEURO PODCAST



### THE PROMISE OF PSYCHEDELICS DR. KEITH HEINZERLING & LOUIE SCHWARTZBERG

Addiction and depression are two of the most difficult conditions to treat in medicine. After decades of research, doctors are still looking for alternatives for when medication and cognitive training don't work, which is all too often.

**Dr. Dan Kelly**, one of the founders of the Pacific Neuroscience Institute, thinks there is a game-changer in our midst: psilocybin. Better known as the active ingredient in magic mushrooms, psilocybin has demonstrated staggering results for people trying to kick alcoholism, relieve depression and PTSD, and master the existential dread that comes at the end of life.

**Addiction medicine specialist Dr. Keith Heinzerling runs PNI's new [Treatment & Research in Psychedelics program \(TRIP\)](#).** Starting in late December 2020, consented and eligible patients will be given psilocybin for Alcohol Use Disorder in a controlled, clinical trials setting, and integrate the experience through talk therapy sessions afterward. National Geographic filmmaker **Louie Schwartzberg** consults with TRIP at PNI, to offer patients the option of viewing his time-lapse cinematography during their treatment to augment the experience. Schwartzberg introduced many people to the new thinking about psilocybin in his acclaimed 2019 film **Fantastic Fungi**. Think Neuro sat down with Heinzerling and Schwartzberg to talk about the promise of psychedelic treatments and how they are likely to change the lives of people struggling with intractable addiction, depression, and PTSD.

[Discover How >](#)

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## A SHOUT-OUT TO DR. HOWARD KRAUSS!



**Howard R. Krauss, MD**, was elected Vice President of the **Medical Board of California**, in an official state announcement released November 13, 2020.

Dr. Krauss, a surgical neuro-ophthalmologist and one of the founders of Pacific Neuroscience Institute, was appointed to the Medical Board of California for an eight-year term in 2013 by Governor Jerry Brown, Jr.

**Congratulations Dr. Krauss!**

[Learn More >](#)

### SEE HOW WE'RE CARING FOR YOU SAFELY

- ▶ **Temperature Screenings**
- ▶ **Masking** during all patient interactions
- ▶ **Distancing** between you and others
- ▶ **Sanitizing Stations** throughout our offices
- ▶ **Virtual Visits** when applicable

[Watch Our Video](#)

## WELCOMING A NEW DOCTOR!



We are very pleased to welcome **Dr. Akanksha Sharma** to the Pacific Brain Tumor Center. Dr. Sharma is board certified in **neurology** and **neuro-oncology** and is also trained in palliative medicine. She is experienced in the treatment of [primary and metastatic brain tumors](#), neurological complications of cancer, and disease-related burden and symptoms.

Dr. Sharma brings her unique care to patients at **Providence Saint John's** and **Providence Little Company of Mary**.

[Find Out More >](#)



**PNI has 35 physicians taking care of patients with a wide range of neurological conditions in Santa Monica and Torrance.**

Request an in-person or virtual video online visit by calling 310-582-7640 or find a doctor at [pacificneuro.org](http://pacificneuro.org)

## CANCER SUPPORT COMMUNITY LOS ANGELES VIRTUAL EVENT



### RESILIENCY: HAPPY HEART, HEALTHY MIND - A PANEL DISCUSSION

**Tuesday, December 15 | 1 pm**

Join PNI's **Dr. Shanthi Gowrinathan** and some of Los Angeles' top experts in cancer care from **Cedars Sinai, UCLA Health, and Providence Saint John's Health Center** as they sit down with Cancer Support Community Los Angeles CEO, **Julia Forth**, for an in depth panel discussion.

[Learn More >](#)

## PNI RESOURCES AT YOUR FINGERTIPS



### VIDEO LIBRARY

With over a hundred videos, you can learn about our doctors, programs, conditions we treat, and even how to perform surgical procedures!

[More Info](#)



### CARE TEAMS

Expertise, collaboration, and innovation is essential in providing the best possible care today while advancing novel treatments for tomorrow.

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### SUPPORT GROUPS

A major mission of the **Pacific Neuroscience Institute** is to provide education, support, and empowerment for those dealing with neurological challenges.

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### CENTERS OF EXCELLENCE

The **Pacific Neuroscience Institute** proudly houses 10 specialized neuro centers with expertise that spans the clinical neuroscience landscape.

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### BLOG

Check out our blog for informative insights on brain acuity, staying healthy during troublesome times, & more!

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### PODCASTS

Tune in for weekly Podcast Minis as well as cool in-depth conversations about the brain each month.

[More Info](#)