Stanford



Matthew Mesias

Clinical Associate Professor, Medicine - Primary Care and Population Health

CLINICAL OFFICE (PRIMARY)

- **Stanford Senior Care**

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Bio

BIO

Matthew Mesias, M.D., is a Geriatrician and Clinical Associate Professor of Medicine at Stanford University School of Medicine. He completed his medical degree at Johns Hopkins University School of Medicine and furthered his training internal medicine residency and geriatrics fellowship at the University of Washington. He serves as the Medical Director of the Inpatient Geriatrics Consult Service at Stanford University Hospital. His academic interests include quality improvement in geriatric care, mentorship of medical trainees, and the development of curricula for geriatrics medical education. In 2023, he was awarded the HRSA Geriatric Academic Career Award, which supports his leadership and professional development while creating geriatric educational programs for community-partnered clinics.

CLINICAL FOCUS

- Geriatrics
- Internal Medicine
- Dementia
- Delirium
- Inpatient Geriatrics

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Medicine - Primary Care and Population Health

ADMINISTRATIVE APPOINTMENTS

- Clinical Co-Chief (Interim), Stanford Section of Geriatrics, (2023-2024)
- Medical Director, Inpatient Geriatrics Consult Service, Stanford Health Care, (2020- present)

HONORS AND AWARDS

- Tideswell Emerging Leader in Aging Scholar, Tideswell at UCSF (2025)
- HRSA Geriatric Academic Career Award, Health Resources and Services Administration (2023)

- Geriatrics Faculty of the Year Award, Stanford Division of Primary Care and Population Health (2021)
- Educator of the Year Award, Stanford Division of Primary Care and Population Health (2021)

PROFESSIONAL EDUCATION

- Board Certification: Internal Medicine, American Board of Internal Medicine (2017)
- Board Certification: Geriatric Medicine, American Board of Internal Medicine (2018)
- Fellowship: University of Washington Geriatric Medicine Fellowship (2018) WA
- Residency: University of Washington Medical Center Dept of Medicine (2017) WA
- Medical Education: Johns Hopkins University School of Medicine (2014) MD

Teaching

COURSES

2026-27

- Being Mortal: Medicine, Mortality and Caring for Older Adults: MED 296 (Aut, Spr)

2025-26

- Being Mortal: Medicine, Mortality and Caring for Older Adults: MED 296 (Aut, Spr)

2024-25

- Being Mortal: Medicine, Mortality and Caring for Older Adults: MED 296 (Aut, Spr)

2023-24

- Being Mortal: Medicine, Mortality and Caring for Older Adults: MED 296 (Aut, Spr)

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Geriatric Medicine (Fellowship Program)

Publications

PUBLICATIONS

- **Things We Do for No Reason™: Discontinuing anticoagulation in older patients with atrial fibrillation and a high risk of falls.** *Journal of hospital medicine*
  Wang, S., Mesias, M.
  2024

- **Association Between Implementation of a Geriatric Trauma Clinical Pathway and Changes in Rates of Delirium in Older Adults With Traumatic Injury.** *JAMA surgery*
  Park, C., Bharija, A., Mesias, M., Mitchell, A., Krishna, P., Storr-Street, N., Brown, A., Martin, M., Lu, A. C., Staudenmayer, K. L.
  2022

- **Barriers to Telemedicine Video Visits for Older Adults in Independent Living Facilities: Mixed Methods Cross-sectional Needs Assessment.** *JMIR aging*
  Mao, A., Tam, L., Xu, A., Osborn, K., Sheffrin, M., Gould, C., Schillinger, E., Martin, M., Mesias, M.
  2022; 5 (2): e34326

- **Transient ischemic attacks characterized by RNA profiles in blood.** *Neurology*
  Zhan, X., Jickling, G. C., Tian, Y., Stamova, B., Xu, H., Ander, B. P., Turner, R. J., Mesias, M., Verro, P., Bushnell, C., Johnston, S. C., Sharp, F. R.
  2011; 77 (19): 1718-24

- **Signatures of cardioembolic and large-vessel ischemic stroke.** *Annals of neurology*
  Jickling, G. C., Xu, H., Stamova, B., Ander, B. P., Zhan, X., Tian, Y., Liu, D., Turner, R. J., Mesias, M., Verro, P., Khoury, J., Jauch, E. C., Pancioli, et al

2010; 68 (5): 681-92