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Pickup Family
Neurosciences Institute

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Integrative Brain Health Summit

Powered by the Pickup Family Neurosciences Institute

In collaboration with Hoag's

- Digestive Health Institute
- Women's Health Institute
- Jeffrey M. Carlton Heart & Vascular Institute
- Center for Pain Management
- Hoag Family Cancer Institute
- Hoag Spine Institute
- Hoag Orthopedic Institute

Saturday, November 7, 2026

The Waterfront Beach Resort
21100 Pacific Coast Highway
Huntington Beach, California

MAGNET with Distinction
AMERICAN NURSES CREDENTIALING CENTER

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NEUROLOGY & NEUROSURGERY

Supported by philanthropy through the Hoag Hospital Foundation

Conference Overview

Brain health is increasingly recognized as the product of interconnected biologic systems rather than the nervous system alone.

Advances in neuroscience are redefining our understanding of neurologic disease by revealing critical interactions between the brain and cardiovascular, immune, endocrine, gastrointestinal, musculoskeletal, and behavioral health systems.

Hoag's 2026 Integrative Brain Health Summit brings together experts from across its institutes to challenge traditional specialty boundaries and explore the future of collaborative, interdisciplinary brain care. Through a series of innovative, thought-provoking presentations from leading experts and interactive panel discussions, participants will explore how emerging science, innovative technologies, and cross-disciplinary collaboration are transforming the prevention, diagnosis, treatment, and restoration of neurologic disease.

From artificial intelligence and precision medicine to biomarkers, neuromodulation, and regenerative therapies, the program highlights the innovations that are redefining lifelong brain health.

Register online today

hoag.org/neurosymp2026

Keynote *Speaker*

Mr. Sam Walker

***New York Times* Bestselling Author, Leadership Expert, and Performance Strategist**

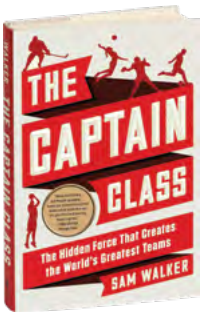
The Dr. Michael Brant-Zawadzki Distinguished Lectureship in Neuroscience

Sam Walker is the bestselling author of *The Captain Class*, the groundbreaking book that uncovered the hidden leadership traits behind the 17 greatest dynasties in sports history.

His work challenged conventional wisdom about what truly makes legendary teams and the leaders who drive them.

Walker has advised Fortune 500 companies, elite military units, nonprofit organizations, Olympic programs, and championship professional sports teams on building cultures of sustained excellence.

During a distinguished two-decade career at *The Wall Street Journal*, Walker held several influential editorial roles and became renowned for his sharp insights and fearless perspective. He has become one of the world's leading voices on leadership, high performance, and what separates great teams from dynasties.



"The easiest way to lead, it turns out, is to serve."

The first 200 attendees will receive autographed copies of *The Captain Class: The Hidden Force That Creates the World's Greatest Teams*

Venue & Accommodations

Waterfront Beach Resort

Huntington Beach, California

Room Block

$349 + taxes/destination charges, per evening

A room block has been secured for this meeting through Friday, October 16, or until sold out.

Parking

Overnight self-parking: $38/vehicle
Daily valet parking: Complimentary

Airports

John Wayne Airport (SNA)
15 minutes

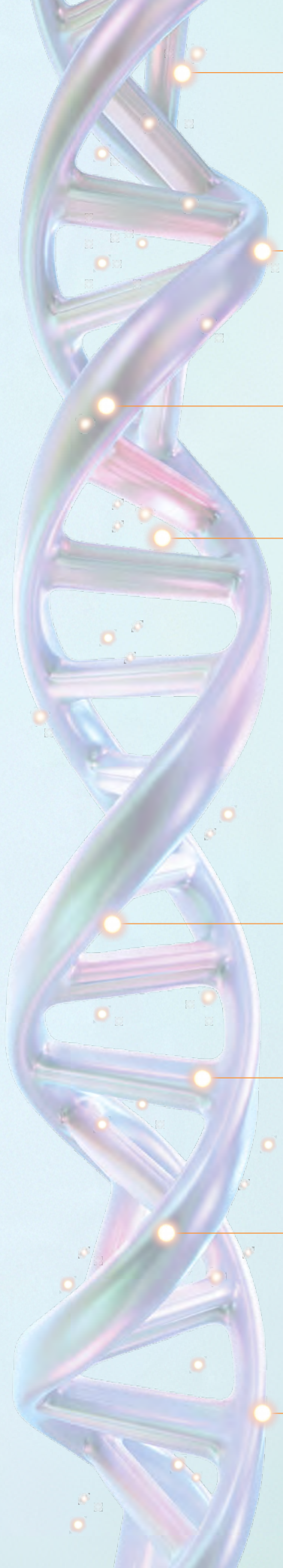
Los Angeles International Airport (LAX)
60 minutes

Reservations

To make a room reservation, call **(714) 845-8000** and ask for the Hoag Integrative Brain Health Summit room block or book online at **hoag.org/neurosymp2026** and click the HOTEL tab. Hotel rooms are based on availability and subject to sell out.

Reserve your room accommodations now

Scan the QR code here



Educational Objectives

DEVELOP **interdisciplinary strategies** that bridge traditional specialty boundaries to advance integrated brain health, improve patient outcomes, and accelerate innovation across systems.

RECOGNIZE how disorders of the **gut, heart, immune and endocrine systems, musculoskeletal system, and cancer** biology influence brain function and neurologic disease.

EVALUATE **emerging evidence** that organ-specific diseases may be driven by dysfunction in interconnected biologic and neural networks.

ASSESS how **advances in artificial intelligence, genomics, biomarkers, neuromodulation, and data science** are reshaping the prevention, diagnosis, and treatment of neurologic disease.

DESCRIBE how **inflammation, metabolism, hormones, vascular health, and the microbiome** influence brain aging, resilience, neurodegeneration, and mental health.

APPLY contemporary concepts of **neural circuitry and network dysfunction** to better understand chronic pain, cognitive decline, epilepsy, and neurorecovery.

IDENTIFY opportunities to **intervene earlier in the disease process** through risk stratification, predictive biomarkers, and precision prevention strategies designed to preserve long-term brain health.

EXPLORE **next-generation therapies** designed to restore, regenerate, and optimize nervous system function.

Meet *the* Faculty

Bringing together nationally recognized experts from across disciplines and institutions to advance **integrated brain health**.

Program Directors

Adam S. Kanter

MD, MS, MBA, FAANS*

Ron & Sandi Simon Executive Medical Director Endowed Chair
Neurosurgeon, Hoag Specialty Clinic
Pickup Family Neurosciences Institute

Yasir Jassam

MD, FRCP, FAAN*

Janet Curci Family Foundation Endowed Chair in Multiple Sclerosis & Neuroimmunology
Neurologist, Hoag Specialty Clinic Chief of Neurology
Director, Multiple Sclerosis and Neuroimmunology Program
Pickup Family Neurosciences Institute

Timothy H. Lucas

MD, MBA, PhD*

Snyder Family Endowed Chair in Restorative Neuroscience
Neurosurgeon, Hoag Specialty Clinic Chief of Neurosurgery
Director, Functional Neurosurgery
Pickup Family Neurosciences Institute

Hoag Endowed Chair Faculty

Allyson M. Brooks, MD, FACOG
Ginny Ueberroth Executive Medical Director Endowed Chair
Women's Health Institute

Steven Grossman, MD, PhD*
Grace E. Hoag Executive Medical Director Endowed Chair
Hoag Family Cancer Institute

Caroline Hwang, MD*
Margolis Family Endowed Chair in Inflammatory Bowel Disease

Simon Khagi, MD, MBA, FACP*
Melinda Hoag Smith Endowed Chair in Neurological Oncology

Robert G. Louis, MD, FAANS*
Empower360 Endowed Chair in Skull Base and Minimally Invasive Neurosurgery
Surgical Medical Director, Brain Tumor Program

Aaron R. Ritter, MD*
Larkin Family Endowed Chair in Integrative Brain Health
Director, Center for Brain Health

*Hoag Specialty Clinic Physician

Featured Faculty

Aram Asatrian, MD, PhD*
Neurologist

Lauren L. Bennett, PhD
Clinical Neuropsychologist

Mindy K. Bixby, DO
Neurologist, Movement Disorders

David M. Brown, MD
Neurologist
Director, Stroke Program

Antonio Covarrubias, MD*
Vascular Surgeon

Stephanie Da Silva Davis, MD, FACOG, MSCP
OB/GYN
Sexual & Hormonal Health Program Advisor

Christopher M. Duma, MD*
Neurosurgeon
Director, Stereotactic Radiosurgery

Christy M. Dunst, MD, FACS, FAFAS*
Foregut Surgeon
Division Chief, Foregut Surgery

Ezequiel Goldschmidt, MD*
Neurosurgeon
Surgical Medical Director, Stroke Program

Nathan Han, MD*
Neurosurgeon

Neal Hermanowicz, MD, FAAN*
Neurologist, Movement Disorders

Kevin Kheder, MD
Interventional Cardiologist

Richard Lee, MD
Orthopedic Surgeon
Hoag Orthopedic Institute

Andrew Ly, MD
Neurologist
Director, Concussion/TBI Program

Joshua Martin, MD
Neurologist, Epileptologist

Avinash Mesipam, MD
Interventional Radiologist

David Millett, MD, PhD
Neurologist
Co-Director, Epilepsy Program

Catherine B. Ngo, MD*
Gastroenterologist
Director, Motility Program

C. Phillip O'Carroll, MD
Neurologist
Director, Neurobehavioral Medicine

Bethany O'Connor, MD
Physical Medicine and Rehabilitation

James Park, DO
Neurologist
Co-Director, Epilepsy Program

Matthew Reed, MD, MSPH*
Psychiatrist
Chief, Inpatient Pain and Outpatient
Addiction Services

Sina Safahieh, MD
Psychiatrist
Director, ASPIRE and Young Adult Mental Health Programs

Kunal R. Sinha, MD*
Interventional Pain Specialist

Jeremy Smith, MD
Orthopedic Spine Surgeon
Division Chief, Spine Surgery
Hoag Orthopedic Institute

Jack Sun, MD, MS, FRCSC*
Cardiovascular Surgeon
Director, Cardiovascular Surgery

Howie Tran, MD, FACC, FHFSA*
Transplant Cardiologist
Medical Director, Advanced Heart Failure Program

Anusha Wijeyakumar, MA, CPC, E-RYT, Dip Mentoring
Wellness Consultant

Guest Faculty

Brandon Bentzley, MD, PhD
Neuroscientist, Psychiatrist
Co-founder and Chief Medical Officer
Salma Health and Magnus Medical

Charlotte D. Eaton, PhD
Neuroscientist
University of California, Irvine

Zach Gersey, MD
Assistant Professor of Neurosurgery
Loma Linda University Health

Ryan Labovitch, MD
Orthopedic Surgeon
SMaRT Health & Wellness

Andrew C. Vivas, MD
Assistant Professor of Neurosurgery
University of California, Los Angeles

40+	8	7	1
Experts	Disciplines	Institutes	Integrated approach to brain health

*Hoag Specialty Clinic Physician

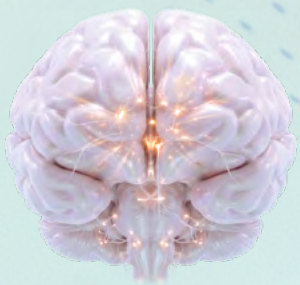
Course Agenda

7 – 7:50 AM

Registration, Breakfast, and Industry Exhibits

7:50 – 8 AM

Welcome to the Connected Brain – A New Era of Integrative Medicine



Adam Kanter, MD

Session 1 8 – 9 AM

The Female Brain: Hormones as Neurologic Drivers

Moderated by Allyson Brooks, MD

Migraines:
A Hormonal Brain Condition Across the Female Lifespan
C. Phillip O'Carroll, MD

Hormone Therapy & Dementia Risk in the Aging Female Brain
Stephanie Davis, MD

The X-code:
Female Predilection to Autoimmune Neurological Disorders
Yasir Jassam, MD

Panel Discussion

Lauren Bennett, PhD · Anusha Wijeyakumar, MA, CPC, E-RYT
Stephanie Davis, MD · Yasir Jassam, MD · C. Phillip O'Carroll, MD

Session 2 9 – 10 AM

The Gut-Brain Axis: When Neurology is a GI Disease

Moderated by Christy Dunst, MD

If Parkinson's Disease Starts in the Gut, Why Are We Treating the Brain?
Mindy Bixby, DO

The Gut-Brain Disconnect: How Microbiome Signaling Shapes Neurologic Disease
Caroline Hwang, MD

Beyond Weight Loss: The Effects of GLP-1s on the Brain
Andrew Ly, MD

Panel Discussion

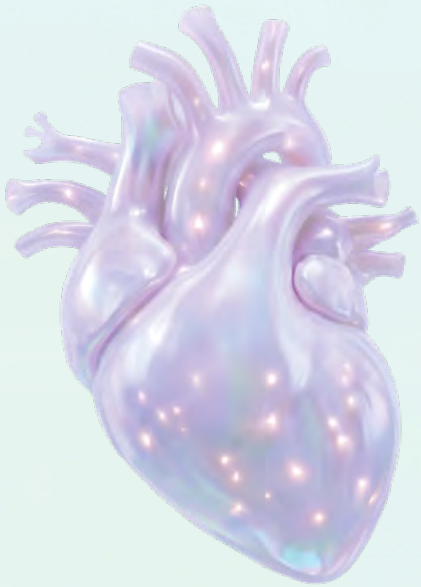
Catherine Ngo, MD · Neal Hermanowicz, MD
Mindy Bixby, DO · Caroline Hwang, MD · Andrew Ly, MD

10 – 10:20 AM

Morning Break and Industry Exhibits

Session 3 10:20 – 11:20 AM

Cardiovascular-Cerebral Connections: The Hidden Neurology



Moderated by Jack Sun, MD

LVADs, Microstrokes, and the Neurologic Cost of Survival
Howie Tran, MD

The Silent Arrhythmia: Predicting Stroke Risk in Atrial Fibrillation
Kevin Kheder, MD

Carotid Disease and Stroke Prevention in the Era of Precision Medicine
Antonio Covarrubias, MD

Panel Discussion

David Brown, MD · Avinash Mesipam, MD
Howie Tran, MD · Kevin Kheder, MD · Antonio Covarrubias, MD

Session 4 11:20 AM – 12:10 PM

Dr. Michael Brant-Zawadzki Distinguished Lectureship in Neuroscience

Introduction of Keynote by Adam Kanter, MD

Keynote Speaker

Mr. Sam Walker

The Biology of Teamwork: Why Culture Drives Performance

Author and *New York Times* Bestseller, *The Captain Class: The Hidden Force That Creates the World's Greatest Teams*

12:10 – 1 PM

Lunch and Industry Exhibits

Session 5 1 – 2 PM

Brain Tumors and Cancer: Where Biology and Technology Meet

Moderated by Steven Grossman, MD

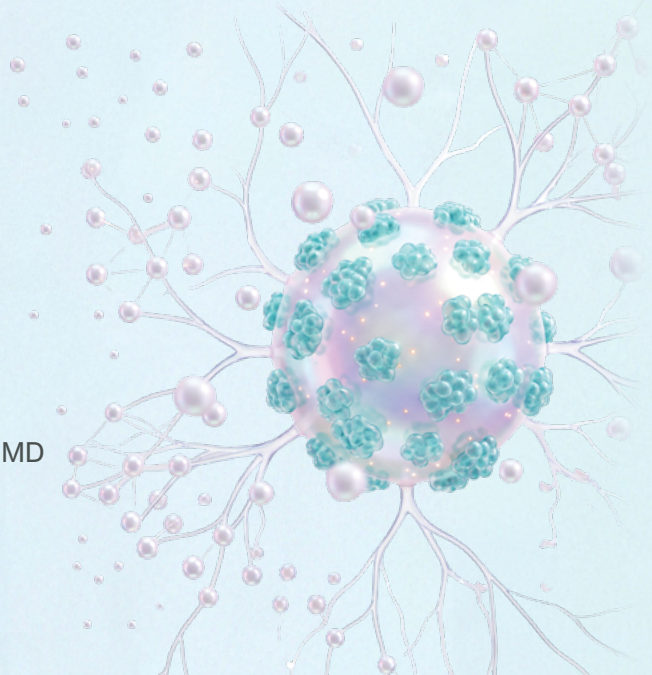
Brain Tumor Surgery in the Age of AI: Beyond What Our Eyes Can See
Robert Louis, MD

Breaking the Blood–Brain Barrier: Hype, Hope, or the Holy Grail
Simon Khagi, MD

Extent of Resection vs. Tumor Biology: What Metrics Determine Survival
Zach Gersey, MD

Panel Discussion

Christopher Duma, MD · Charlotte Eaton, PhD
Zach Gersey, MD · Simon Khagi, MD · Robert Louis, MD



Session 6 2 – 3 PM

Bones, Brains, and Pains: Structure vs. Function

Moderated by Jeremy Smith, MD

The High-Performance Human: Recovery, Resilience, and Longevity
Ryan Labovitch, MD

The Spine-Brain Disconnect: When Structural Success Doesn't Relieve Pain
Andrew Vivas, MD

Chronic Pain Is a Brain Circuit Disorder: Interrupting the Circuit
Kunal Sinha, MD

Panel Discussion

Nathan Han, MD · Richard Lee, MD
Ryan Labovitch, MD · Kunal Sinha, MD · Andrew Vivas, MD

3 – 3:20 PM

Afternoon Break and Industry Exhibits

Session 7 3:20 – 4:20 PM

Neurorestoration: From Degeneration to Regeneration

Moderated by Adam Kanter, MD

Brain Development and the Origins of Neurologic Disease
Ezequiel Goldschmidt, MD

Rewiring Epilepsy: Gene Therapy, Networks, and Neuromodulation
David Millett, MD

The Future of Neuromuscular Medicine: Biomarkers, Genetics, and Regeneration
Aram Asatrian, MD, PhD

Panel Discussion

James Park, DO · Joshua Martin, MD
Ezequiel Goldschmidt, MD · David Millett, MD · Aram Asatrian, MD, PhD

Session 8 4:20 – 5:20 PM

Neurobehavioral Overload: The Dysregulated Brain

Moderated by Matthew Reed, MD

Modern Psychosurgery:
Treating Psychiatric Disorders Through Circuitry Instead of Chemistry
Timothy Lucas, MD

Depression, Anxiety, or Alzheimer's:
When Personality Changes Before Memory
Aaron Ritter, MD

The Burned-Out Brain:
Stress and Neural Overload on Our Next Generation
Sina Safahieh, MD

Panel Discussion

Brandon Bentzley, MD · Bethany O'Connor, MD
Timothy Lucas, MD · Aaron Ritter, MD · Sina Safahieh, MD

5:30 – 7:30 PM

Social Networking Event

Hosted by Hoag's Pickup Family Neurosciences Institute

Offshore 9 Rooftop Lounge

Continuing Medical Education

Accreditation
Hoag Memorial Hospital Presbyterian is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.

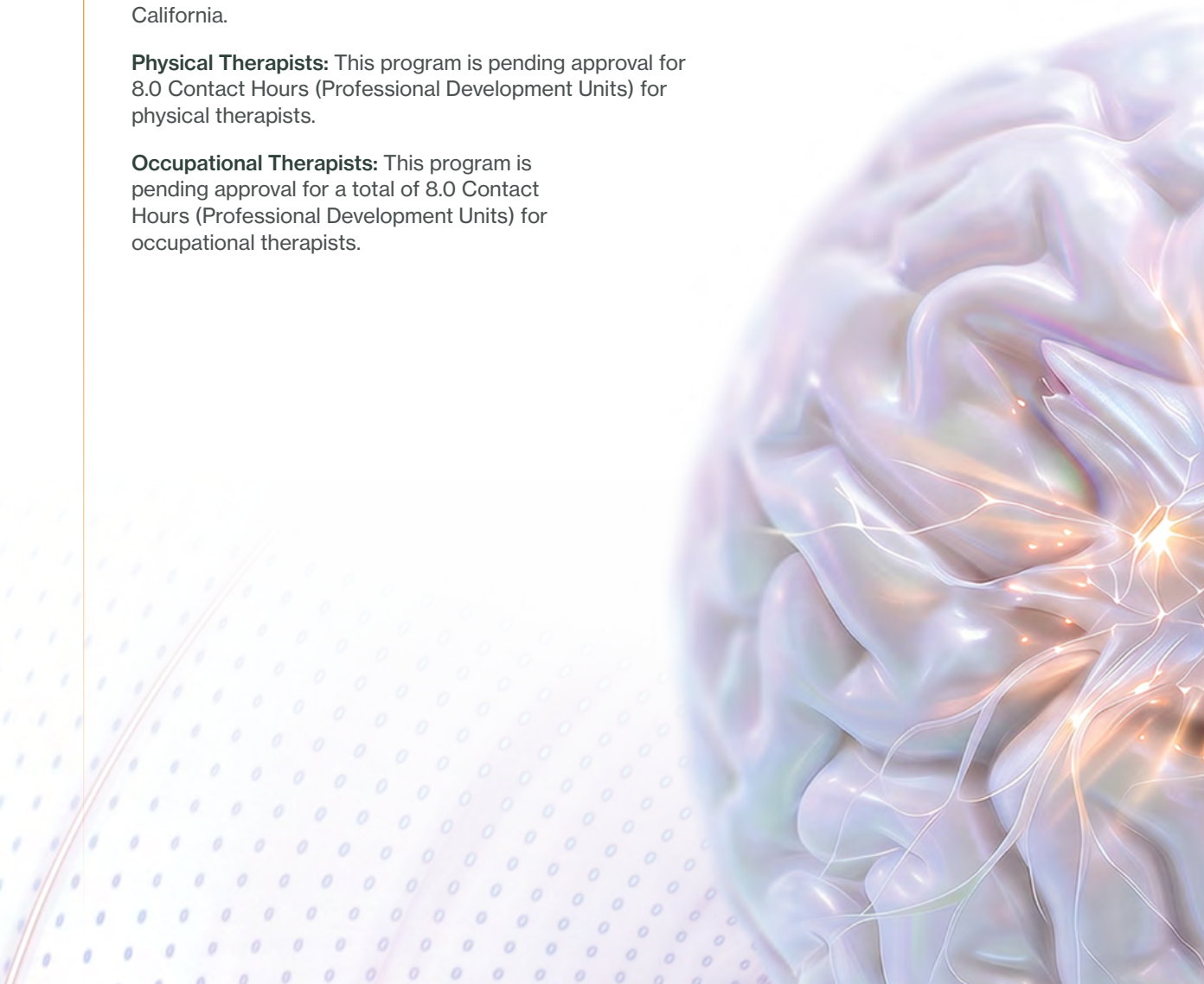
Credit Designation
Hoag Memorial Hospital Presbyterian designates this educational activity for the maximum of *7.5 AMA PRA Category 1 Credits™*. Physicians should claim credit commensurate with the extent of their participation in the activity. This credit can apply to the CMA Certification of Continuing Medical Education.

Board of Registered Nursing
This conference has been approved by the California Board of Registered Nursing, with provider number 17163, for a total of 7.5 Contact Hours of continuing education credit for registered nurses.

OT/PT Contact Hours
Hoag Memorial Hospital Presbyterian Physical Therapy Department is recognized as a Continuing Competency Approving Agency by the Physical Therapy Board of California.

Physical Therapists: This program is pending approval for 8.0 Contact Hours (Professional Development Units) for physical therapists.

Occupational Therapists: This program is pending approval for a total of 8.0 Contact Hours (Professional Development Units) for occupational therapists.



Register online at hoag.org/neurosymp2026

Registration

Early Bird Registration valid through October 1, 2026

MD/DO	$100
RNs, NPs, PAs, MAs, PT/OTs, and Technologists	$50
Residents and Fellows	$50
Allied Health	$50
Hoag RNs, NPs, PAs, MAs, PT/OTs, Fellows, and Technologists	$50 refundable deposit required to secure your seat

General Registration valid after October 1, 2026

MD/DO	$150
RNs, NPs, PAs, MAs, PT/OTs, and Technologists	$75
Residents and Fellows	$75
Allied Health	$75
Hoag RNs, NPs, PAs, MAs, PT/OTs, Fellows, and Technologists	$50 refundable deposit required to secure your seat

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Pickup Family
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