

Precision Brain Health

“We are seeing that people with cognitive decline can, and do, get better.”

- Dale Bredesen, MD

PACIFIC NEUROSCIENCE INSTITUTE

Pacific Neuroscience Institute® is thrilled to welcome renowned Alzheimer's neurologist, **Dale Bredesen, MD**, as senior director of **Precision Brain Health** at the Brain Health Center. His multifactorial approach called the ReCODE Protocol is an effort to prevent, arrest and even reverse symptoms of **Alzheimer's disease** and other cognitive decline. Consultations now available.

Plus, in this jam-packed May newsletter issue we highlight the awareness month for many neuro and related conditions: Brain Tumor, Stroke, Mental Health, and Speech-Language-Hearing.

[Dive In](#)

★ Spotlight Stories



Are Brain Tumors Genetic?

Two adult sisters were diagnosed with the same condition: a benign brain tumor called a **meningioma**. Their paths both led to treatment with neurosurgeon, **Daniel Kelly, MD**. Was their condition genetic?

[Learn More](#)



Spine Surgery With Robots

Dr. Jean-Philippe Langevin performed the first robotic + navigation-assisted **spine surgery** at Providence Little Company of Mary, Torrance, CA. What did he think about this new technology?

[Find Out More](#)



What Does 20/20 Vision Mean?

Do you need prescription eyeglasses? A staggering 166.5 million adult Americans do.

Expert neuro-optometrist, **Michelle Holmes, OD**, provides insights and important information about what you need to know about your vision.

[Learn More](#)



Vocal Cords Need Therapy Too

Explore how Speech-Language Pathology expert **Romina Huerta, MS, CCC-SLP** cares for vocal cords and more, with impact in all kinds of disease types.

[Apple Podcasts](#) | [Google Podcasts](#) | [Spotify](#) | [Simplecast](#) | [YouTube](#)

[Watch Now](#)

🎉 News & Events



Clear Minds: Memory & Mental Wellbeing Workshop Series in May

May 8 - May 30, 2024 | Santa Monica YMCA | No Cost | Virtual & In-Person Options Available

It's finally here! Join our free 4-week course offered by **Brain Wellness & Lifestyle** and sponsored by LA County Department of Mental Health. Clear Minds workshops provide evidence-based approaches for mental wellbeing, brain health and memory. **You're welcome to join us for any and all sessions!**

[Learn More & Register >>](#)

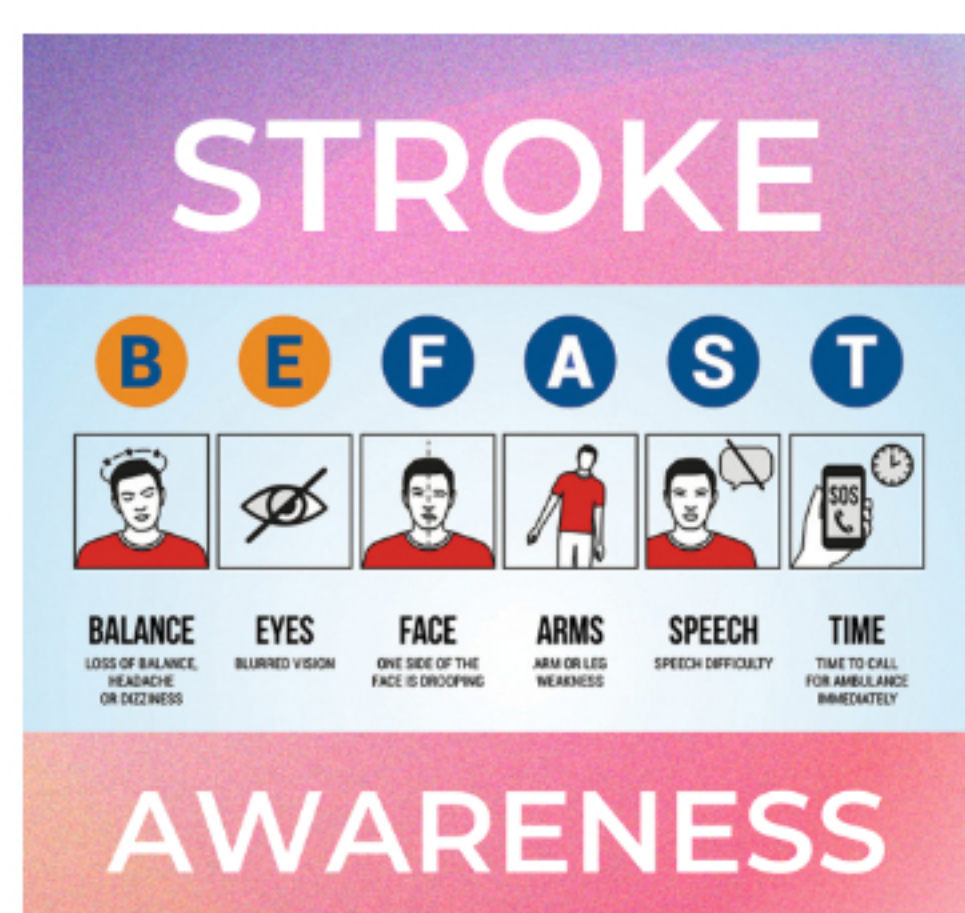


4th Annual Brain Tumor Awareness Walk

May 29, 2024, 12:30pm | Healing Garden, Saint John's Health Center, Santa Monica

Brain tumor awareness month in May will highlight supportive resources for patients and their loved ones. Get ready to join our 4th celebratory walk with neuro-oncologist **Dr. Akanksha Sharma** and the experts from Pacific Brain Tumor Center and Saint John's.

[Get More Resources >>](#)



Stroke Awareness Activities in Santa Monica

1. May 2: Emergency department Star Wars-themed sidewalk CPR event.
2. May 15: AHA booth to raise awareness at Providence Saint John's.
3. BEFAST education and stroke risk factor scorecards at local pharmacies.
4. Farmers' market booth promoting heart healthy eating, stroke risk factors, BEFAST, and other prevention strategies.

Call for more details: 501-519-4234

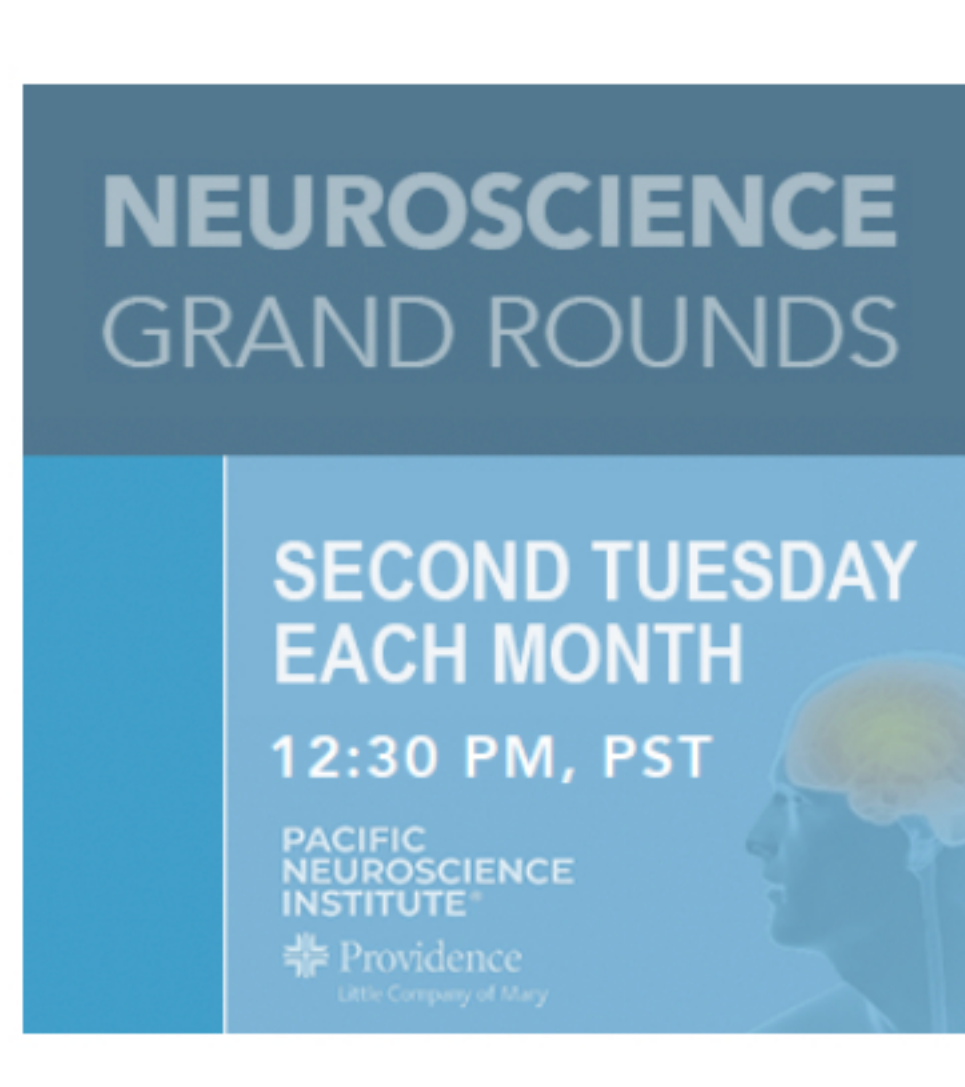


Unlock Better Sleep

A CPAP Machine Alternative for Obstructive Sleep Apnea **May 15, 2024, 12pm | Virtual | Free**

Omid Mehdizadeh, MD partners with *Inspire* to present an innovative solution for those struggling with their CPAP machines. Discover the transformative potential of the Inspire implant and reclaim restful sleep. Admission is free. Don't miss out—reserve your spot today!

[Register Now >>](#)



Monthly Grand Rounds | Virtual

Second Tuesday of Each Month at 12:30 pm PT

Attention doctors! Are you interested in expanding your neuroscience knowledge? Join our virtual Grand Rounds each month hosted by neurosurgeon **Dr. Walavan Sivakumar** at PNI-South Bay.

<https://zoom.us/join>

WEBINAR ID: 895 4586 0279 | PASSCODE: 3222

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 **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.

