

BRAIN MATTERS NEWSLETTER

THINK NEURO. THINK PNI.

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THE EYE AS A WINDOW INTO THE BRAIN

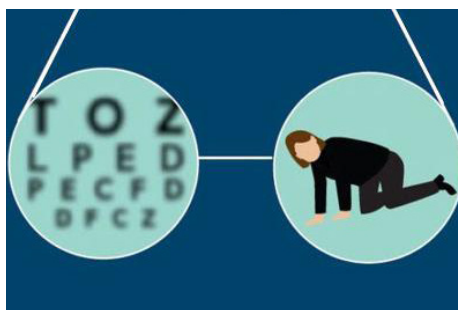
In this episode of the **Think Neuro** podcast, we journey behind the (retinal) lens with **Dr. Howard Krauss**. He is one of a few surgical neuro-ophthalmologists on the planet who specializes in using minimally invasive techniques for treating diseases that threaten vision, and for using the orbit as an entry point to remove tumors in the brain.

Join **Dr. Krauss** as he speaks about how new research could show that the eye really is a window into the body and brain.

[Discover How](#)

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VISION AND FALLS

A study in **JAMA Ophthalmology** reveals a correlation between age and eye trauma caused by falls, sparking new discussion about how to help at-risk individuals. Find out ways to minimize falls and suggestions on closing the gaps between physician and patient.

[Check It Out](#)

WHAT WE'RE DOING TO KEEP YOU SAFE DURING COVID-19

The safety and care of our patients is our #1 priorities. That's why we've implemented a strict, multi-layer process to ensure your safety while receiving care at **PNI** clinics and affiliated **Providence** hospitals.

[Learn More](#)

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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](#)

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HOW ABOUT SLEEP?



Sleep is a beautiful thing. **Dr. Natalie Diaz**, a neurologist at **Pacific Movement Disorders Center** talks about the important role sleep plays for proper brain function, and how it can help you feel healthier, more emotionally rested and even help reduce the effects of aging. She explains what happens once your head hits the pillow, and shares her tips on proper “sleep hygiene”.

Watch Our Videos:

[Pt. 1: The Importance of Sleep](#)

[Pt.2: Sleep & Disease](#)

LIFE IN ISOLATION: A CONVERSATION



In the midst of this global pandemic, another hidden public health crisis has emerged: loneliness. Loneliness affects people of all ages, but it is particularly prevalent among older adults. In this webinar, which aired in May, you'll hear from leading experts PNI's **Dr. Scott Kaiser** along with **Ariana Huffington** and **Lisa Marsh Ryerson** (AARP), on how COVID-19 is exacerbating the loneliness epidemic and understand the healing power of human connection.

[Find Out More](#)

ALZHEIMER'S & BRAIN AWARENESS MONTH



JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH

In a series of blog articles appearing in June, you'll learn about creativity, dance, music, and their affects on brain function. Experts discuss sleep and its importance in maintaining brain vitality. And what are the connections between menopause and Alzheimer's?

[Find Out More](#)

PARKINSON'S DISEASE CAREGIVERS COMPREHENSIVE GUIDE



Being a caregiver for a family member or friend who has Parkinson's disease during the COVID-19 health crisis and beyond can add anxiety and additional challenge to daily life. Even during the most optimistic of times being a caregiver can be a stressful role. Our brain health and movement disorders team have put together a comprehensive guide to help.

[Find Out More](#)

PROFESSIONAL SPOTLIGHT



DR. CHESTER F. GRIFFITHS Director, Eye, Ear & Skull Base Center

Dr. Griffiths has an extensive 25-year experience as a sino-nasal (ENT) endoscopic surgeon. A heart-breaking condition in his childhood inspired his love of medicine and service to others.

[Learn More](#)

Find out about our Eye and ENT teams [here](#).

WELCOMING NEW STAFF



LOUIS SCHWARTZBERG PNIF Special Advisor

Louis Schwartzberg is an award-winning cinematographer, director, and producer whose notable career spans more than four decades providing breathtaking imagery that tells stories celebrating life and the human spirit.

[Learn More](#)



MICHAEL RICKS Chief Executive Providence Saint John's Health Center

Michael Ricks has been chief executive for Providence Saint John's Health Center since September 2019. A Southern California native and well-respected leader, he has more than 23 years of healthcare leadership experience.

[Learn More](#)

HERE COMES THE SUN



ONE EASY WAY FOR OLDER ADULTS TO BOOST BRAIN HEALTH AND STAY "SAFER AT HOME"

Did you know that sunshine has therapeutic effects - especially for older people?

[Read More](#)



A HOT TOPIC: THE EFFECTS OF HEAT IN PERSONS WITH MULTIPLE SCLEROSIS

Heat isn't good for everyone, particularly for those with multiple sclerosis.

[Read More](#)

BUILDING THE BASIS TO CURE DISEASE



Our **Neuroscience Research Group** has been busy.

Here are some recent publications:

Allosteric Inhibitor of β -catenin Selectively Targets Oncogenic Wnt Signaling in Colon Cancer

[Learn More](#)

IRE1 α & IGF Signaling Predict Resistance to an Endoplasmic Reticulum Stress-inducing Drug in Glioblastoma Cells

[Learn More](#)

Thrombospondin-1 Counteracts the p97 Inhibitor CB-5083 in Colon Carcinoma Cells

[Learn More](#)

Physiological & Pathological Roles of Cdk5

[Learn More](#)

ONLINE SUPPORT GROUPS



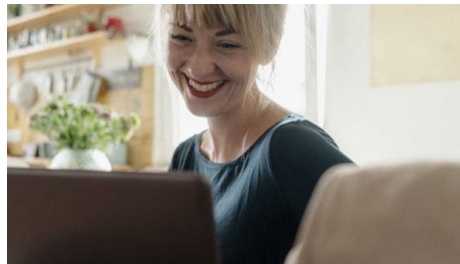
PARKINSON'S DISEASE – LIFE IN MOTION

[Learn More](#)



PITUITARY PATIENTS, FAMILY AND FRIENDS

[Learn More](#)



ALZHEIMER'S CAREGIVERS SUPPORT

[Learn More](#)



STROKE PATIENTS & STROKE CAREGIVERS

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A Message From The Founders

At **Pacific Neuroscience Institute** we continue to strive for excellence and innovation in neuroscience care. Yet in these unprecedented and uncertain times of pandemic and protest, as we endeavor to optimize the “human experience”, we strongly support fairness, compassion and justice, regardless of race, religion, political persuasion or sexual orientation.



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