



## PACIFIC BRAIN HEALTH CENTER AT PACIFIC NEUROSCIENCE INSTITUTE

Our team of experts in neurology, psychiatry, psychology, and geriatric medicine work collaboratively under one roof to provide precision evaluation and holistic treatment for middle-aged and older adults.

With a main focus in Alzheimer's disease and other dementias, we are dedicated to addressing the body, mind, and emotions of patients to improve health and quality of life. We care for memory loss and associated conditions including cross-functional areas of hormonal imbalance, vision and hearing loss, neuromuscular and spinal problems, and psycho-oncological issues associated with a cancer diagnosis and treatment.

### NEUROCOGNITIVE DIAGNOSTICS & TREATMENT

Our precision assessment includes review of personal and family history of memory loss and related conditions. We provide same-day screening of neurocognitive, physical, and psychological function. Based upon initial findings, we may recommend further testing such as brain imaging, brain mapping, genetic, and/or blood based diagnostic testing. Personalized treatment plans maximize the odds of success and include a combination of conventional and complementary medicine approaches as well as lifestyle modifications. We are pleased to offer novel physical and cognitive exercises to promote brain health and wellness. In addition, our specialists are involved in research and clinical trials that explore advancing care and treatment options for our patients.

### HEALTHY AGING PROGRAM

We focus on achieving healthy aging and stabilizing cognitive functions that would otherwise decline with advancing years. We achieve this through a combination of medical optimization and lifestyle recommendations for brain health. Patients experience positive results with our integrative programs that promote the determinants of well-being and vitality across the lifespan.

Recommended programs include:

- Precision and holistic assessment
- Diet and nutrition optimization
- Integrative and functional treatments
- Neurocognitive testing
- Multidisciplinary collaboration
- Meditation for stress reduction
- Mindful physical activities (yoga, tai chi, qigong)
- Simultaneous physical & mental exercise
- Reminiscence therapy
- Supplement regimen recommendations

### DISORDERS WE TREAT

- Alzheimer's disease
- Amyotrophic lateral sclerosis
- Anxiety
- Balance disorders
- Behavioral disturbance due to dementia
- Cancer-treatment related issues
- Chronic traumatic encephalopathy
- Corticobasal syndrome
- Dementia
- Depression
- Frontotemporal dementia
- Gait disturbance
- Healthy aging
- Human performance optimization
- HIV-related cognitive impairment
- Hormonal imbalance
- Lewy body dementia
- Memory disorders
- Memory loss
- Mild cognitive impairment (MCI)
- Multiple system atrophy (MSA)
- Mood disorders
- Neuro-vascular disease
- Parkinson's disease
- Posterior cortical atrophy
- Primary progressive aphasia
- Progressive supranuclear palsy
- Traumatic brain injury (TBI)
- Vascular dementia



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### FALL PREVENTION & TREATMENT PROGRAM

Complex, constant interactions between almost every system in the body enable us to maintain our balance, stand and walk without falling. However diseases, medications, environment and even “wear and tear” of age, can affect our balance and put us at risk for falls. Our experienced physicians assess these factors by detailed examinations and, if needed, diagnostic tests are performed to determine nerve and muscle, and inner ear function. Additional testing may be required and can include MRI, CT or PET scans.

We provide patients with superior care offering multiple evaluations with specialists in neuromuscular neurology, dementia and other memory disorders, movement disorders, vestibular (inner ear) disorders, ophthalmology, brain tumors, hydrocephalus, and vascular neurology, all within Pacific Neuroscience Institute. This allows us to coordinate care and address an individual's concerns in a focused and timely manner.



#### DAVID A. MERRILL, MD, PhD

Director, Brain Health Center

Dr. Merrill is a double board certified adult and geriatric psychiatrist. He specializes in the behavioral health sequelae of age-related neurodegenerative disorders such as Alzheimer's disease and Parkinson's disorder, and head trauma, tumor, and stroke. His “precision holistics” approach uses genetic and biomarker data to guide treatments for depression and cognitive dysfunction within the context of aging. [pacificneuro.org/merrill](http://pacificneuro.org/merrill)



#### SARAH McEWEN, PhD, NSCA-CPT

Director, Research and Programming

Dr. McEwen is a cognitive psychologist specializing in the study, development and implementation of novel physical exercise and cognitive training programs for aging populations to improve overall brain health and maintain functional independence. She integrates wearable technologies and cognitive training games to help improve mental and physical health and promote successful aging through exercise. [pacificneuro.org/mcewen](http://pacificneuro.org/mcewen)



#### VERNA R. PORTER, MD, FANA

Director, Dementia, Alzheimer's Disease and Neurocognitive Disorders Programs

Dr. Porter is a board certified adult and geriatric neurologist. With particular interest in behavioral neurology and neuropsychiatry, she specializes in the diagnosis and treatment of patients with memory disorders and neurodegenerative conditions, including Alzheimer's disease, dementia with Lewy bodies, and many other neurodegenerative processes. [pacificneuro.org/porter](http://pacificneuro.org/porter)



#### SCOTT KAISER, MD

Director, Geriatric Cognitive Health

Dr. Kaiser is a family and geriatric medicine expert focused on the needs of the elderly population. He works collaboratively with interdisciplinary colleagues to provide an integrated and holistic approach to the cognitive challenges that his patients face. He specializes in chronic diseases, nutritional problems, skin issues, cognitive loss, memory impairment, adverse affects of medications, immobility and balances issues of the elderly. [pacificneuro.org/kaiser](http://pacificneuro.org/kaiser)



#### WILLIAM BUXTON, MD, FANA, FAANEM

Director, Neuromuscular & Neurodiagnostic Medicine, and Fall Prevention

Dr. Buxton is board certified in adult neurology with focus on “below the neck” clinical neurophysiology. His expertise is in complex nerve and muscle disorders, treating patients with advanced diagnostic and therapeutic options in autoimmune neuromuscular disorders and other systemic conditions. In addition, his streamlined fall prevention program optimizes safety for at-risk neurology patients. [pacificneuro.org/buxton](http://pacificneuro.org/buxton)

### PACIFIC BRAIN HEALTH CENTER CLINIC LOCATION

1301 20th St., Suite #145  
Santa Monica, CA 90404

310-582-7641 | [PacificBrainHealth.org](http://PacificBrainHealth.org)



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