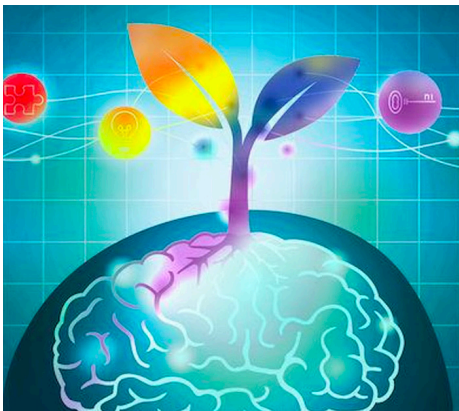


# BRAIN MATTERS NEWSLETTER

THINK NEURO. THINK PNI.

PRESENTED BY

**PACIFIC  
NEUROSCIENCE  
INSTITUTE®**



## PACIFIC BRAIN HEALTH CENTER EXPANDS TO MEET DEMAND

Here we grow again! We're excited to offer expanded services in our newly renovated suites in the Saint John's Medical Building. Patients with dementia, Alzheimer's, memory loss, balance and neuromuscular issues will be able to experience our world class care in these additional suites. The 1301 20th Street location will also house our psycho-oncology services, movement disorders clinics and eventually the neuro-ophthalmology clinic. Now, more than ever, our patients can see multiple specialists in a single location at the same visit.

[Visit Us!](#)



## PACIFIC BRAIN HEALTH CENTER'S HEAD TALKS PROGRAM OFFERS NEW SERIES OF SUPPORT GROUPS

To promote a shared sense of community, empathy, and support, the team at the Pacific Brain Health Center has created a new series of support groups called **Head Talks**. This series, which is presently conducted virtually online, allows patients with neurodegenerative diseases to receive support with their cognitive and psychological well-being. Groups of up to 15 participants and their caregivers meet for an 8-week series of sessions to discuss their concerns. It's a new horizon of care in these uncertain times.

[Check It Out.](#)

## CONTENTS

- ▶ NEW BRAIN HEALTH CENTER
- ▶ HEAD TALKS
- ▶ THINKNEURO PODCAST
- ▶ GRAY IN MAY
- ▶ A MESSAGE FROM THE FOUNDERS
- ▶ CLINICAL TRIALS FOR COVID-19
- ▶ PROFESSIONAL SPOTLIGHT & NEW STAFF
- ▶ WHILE WE'RE STILL SOCIAL DISTANCING
- ▶ EVENT NEWS
- ▶ ONLINE SUPPORT GROUPS

## 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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## THINKNEURO PODCAST



### NEW EPISODE: TAKING ON PARKINSON'S DISEASE WITH BOXING GLOVES

A diagnosis of Parkinson's disease today doesn't mean the same as it did even just a few years ago. There have been nine new medications for Parkinson's disease and its related symptoms in the past five years, and we are understanding the importance of lifestyle now more than ever.

People with Parkinson's disease can make lifestyle changes that can slow the disease, and even improve their condition. Chief among them is exercise. Not just hitting the treadmill but doing new things that challenge both the brain and body at the same time.

Movement disorders specialist Dr. Melita Petrossian is a big fan of boxing. Not getting in the ring, but working out with gloves and a bag, or with a partner wearing mitts. It's an energizing dynamic activity that requires work with both the hands and the feet.

Don't care to box? Try to dance. It, too, might form new neural connections in the brain and help keep Parkinson's progression at bay.

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

[Listen Now](#)

## GRAY IN MAY: MAY IS BRAIN TUMOR AWARENESS MONTH



### BRAIN TUMORS DON'T STOP, AND NEITHER HAVE WE.

PNI's brain tumor specialists continue to see patients. We have a highly experienced team of experts who work closely together from diagnosis to treatment, as well as providing patient education and support.

Learn more about our [brain tumor team](#).

Call for a consultation

PNI-Santa Monica: 310-582-7450

PNI-South Bay: 424-212-5361



### A Message From The Founders

Because we know that neurological diseases don't stop during this pandemic, neither have we.

- All PNI Clinics are now open to see all patients.
- In-person and telehealth video visits are available.
- All in-person visits will follow strict rules to ensure safety for all.
- Elective surgeries have started again. All appropriate precautions related to COVID-19 are being taken.

We remain committed to protecting our patients, providers, and caregivers. Thank you for your understanding during this challenging time.

*Daniel F. Kelly, MD, Neurosurgery*

*Chester Griffiths, MD, ENT*

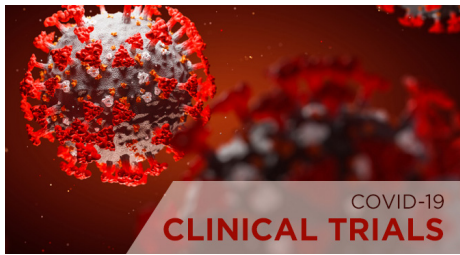
*Santosh Kesari, MD, Neuro-oncology*

*Howard Krauss, MD, Neuro-ophthalmology*

[Read Full Covid-19 Precautions at PNI](#)



## CLINICAL TRIALS FOR COVID-19



### LIGHTNING FAST COVID-19 RESPONSE

As the medical community is striving to find answers to how to tackle Covid-19, PNI and its affiliates, John Wayne Cancer Institute and Providence Saint John's Health Center have been among the first to become sites for investigative clinical trials.

[Discover How](#)



### COVID-19 CONVALESCENT PLASMA TRIAL

The convalescent plasma trial tests the use of blood plasma donations from people who have fully recovered from COVID-19 infection to see if they may be helpful in treating other patients with COVID-19.

[Get More Info](#)



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

## PROFESSIONAL SPOTLIGHT



**STELLA PANOS, PHD**  
Director, Neuropsychology  
Brain Health Center

Dr. Panos is a neuropsychologist at the Pacific Brain Health Center caring for older adults. Along with her clinical practice, she provides clinical externship training opportunities for clinical psychology doctoral students as well as post-doctoral trainees with the aim of ensuring that the next generation of caregivers is able to optimally care for older adults.

[Learn More](#)

## NEW STAFF



**NEIL MARTIN, MD**  
Director, Innovation and Quality  
Neurosurgeon

**Join us in welcoming Dr. Neil Martin!** His neurosurgical practice at PNI will focus on patients with facial pain syndromes, skull base tumors, aneurysms and arteriovenous malformations. At PNI Foundation, he will serve as Director of Innovation and Quality, and as regional medical director of neuroscience for Providence Southern California, he will help oversee and direct neuroscience activities.

[Learn More](#)

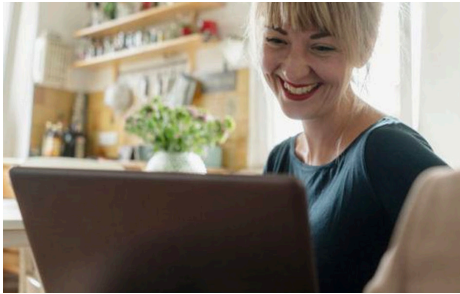


### WE'RE OPEN FOR PATIENT CARE | IN-PERSON & ONLINE VISITS

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](http://pacificneuro.org).

[Schedule a Virtual or In-Person Visit](#)

## WHILE WE'RE STILL SOCIAL DISTANCING



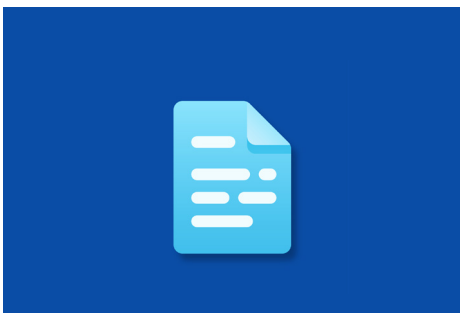
**Particularly at this time it's important to hang out with your friends online as there are many benefits including relieving stress.**

[Read More](#)



**When looking after yourself, especially if you are a caregiver, ends up on the back burner. Find out more about self-care techniques.**

[Read More](#)



**Our brain health team has put together a comprehensive guide for caregivers of dementia patients.**

[Read More](#)

## EVENT NEWS



In February and March, PNI took part in two very special community building events.

[Dr. Santosh Kesari was invited to speak](#) to some of Los Angeles' top business leaders at a YPO event. The discussion centered around modern advances in medicine. The night was capped with a guest appearance of one of Dr. Kesari's trial patients who recounted the success he's had from the advanced treatments. In March, Uncle Kory Foundation sponsored a [family-friendly bowling night](#) to raise funds for the Sean Hunter Research In Action fund. The event was a smash hit bringing together over 175 people and raising over \$51,000 for Dr. Kesari's brain cancer research. Well done!



## ONLINE SUPPORT GROUPS



**LIFE IN MOTION: PARKINSON'S DISEASE PATIENT SUPPORT GROUP**

[Learn More](#)



**PITUITARY PATIENT SUPPORT GROUP | ZOOM IN JUNE**

COMING SOON...