

# BRAIN MATTERS NEWSLETTER

THINK NEURO, THINK PNI.

**PACIFIC NEUROSCIENCE INSTITUTE®**



## KEYHOLE BRAIN SURGERY THROUGH THE EYEBROW

### Look Ma, no scars!

Our excellent team of outstanding neurosurgeons at Pacific Neuroscience Institute's Brain Tumor Center reports on minimally invasive supraorbital (SO) eyebrow surgeries in a recent paper.

For tumors near the optic nerves and chiasm, under or in the frontal lobe and some along the temporal lobe, the eyebrow keyhole craniotomy is their go-to approach.

World renowned neurosurgeon, **Dr. Daniel Kelly** discusses PNI's extensive clinical experience in the supraorbital eyebrow method of removing brain tumors.

[Read More](#)



## NEW HOPE FOR VANQUISHING GLIOBLASTOMA

### DR. SANTOSH KESARI

### DR. SANTOSH KESARI

Unfortunately a brain cancer called glioblastoma has a very poor prognosis but there is still a lot that can be done. Unlike other cancers that often develop as lumps with defined margins in the breast, say, glioblastomas present with a central mass but also send out microscopic tendrils into the brain, making them challenging to remove completely without damaging our most critical organ.

**Dr. Santosh Kesari**, is more optimistic now about treating this difficult disease than he has been at any time in his career.

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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

## 6 WAYS TO IMPROVE BRAIN HEALTH AND STAVE OFF ALZHEIMER'S DISEASE



The ability to maintain brain health throughout your life should be of the utmost importance in pursuing health and longevity.

The brain is remarkably plastic (neuroplasticity) giving it the ability to change and improve throughout your lifetime. Neural

connections in the brain can adjust and grow to meet new situations in your environment and this is called experience-dependent plasticity. So what we do affects the structure of our brain.

In a new video, **Dr. Sarah McEwen**, Cognitive Psychologist and Senior Research Scientist at the Pacific Brain Tumor Center, talks about six key lifestyle changes that you can incorporate into your life which can greatly reduce the risk of developing these devastating diseases.

[Watch Now](#)

## EVENT: SPINE LECTURE



Suffering from neck or back pain? Don't let it affect your quality of life and learn how to find relief at a free live virtual lecture and Q&A.

Director of Neuro-spine Surgery and restorative neurosurgeon, PNI's **Dr. Jean-Philippe Langevin** is a featured speaker.

**Tuesday, March 16 | 5:30 - 6:30pm**

Register at [Providence.org/SouthBayLectures](https://Providence.org/SouthBayLectures) or 888-HEALING (432-5464)

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## 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!

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### 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.

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