



Early Warning Signs of Multiple Sclerosis

BRAIN MATTERS NEWSLETTER | MARCH 2025

Maybe your fingers have been tingling for a few days. Or you suddenly can't see out of your left eye. Perhaps you're super tired and can't figure out why. The last thing you might think these feelings could be are early signs of **Multiple Sclerosis (MS)**. But it's not out of the realm of possibility, especially if you're a woman under the age of 50. It's MS awareness month. Neurologist and MS specialist **Barbara Giesser, MD**, discusses the signs, symptoms, and treatment options for MS.

[LEARN MORE](#)

★ Spotlight Stories | March 2025



Approved Nasal Spray for Severe Depression

Not responding to oral meds for major depression? Ask about esketamine.

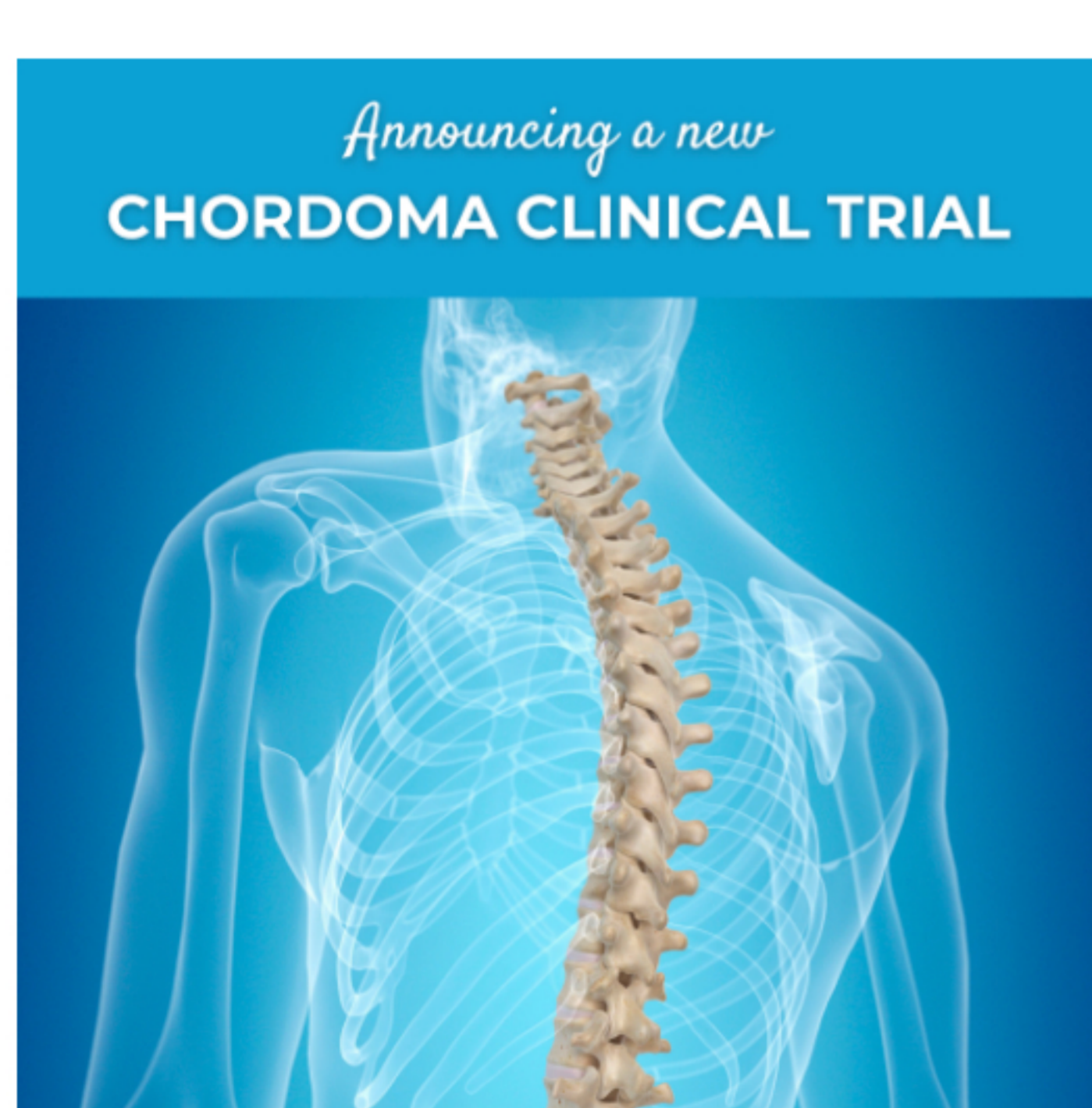
[Find Out More](#)



Is Health Tracking Making You Anxious?

Dr. Shannel Elhelou provides helpful suggestions of what to do.

[Learn More](#)



Rare Bone Tumor Study

A new clinical trial for **progressive chordoma** is open and enrolling patients. A rare bone cancer, chordoma tumors occur anywhere along the spine, from the head to the tailbone. **PI: Naveed Wagle, MD**

[Learn More](#)



What's Essential Tremor?

March is essential tremor awareness month. Often mistaken for Parkinson's, **ET affects eight million Americans**, far more than those with Parkinson's. [Apple Podcasts](#) | [Spotify](#) | [Simplecast](#) | [Watch on YouTube](#)

[Listen Now](#)

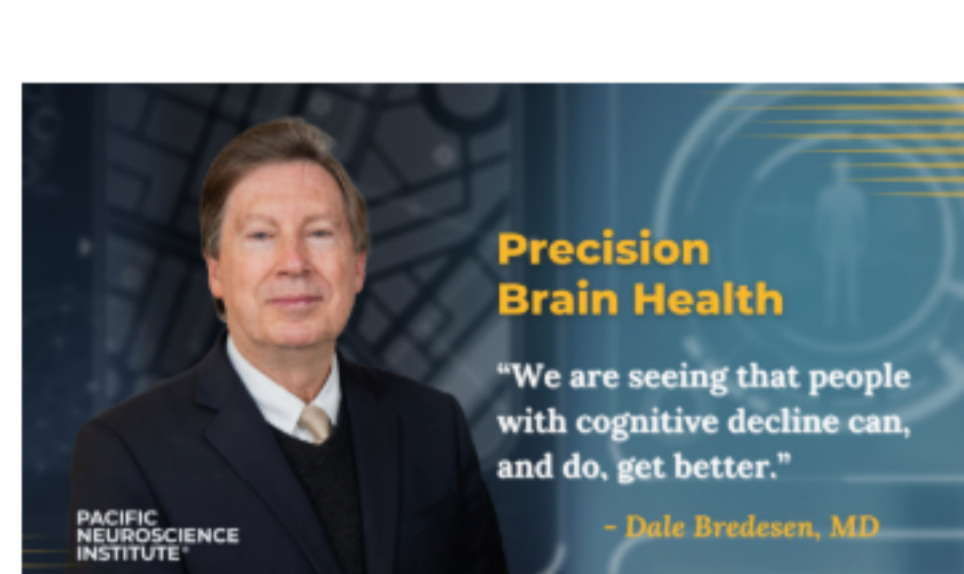
🧠 Boost Your Brain Power



Vital Minds Course
Tuesdays, 11am - 12pm | Virtual | Starting March 18

Experiencing memory issues? Learn strategies to use memory more effectively in real life situations. Reinforce brain-healthy behaviors such as diet, exercise, sleep, stress management, social engagement, and cognitive stimulation. Your expert coach: Molly Rapozo, MS, RDN

[Learn More >>](#)



Precision Brain Health Consultations
Pacific Brain Health Center

Worried about losing your edge? Our team offers enhanced access to specialized services to optimize your brain health throughout the lifespan. Join us on a journey to optimal brain health. **Contact us: 310-582-7609**

[Learn More >>](#)

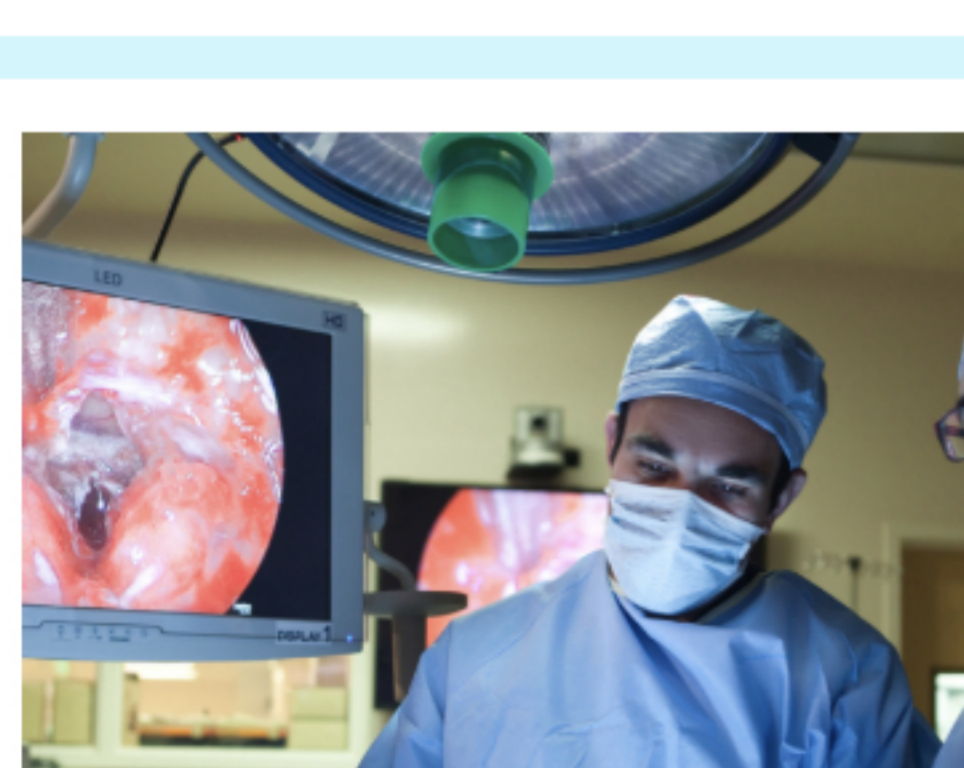


Parkinson's Disease (PD) Cognitive Group
Mondays, 10am - 11am | Virtual | Ongoing

In 4 sessions, PD patients can practice cognitive skills focused on executive functioning, attention, visuospatial abilities, and memory. Key areas: sleep, nutrition, and physical activity. Your coach: Molly Rapozo, MS, RDN

[Learn More >>](#)

★ Events



Pacific Rim Symposium
Fri-Sun, Mar 28-30, 2025 | Saint John's Cancer Institute, Santa Monica

Attention MDs! Join us for an intensive hands-on workshop exploring advanced techniques in **endoscopic endonasal and keyhole surgery**.
Sponsor: Pacific Neuroscience Inst & U of Colorado

[Learn More >>](#)



Walk MS Events in LA & Conejo Valley
Greater LA: Sunday, Mar 30, 2025 Conejo Valley: Saturday, April 12, 2025

Experience the Power of the MS Movement. Centered around the theme of Circles of Support, the Walk MS experience emphasizes the people and organizations that help improve a person's life with MS. Sponsored in part by Pacific Neuroscience Institute. **Join your local walk. [Learn More >>](#)**

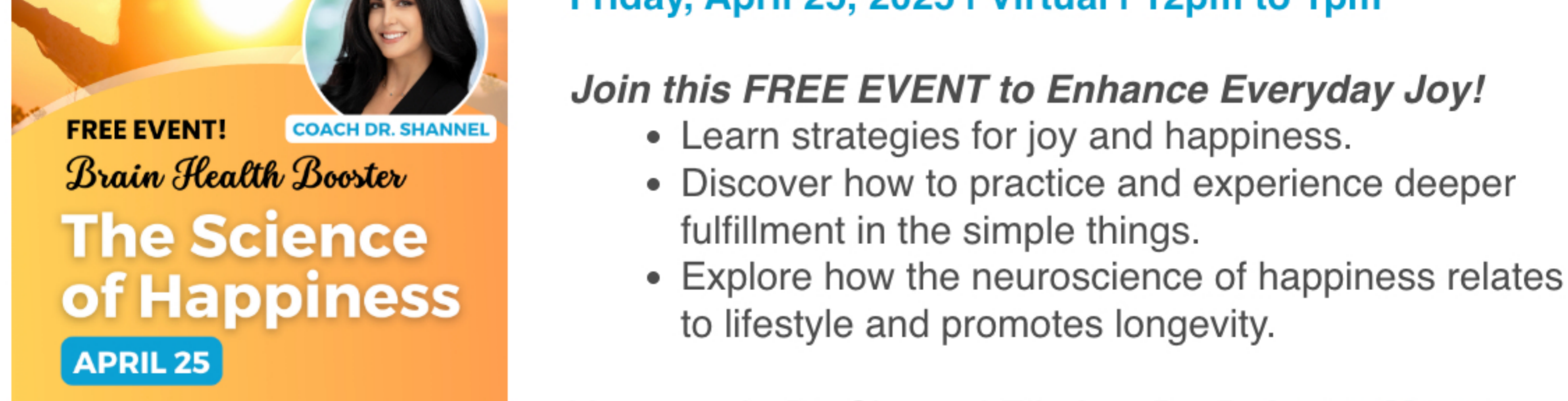


Save the Date for The Science of Happiness
Friday, April 25, 2025 | Virtual | 12pm to 1pm

Join this FREE EVENT to Enhance Everyday Joy!

- Learn strategies for joy and happiness.
- Discover how to practice and experience deeper fulfillment in the simple things.
- Explore how the neuroscience of happiness relates to lifestyle and promotes longevity.

Your coach: Dr. Shannel Elhelou, PsyD. [Learn More >>](#)



Think Neuro. Think PNI.

Santa Monica (310) 582-7640 | South Bay (424) 212-5361 | Burbank (818) 847-6049

Santa Monica - Torrance - Burbank - Mission Hills - Wilshire
Playa Vista - Fullerton - Orange - Mission Viejo

[VIEW OUR LOCATIONS](#)

PNI has **38 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.

