

Sharp Grossmont Hospital for Neuroscience

Story Ideas

Sharp Grossmont's neuroscience hospital is San Diego's first comprehensive center of excellence for patients requiring advanced care for [neurological conditions](#) that affect the brain, nerves and spine.

A ribbon-cutting ceremony is taking place at Sharp Grossmont on March 27, 10 a.m. to 12 p.m., and a community open house is being held March 29, 10 a.m. to 3 p.m. Media are welcome to attend both events, and a press kit can be accessed at sharp.com/neurosciencepresskit. If you're interested in interviewing one of our affiliated physicians or clinicians, please reach out to [Robyn Nieto](#) or [Denise Mosgrove](#).

Neuroscience hospital provides groundbreaking science, life-changing care for San Diegans

The Sharp Grossmont Hospital for Neuroscience set to open in early April 2025, will be the region's only comprehensive center for advanced neurosurgical, neurological and spine care. The modern facility will offer innovative treatments for brain tumors, complex spine conditions and life-changing relief for patients with Parkinson's, movement disorders and other neurological conditions. Its design includes a 16-bed progressive care unit, 16-bed intensive care unit, 18-bed inpatient rehabilitation unit, an occupational therapy gym, an epilepsy monitoring unit and dedicated neo-ophthalmology clinic. [Scott Evans](#), PharmD, MHA, Chief Strategy Officer and Market CEO for Sharp HealthCare, is available to discuss the impact of this world-class facility and benefits for San Diegans who can now access specialized care in their own community.

Non-invasive brain procedure relieves tremor disorders almost immediately

Essential tremor is a common neurological disorder marked by involuntary, rhythmic shaking or trembling of certain body parts. It affects 5% of the global population and about 10 million in the U.S.; it's often the first symptom of Parkinson's. For anyone whose shaking is not controllable with medication, Sharp Grossmont is the only hospital in San Diego now offering technology called MR-guided focused ultrasound that provides tremor relief. The procedure uses ultrasound waves, guided by magnetic resonance imaging (MRI), to target the specific area of the brain causing the tremor. It's a non-invasive, outpatient procedure and patients return home the same day. For many, it's a transformative experience. [Dr. Vamsidhar Chavakula](#), neurological surgeon, is available to discuss the new technology. Here's a video: <https://youtu.be/BL4X2oQKWeM>

Essential tremor patient regains quality of life thanks to new, incisionless brain procedure

With a steady hand, Benjamin Ludwig raised a glass of sparkling cider to toast his becoming the 50th patient to be treated with the MR-guided focused ultrasound technology. Just 90 minutes prior, he couldn't steady his hand well enough to write his signature or navigate the buttons on his shirt to dress himself. Benjamin struggled with essential tremor disorder, which effects about 10 million people nationwide, including those with Parkinson's. Sharp Grossmont is the only hospital in the region that offers focused-ultrasound, a game-changing technology that can improve tremors almost immediately. [Dr. Vamsidhar Chavakula](#), neurological surgeon, and patient Benjamin Ludwig, are available to talk about how the technology is helping patients regain their quality of life. <https://www.sharp.com/health-news/sharp-grossmont-celebrates-50th-focused-ultrasound>

Deep Brain Stimulation

Deep Brain Stimulation (DBS) is an advanced brain procedure that can significantly improve quality of life by reducing symptoms like tremors, rigidity and slow movement related to Parkinson's and other movement disorders. It can also reduce reliance on medication and helps when medications are no longer effective. Using advanced intraoperative CT imaging as a guide, electrodes are placed in areas of the brain responsible for the body's movement through small incisions in the head and skull. These electrodes are controlled by a generator — similar to a pacemaker — placed inside the chest with leads to the brain that produce electrical impulses and alleviate specific symptoms. [Dr. Vamsidhar Chavakula](#), neurological surgeon, is available to discuss how DBS provides a constant source of therapy to get patients back to enjoying life. <https://www.sharp.com/health-news/deep-brain-stimulation-for-parkinsons-patients-video>.

Using energy and rhythm to ease symptoms of Parkinson's

Research shows, exercise and physical therapy can slow down progression of Parkinson's. Physical therapists Pamela Singh and Simary Rosario, both specialize in movement disorders and developed a class at Sharp Grossmont to keep patients physically and mentally active. The twice weekly, monthlong class focuses on education and concepts key to managing Parkinson's, while the group format fosters camaraderie, reminding patients they're not alone. The physical therapists supervise skills-based exercises, which helps maintain patient strength, improves balance and reduces fall risk in Parkinson's patients. The class is fun, upbeat and energetic with Taylor Swift tunes often filling the air. An expert is available to discuss how the class helps to manage the trajectory of the disease and patients to maintain independence. <https://www.sharp.com/health-news/big-exercises-have-big-impact-on-parkinson-s>

Stroke: Every second counts

A stroke, also known as a "brain attack," occurs when the blood supply to the brain is interrupted, either by a blockage or ruptured blood vessel. East County has the highest stroke death rate in San Diego, and nationally, stroke is the primary cause of serious, long-term disability among adults. The addition of the new neuroscience hospital, builds on Sharp Grossmont's national ranking as an accredited [Comprehensive Stroke Center](#), the highest designation given by The Joint Commission in Association with the American Heart Association/American Stroke Association. [Dr. Gregory Apel](#), emergency medicine physician and chief medical officer of Sharp Grossmont and Sharp Coronado, is available to share the "BE FAST" method and other tips to quickly recognize stroke symptoms, which helps save lives and reduce brain damage. [What Do You Do If Someone Is Having a Stroke? | Sharp HealthCare](#)