

Pickleball ~ A Neuromotor Workout

JULY 2024
Brain Matters Newsletter
PACIFIC NEUROSCIENCE INSTITUTE

With summer upon us, playing pickleball provides many brain health and physical health benefits. **Ryan Glatt, CPT, NBC-HWC**, senior brain health coach and director of the FitBrain Program at Pacific Neuroscience Institute, explains.

[LEARN MORE](#)

In this issue: Get expert tips for a **brain healthy July 4th**. Do you know about **acromegaly**? A woman's **facial paralysis** is treated with compassion. And **seasonal allergies** find their match. Now delve into the July's Brain Matters newsletter brought to you by Pacific Neuroscience Institute®!

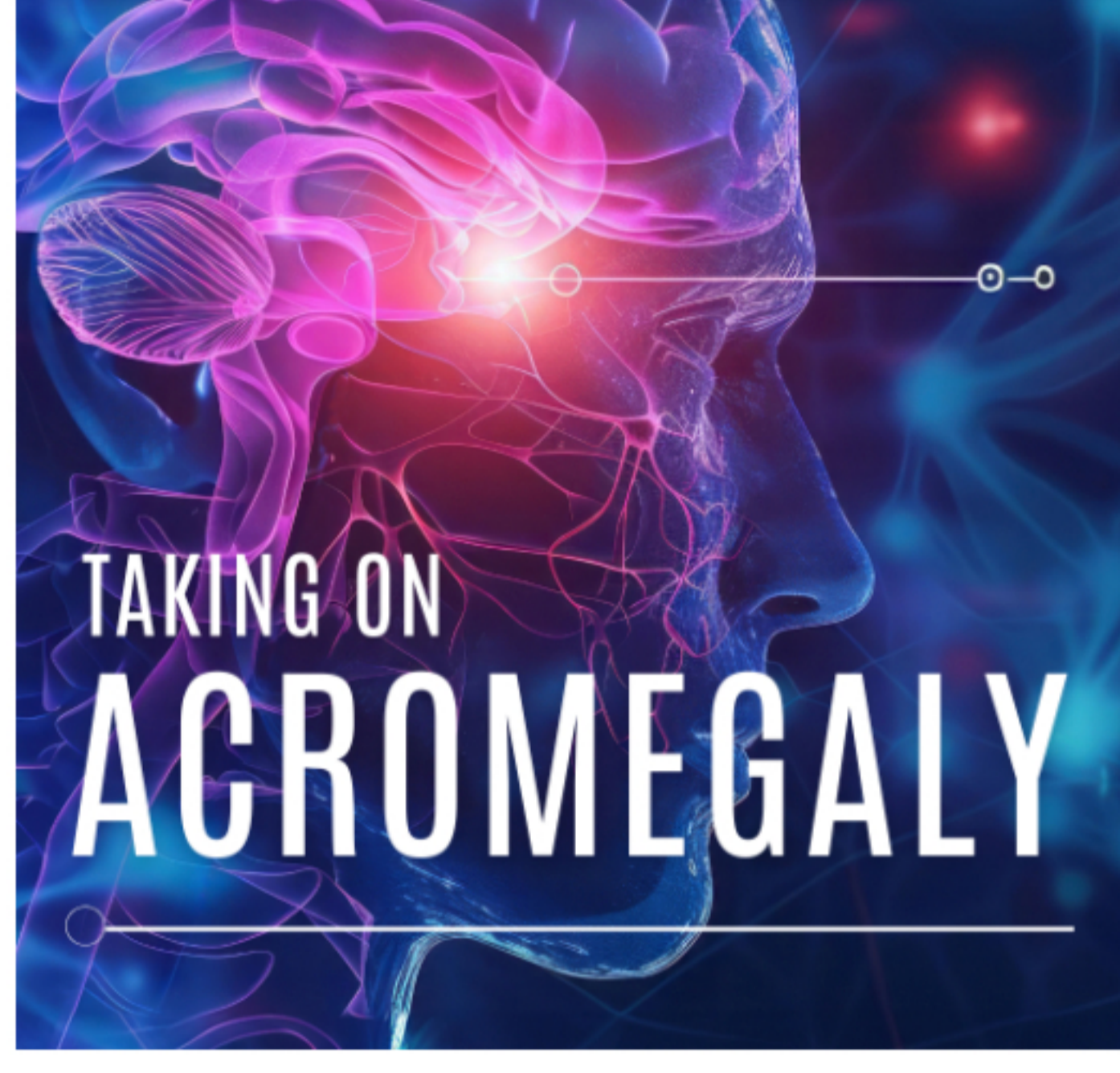
★ Spotlight Stories



Brain Health Tips for Your July 4th

PNI experts provide insights for a fun and safe holiday. Spine tips & hearing safety. Can you enjoy fireworks with a brain tumor or with a neuro condition? **Is it safe to eat bbq?**

[Find Out More](#)



Acromegaly 101

Called **gigantism** in children and **acromegaly** in adults, this condition is caused by a disorder of the pituitary - the master gland controlling hormones. **Dr. Daniel Kelly** reviews in depth the causes, diagnosis and treatment.

[Learn More](#)



A Smile Returns

Restoring a Smile After a Severed Facial Nerve

Devastating news. Jen's facial nerve was damaged resulting in **facial paralysis**. After a midnight call, and with the expert care of **Amit Kochhar, MD, and Howard Krauss, MD**, at PNI, she has courageously rebuild her life.

[Watch Jen's Story](#)



Sniffing out Solutions to Seasonal Allergies

Congestion. Sneezing. Runny nose. Symptoms all too familiar to those with allergies. **Michael Yong, MD**, subdues even the most severe cases. **Apple Podcasts | Google Podcasts | Spotify | Simplecast | YouTube**

[Catch Up Now](#)

🎉 Notable News



Dr. David Merrill Honored
On May 30, **David A. Merrill, MD, PhD**, was one of three physicians at Saint John's Health Center Foundation's inaugural Endowed Chair Investiture Ceremony at the Brentwood Country Club. He was presented with the **Singleton Endowed Chair in Integrative Brain Health** made possible by generous donors signifying a commitment to advancing medical research and patient care. *Congratulations, Dr. Merrill!*

[More Details >>](#)



Leadership For Dr. Akanksha Sharma
Akanksha Sharma, MD, has been named as the new **Director of Neuro-oncology Research at Saint John's Cancer Institute**. Over the past year, she has led the research portfolio paving the way for growth in 2024 and beyond. In addition, she has cultivated a high performing group whose expertise, input and insights contribute greatly to the success of clinical trials and research. *Mighty congrats, Dr. Sharma!*

[Glioblastoma Awareness Day: July 17, 2024](#)

😎 Health Happenings



Join "Vital Minds" Memory Courses
ENROLLING | Online & In-Person Options

Does it take longer to remember a word? Have you or a loved one wondered how to prevent brain and memory decline? This course is for you. PNI's **Brain Wellness & Lifestyle "Vital Minds" classes are enrolling now.**

Learn More
Virtual Session >> Jul 9, 16, 23, 30, Aug 6, 13 | 11a-12p
In-Person Session >> Aug 8, 15, 22, 29 | 9-11a



Check out the BBC! The Brain Book Club
Tuesdays, beginning July 16, 11am - 12pm
Santa Monica YMCA | Free

Do you wish to keep sharp and connected? Join the BBC! As its first book, the Brain Book Club will be discussing "The End of Alzheimers" written by Dr. Dale Bredeesen. Take advantage of this dynamic and insightful community resource facilitated by Rick Frieder!

[Learn More >>](#)



Acoustic Neuroma Patient Education Event
October 5, 2024, 7:30am - 4:00pm | Le Méridien Delfina, 530 Pico Boulevard, Santa Monica | Free

Mark your calendars! PNI experts will be presenting a comprehensive discussion at a special patient education event in collaboration with the Acoustic Neuroma Association. Stay tuned for more details on registration.

[Learn More >>](#)



Walk to End Alzheimer's | Beach Cities
October 13, 2024, 9am | Hermosa Beach Pier Plaza, 1001-1009 The Strand, Hermosa Beach | Free

Walk to fight for a future without Alzheimer's for our families, our friends and ourselves. Funds raised further the care, support and research efforts of the Alzheimer's Association. Not in Los Angeles? Register at a local walk.

[Learn More >>](#)

Think Neuro. Think PNI.

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Santa Monica - Torrance - Burbank - Mission Hills - Wilshire
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[VIEW OUR LOCATIONS](#)

PNI has **39 physicians** taking care of patients with a wide range of neurological conditions. Request an in-person or virtual video online visit by calling (310) 582-7640 or [find a doctor at pacificneuro.org](#).

Accepting new patients for virtual or office consultations.

