

Virtual Event!

# *Integrating Lifestyle Strategies into the Care of Neurologic Disease*

November 13, 2021 | 9:00 am – 2:30 pm PT

Complimentary Course | 4.5 CME Hours

## *Course Director*

**Melita Petrossian, MD**

Director, Movement Disorders Center, Pacific Neuroscience Institute

## *Hosts*

**Daniel Kelly, MD**

Director & Co-Founder, Pacific Neuroscience Institute

**Scott Kaiser, MD**

Director, Geriatric Cognitive Health, Brain Health Center



Streaming via Broadcast Med

## **Course Objectives**

This one-day CME conference will review the evidence for lifestyle-based choices in the management of neurological diseases including:

- Alzheimer's disease and other forms of dementia
- Parkinson's disease
- Multiple sclerosis
- Balance and gait disorders
- Anxiety and depression
- Addiction

Integrative strategies to be discussed will include:

- Exercise
- Diet
- Sleep hygiene
- Cognitive stimulation
- Social engagement
- Mindfulness / meditation
- Psychotherapy
- Psychedelic-assisted therapy
- Medication options including updates from recent clinical trials
- Deep brain stimulation and non-invasive neurostimulation

## **Faculty**

In order of appearance

### **Daniel Kelly, MD**

Director & Co-Founder  
Pacific Neuroscience Institute

### **Keith Heinzerling, MD**

Director, Treatment and Research In Psychedelics  
Pacific Brain Health Center

### **Scott Kaiser, MD**

Director, Geriatric Cognitive Health  
Pacific Brain Health Center

### **Natalie Diaz, MD**

Movement Disorders Neurologist  
Pacific Movement Disorders Center

### **Verna Porter, MD**

Director, Dementia, Alzheimer's Disease  
and Neurocognitive Disorders  
Pacific Brain Health Center

### **Melita Petrossian, MD**

Director, Pacific Movement Disorders Center

### **David Merrill, MD, PhD**

Director, Pacific Brain Health Center

### **William Buxton, MD**

Director, Neuromuscular and Neurodiagnostic Medicine  
and Fall Prevention, Pacific Brain Health Center

### **Shanthi Gowrinathan, MD**

Director, Psycho-oncology  
Pacific Brain Health Center

### **Barbara Giesser, MD**

Multiple Sclerosis Neurologist  
Pacific Brain Health Center

### **Jean-Philippe Langevin, MD**

Director, Restorative Neurosurgery  
and Deep Brain Stimulation  
Pacific Movement Disorders Center

## Agenda

● **9:00–9:10**

Welcome & Opening Remarks  
Daniel Kelly, MD

● **9:10–9:15**

Introduction of Speakers  
Scott Kaiser, MD

● **9:15–9:45**

Update on Prevention and Treatment of Alzheimer's Disease  
*Trials, Opportunities, and Challenges*  
Verna Porter, MD

● **9:45–10:15**

Lifestyle Strategies for Prevention of Dementia  
David Merrill, MD, PhD

● **10:15–10:20**

**Break**

● **10:20–10:50**

Anxiety, Depression, and Neurological Disease  
Shanthi Gowrinathan, MD

● **10:50–11:20**

Neuromodulation for Mood and Anxiety  
Jean-Philippe Langevin, MD

● **11:20–11:50**

Research Updates in Psychedelic-Assisted Therapy  
Keith Heinzerling, MD

● **11:50–12:10**

**Break**

● **12:10–12:40**

Update in Parkinson's Disease Diagnosis and Treatment  
Natalie Diaz, MD

● **12:40–1:10**

Evidence for Exercise and Cognitive Stimulation in Parkinson's Disease  
Melita Petrossian, MD

● **1:10–1:15**

**Break**

● **1:15–1:45**

The Critical Contributions of “Below the Neck Neurology” and Balance in Brain Health  
William Buxton, MD

● **1:45–2:15**

Integrative Management of Persons with Multiple Sclerosis  
Barbara Giesser, MD

● **2:15–2:30**

Closing Remarks  
Scott Kaiser, MD



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For more information, please contact:

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[PacificNeuro.org](http://PacificNeuro.org)