

September 2022

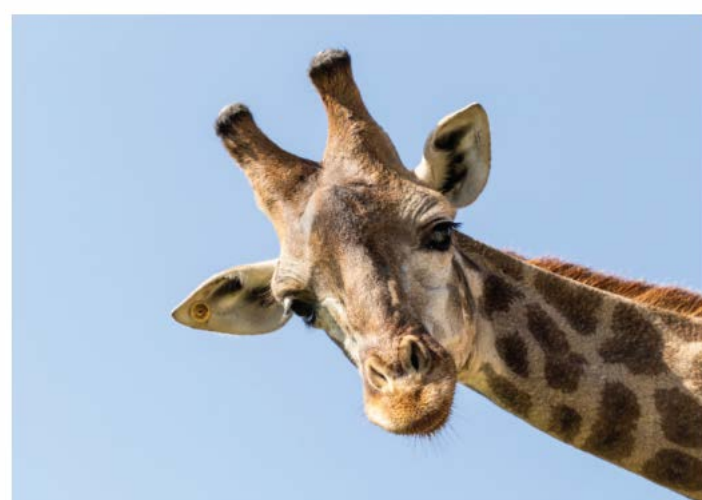


Largest Study of Brain Tumor “Keyhole” Surgery for Meningiomas

In a groundbreaking 13-year study, **Pacific Neuroscience Institute's** neurosurgical and otolaryngology surgical teams demonstrated outstanding outcomes with minimally invasive keyhole surgery for meningiomas, the most common primary brain tumor, in the largest keyhole cohort published to date.

[Learn More](#)

PNI Stories



PNI Goes to the Los Angeles Zoo

In honor of Dystonia Awareness Month, PNI is proud to sponsor the Los Angeles Dystonia Zoo Day on October 1st with the Dystonia Medical Research Foundation. Event speaker: **Natalie Diaz, MD.**

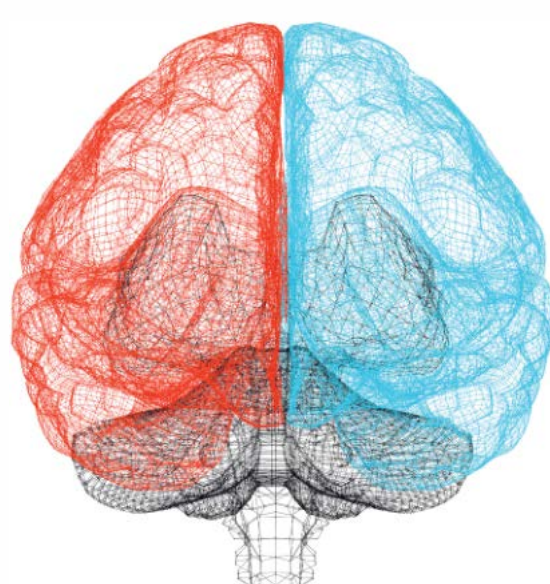
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Foods That Prevent Dementia

Scott Kaiser, MD, Director of Geriatric Cognitive Health at Pacific Brain Health Center, explains which foods may prevent dementia, Alzheimer's disease, and cognitive decline in older adults.

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Improving Stroke Diagnosis: PNI's Life-Saving Research

A new study presented by **Jason Tarpley, MD, PhD**, Director of Pacific Stroke & Neurovascular Center, demonstrates how artificial intelligence (AI) technology can identify when a patient is having a stroke.

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Helping Patients and Advancing Science With a Psilocybin Trial | Karina Sergei, MS, MFT

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More things to explore below!

Brain Health Corner: Molly's Tips

"Did you know that this is the perfect time to enjoy peak season tomatoes? Lycopene, the most abundant carotenoid in ripened tomatoes, is an antioxidant that fights against inflammation and oxidative stress. We absorb more lycopene when tomatoes are combined with a fat like olive oil, so use delicious September tomatoes in gazpacho, caprese salad, ratatouille, or your favorite recipe using fresh tomatoes."



Molly Rapozo
MS, RDN, CD
Dietician Nutritionist and Brain Health Coach

News & Events



Welcome, Sandra Narayanan, MD!

Sandra Narayanan, MD, FAHA, FANA, FSVIN, is board-certified in neurology and vascular neurology by the American Board of Psychiatry and Neurology, and CAST-certified in neuroendovascular surgery. Dr. Narayanan is a vascular neurologist and neurointerventional surgeon at PNI's Pacific Stroke and Neurovascular Center.

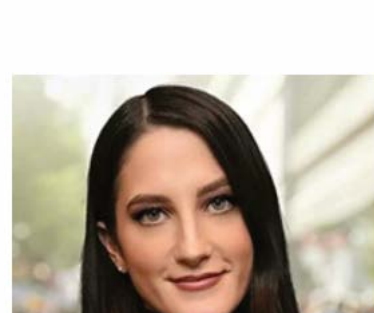
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Welcome, Karen Miller, PhD!

Karen Miller, PhD, Senior Director, Brain Wellness and Lifestyle Programs, is a leading national expert in the area of Memory/Cognitive Training. With more than three decades of experience in the field of aging and memory as a geropsychologist and clinical neuropsychologist, Dr. Miller's role with PNI Foundation is to develop and direct the implementation of Lifestyle Programs aimed at providing a Roadmap to Brain Wellness.

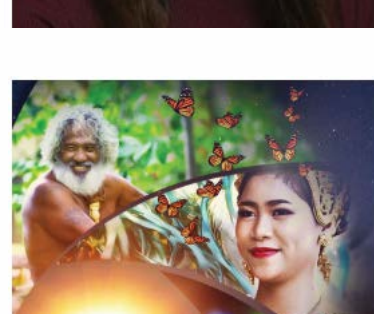
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Welcome, Asiya Fricke!

Asiya Fricke is the Associate Director of Patient Engagement at Pacific Neuroscience Institute Foundation. She is a development specialist who focuses on patient engagement, physician education, and creating opportunities to match patients' philanthropic interests with physicians' research and education efforts.

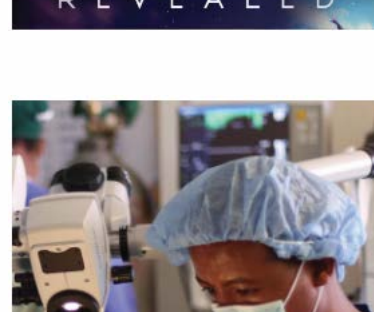
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Celebrate World Gratitude Day, Sept 21! Screening Premiere: *Gratitude Revealed*

Pacific Brain Health Center celebrates PNI advisor and filmmaker Louie Schwartzberg's latest film, *Gratitude Revealed*. Boost your well-being by practicing gratitude. Available at a local theater near you.

[LEARN MORE >>](#)

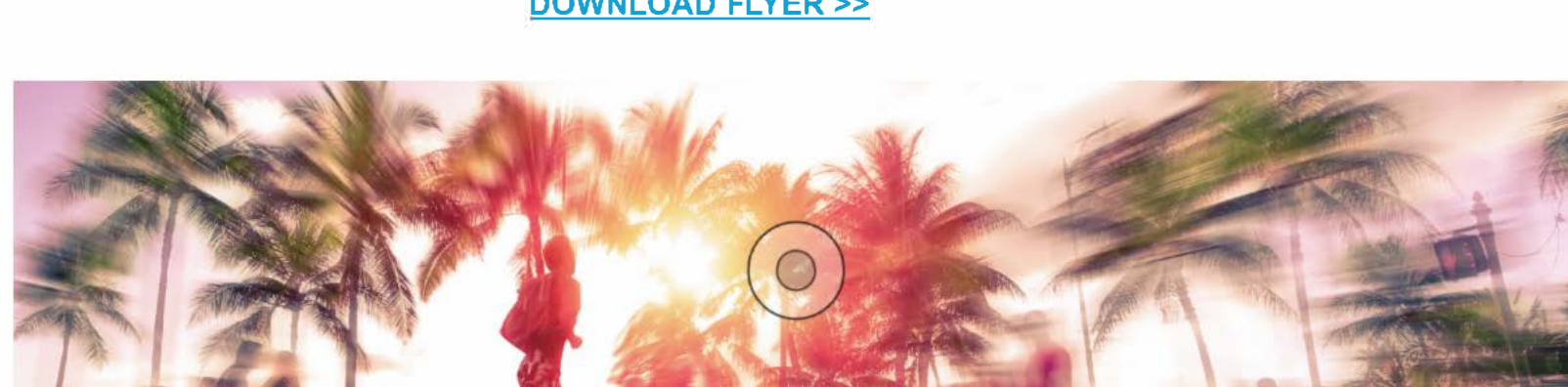


Attention Physicians! International Temporal Bone Course

September 23rd-25th, 2022
Neuroanatomy Surgical Skills Lab, Santa Monica, CA 90404

PNI and Global ENT Outreach's temporal bone course for international residents and Otolaryngologists will review the basics of chronic ear disease, OCR, acoustic tumors, the role of the endoscope in ear surgery, and more. Course Director: **Courtney Voelker, MD, PhD**. For more information, visit [Geoutreach.org](#)

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Newport Beach - Fullerton - Orange - Mission Viejo

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