



Bianca Palushaj, MD

Clinical Assistant Professor, Adult Neurology

CLINICAL OFFICE (PRIMARY)

- **Stanford Neuroscience Health Center**

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Bio

BIO

Dr. Bianca Palushaj is a board-certified, fellowship-trained neurologist with Stanford Health Care. She is also a Clinical Assistant Professor in the Department of Neurology and Neurological Sciences at Stanford University School of Medicine.

Dr. Palushaj specializes in movement disorders, including but not limited to Parkinson's disease (PD) and atypical parkinsonian disorders, essential tremor, and dystonia. She has also developed a practice in diagnosing and treating disorders of gut-brain interaction (DGBI), which often occur in individuals with neurodegenerative disease.

She enjoys caring for the whole person and looks at how all parts of the body are connected. She considers how things like sleep, stress, diet, and daily habits can affect the microbiome, gut, brain, and overall well-being.

Dr. Palushaj's research focuses on advancing our understanding and treatment of PD. She has special interest in the gut-brain connection in PD, including the role of the gut microbiome and inflammation in PD. She has also investigated how to measure non-motor PD symptoms, such as gastrointestinal dysfunction, using noninvasive, wearable technologies.

Dr. Palushaj has published her findings in peer-reviewed journals including Journal of Neurology, NeuroImage, and Cell Reports Methods. She has also written chapters for integrative medicine books on PD and Alzheimer's disease.

Dr. Palushaj has presented at international, national, and regional conferences, including the Alzheimer's Disease and Parkinson's Disease (AD/PD™) Conference and the Parkinson Study Group Annual Meeting. She has also spoken about her research to several PD support groups across Northern California, including PD Active and Parkinson's Support Group of Sonoma County.

Dr. Palushaj is a member of the American Academy of Neurology, the American Neurogastroenterology and Motility Society, and the International Parkinson and Movement Disorder Society. She is also a member of Women in Neurology and Women in Medicine.

CLINICAL FOCUS

- Movement Disorders
- Neurogastroenterology
- Parkinsonian Disorders
- Dementia with Lewy Bodies
- Corticobasal Syndrome
- Progressive Supranuclear Palsy
- Multiple System Atrophy
- Neurology
- Parkinson's disease
- Essential Tremor

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Adult Neurology

ADMINISTRATIVE APPOINTMENTS

- Instructor, Movement Disorders, Stanford University School of Medicine, (2024-2025)
- Member, Clinical Advisory, Michael J. Fox Foundation, (2025- present)
- Member, Non-Motor Symptoms in Parkinson's Disease Study Group, MDS, (2024- present)
- Member, Other Non-Motor Features of PD Working Group, Parkinson Study Group, (2024- present)
- Reviewer, Journal of Parkinson's Disease, (2024- present)
- Member, Wellbeing Committee for Trainees, Division of Neurology and Neurological Sciences, (2020-2023)

HONORS AND AWARDS

- Resident Teaching Award, Division of Neurology and Neurological Sciences, Stanford University School of Medicine
- Hyman R. Posin Award in Neurology, George Washington University (GW) School of Medicine and Health Sciences (SMHS)
- Junior Investigator Workshop Travel Grant, Parkinson Study Group
- Neuroscience Scholars Track, Division of Neurology and Neurological Sciences, Stanford University School of Medicine
- Combining Clinical and Research Careers (CCRC) Travel Award, National Institutes of Health (NIH)
- Intramural Research Training Award, National Institutes of Neurological Disorders and Stroke, NIH
- Scholarship Award, Society of Integrative Oncology
- Exceptional Summer Student Award, National Institute of Neurological Disorders and Stroke, NIH

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, American Academy of Neurology (2019 - present)
- Member, International Parkinson and Movement Disorder Society (MDS) (2021 - present)
- Member, American Neurogastroenterology and Motility Society (2023 - present)
- Member, Women in Neurology (2020 - present)
- Member, Women in Medicine (2020 - present)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Dept of Neurology (2025) CA
- Board Certification: Neurology, American Board of Psychiatry and Neurology (2023)
- Fellowship, Stanford , Movement Disorders
- Residency: Stanford University Dept of Neurology (2023) CA
- Internship, University of California, San Diego
- Medical Education: George Washington University School of Medicine and Health Sciences (2019) DC

Publications

PUBLICATIONS

- **What is the future for dementia with Lewy bodies?** *Journal of neurology*
Palushaj, B., Lewis, S. J., Abdelnour, C.
2024; 272 (1): 43
- **Remote Real Time Digital Monitoring fills a Critical Gap in the Management of Parkinson's disease**
Negi, A., Parisi, L., Daley, K., Abay, A., Gala, A., Wilkins, K., Hoffman, S., Ferris, M., Zahed, H., Chattree, G., Palushaj, B., Bronte-Stewart, H.
medRxiv .
2024
- **Alzheimer Disease** *Integrative Medicine*
Kogan , M., Palushaj , B.
Elsevier Ltd..2023: 94-106
- **Will Quitting Smoking Cure My Asthma**
Palushaj, B.
goodrx.com.
2019
- **Neurodegenerative Diseases: Parkinson's and Alzheimer's Diseases** *Integrative Geriatric Medicine*
Ellenstein , A., Prather , C., Kogan , M., Moiseff , B.
Oxford University Press.2017: 391-420
- **Dealing with the unexpected: consumer responses to direct-access BRCA mutation testing** *PEERJ*
Francke, U., Dijamco, C., Kiefer, A. K., Eriksson, N., Moiseff, B., Tung, J. Y., Mountain, J. L.
2013; 1
- **At the rhythm of language: brain bases of language-related frequency perception in children.** *NeuroImage*
Kovelman, I., Mascho, K., Millott, L., Mastic, A., Moiseff, B., H Shalinsky, M.
2012; 60 (1): 673-82