

**NEW MONTH** *New Procedures*

Who says you need a new building to start new programs or procedures? Please help us give a warm welcome to our newest Sharp Grossmont Hospital Neurosciences Center procedure, Deep Brain Stimulation (DBS). In this issue of "Keeping Up with Neurosciences," we will unpack some facts about DBS and introduce you to the physicians behind the program.

We are excited to say we successfully completed the first DBS procedure at Sharp Grossmont on 2/28/22!

**Our mission:** To create the first neurosciences center in San Diego dedicated to the care of patients needing advanced neurosurgical, neurological, and orthopedic spine expertise in a single center of excellence.

*Reflection*

"The future depends on what you do today."

Mahatma Gandhi

*Fun Fact*

Pictures are powerful tools for memory. Studies have shown people retain 65 percent more information when images are involved.

*More about Deep Brain Stimulation (DBS)***WHAT IS DEEP BRAIN STIMULATION (DBS)?**

DBS is a neurosurgical procedure that uses implanted electrodes that send electrical signals to brain areas responsible for body movement. The electrical stimulation is used to treat movement disorders associated with Parkinson's disease (PD), essential tremor, dystonia and other neurological conditions.

**WHAT YOU NEED TO KNOW ABOUT DBS:**

- Proper patient selection, precise placement of electrodes, and adjustment of the pulse generator are vital for a successful outcome
- When successful, DBS interrupts the irregular signals that cause tremors and other movement symptoms
- DBS can decrease a patient's need for medications and improve quality of life

Another essential component is rehabilitation. Our neurosurgical and rehabilitation teams have joined forces to create a comprehensive, personalized rehab program to coincide with the DBS procedure. Each patient starts their DBS journey with pre-operative, comprehensive assessments, which can include neuropsychological, gait, speech, vision and more.

Interested in learning more? Visit our newly launched webpage: [www.sharp.com/services/neurology/movement-disorder-and-parkinson-s-disease-treatment.cfm](http://www.sharp.com/services/neurology/movement-disorder-and-parkinson-s-disease-treatment.cfm)



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Email: [SGH.BD@sharp.com](mailto:SGH.BD@sharp.com)

**SHARP** Grossmont  
Hospital



**DR. CHAVAKULA**

Dr. Chavakula graduated cum laude from Harvard Medical School, trained at Brigham and Women’s Hospital and completed his fellowship program in epilepsy surgery. He is highly experienced in movement disorders, including Parkinson’s disease, with special interest in functional neurosurgery. Dr. Chavakula has spearheaded the development of SGH’s Movement Disorder Program, involving Neurology, Neurosurgery and Rehab, to create a comprehensive, patient-centered care pathway and treatment plan.

**DR. MOFIDI**

Dr. Mofidi, 20-year Sharp veteran, is the Medical Director of SGH’s Acute Rehabilitation Center. He trained at the University of Southern California in Internal Medicine, and has years of experience in a wide variety of disorders. Dr. Mofidi leads our Inpatient Rehab Center and is integral to the success of many of our programs. Dr. Mofidi’s holistic approach to care is an important piece of our new Movement Disorder Program.

**LOCATION?**

The project will rebuild a section of buildings between Grossmont’s main entrance and its main parking garage at Health Center Circle and Center Drive. The complex currently houses the hospital’s rehabilitation unit, which will remain in that location but will be fully remodeled.

**TIMELINE?**

Construction is expected to begin in the Spring of 2022 and to be completed by Summer of 2024.

**FUNDS?**

Grossmont Healthcare District will match dollar for dollar every gift that supports the new Sharp Grossmont Hospital Neurosciences Center, up to \$4 million. So far, donors have given \$4.4M to support the new center – truly inspiring!

**HAVE ANY QUESTIONS?**

You can submit them directly to our BD team here: [SGH.BD@sharp.com](mailto:SGH.BD@sharp.com). Our team will either answer your question directly via email or answer FAQ's here in future newsletters.



*People to Know*



**DR. CHAVAKULA,  
NEUROSURGERY**



**DR. MOFIDI,  
INTERNAL MEDICINE**