Stanford



Mehrdad Ayati

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

CLINICAL OFFICE (PRIMARY)

851 Fremont St Ste 103

Los Altos, CA 94024

Tel (650) 808-0180 **Fax** (650) 666-8215

ACADEMIC CONTACT INFORMATION

- **Adminitrative Contact**

  Lloanna

  Email info@geriatricsconcierge.com

  Tel 6508080180

Bio

BIO

Dr. Ayati completed his residency at UC Davis and his fellowship at Stanford University. During his residency at UC Davis, Dr. Ayati received the Award of Excellence in Clinical Teaching. Dr. Ayati worked at hospitals such as Lodi Memorial Hospital in Lodi, California, and as an Emergency Medicine Attending at Veteran Affairs in Palo Alto, California. Dr. Ayati worked as a Stanford Medical Director at Los Altos and Palo Alto Subacute and Rehabilitation centers and he is currently serving as a medical advisor for many Skilled Nursing facilities and also memory care units and assisted living facilities in Northen California. Dr. Ayati has a broad spectrum of practice and knowledge of general medicine and primary care in various settings, from office to Emergency room and acute and Sub-acute care. Dr. Ayati's main areas of research and clinical focus are in the physiology of aging and on finding practical and yet innovative ways of addressing the wellbeing and needs of the population in any age category. Dr. Ayati is an advocate of his patient's physical and mental health at any age in addition to disease management and prevention. Dr. Ayati is currently a member of the Ethnogeriatric and Quality and Policy Performance Committees of the Americal Geraitric Society. He also serves as a Community Health Advisor for Alzheimer Association, Northen California and Nevada Chapter. Dr. Ayati is the author of "Paths to Healthy Aging". Dr. Ayati is also a guest educational speaker on several radio stations such as National Public Radio (NPR) and San Francisco's KQED and international and national conferences. He also testified in the Senate of the US, Special Committee of Aging in 2018 to address the challenges of aging populations in the US.

Dr. Ayati strives to provide reliable information, effective strategies, and simple guidelines for patients of all ages to avoid or manage chronic diseases and to have a significantly better quality of life.

Dr. Ayati's main focus and passion are in:

Raising awareness about Over Medication and Drug Cascade issues in the elderly population as well as highlighting prevention strategies

Helping patients better understand and voice their end of life care choices and medical intervention wishes

Bringing into focus the numerous social, economical, political and health challenges and hardship the elderly face in our society as well as finding solutions to address their needs

Being the voice of the elderly in finding innovative and yet practical solutions to promote their physical and mental health and well being

CLINICAL FOCUS

- Healthy Aging

- Elderly Overmedications
- Behavioral Disturbances related to Dementia
- Sport injuries in Aging Populations
- Gait and Balance impairments in Elderly and prevention of falls
- Chronic Disease Management
- Elderly care in Skilled Nursing Homes
- Family Medicine

ADMINISTRATIVE APPOINTMENTS

- Medical Director, Palo Alto Subacute Care, (2021- present)
- Medical Director, Los Altos Subacute Care, (2011- present)
- Medical Director, Grant Cuesta Subacute Care, (2020- present)

HONORS AND AWARDS

- The Best Resident of the Year , Excellent in Teaching, UCDavis (2007)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Advisor, Consultant on Aging Initiatives, Stanford Research institute International , SRI (2016 - 2018)
- National Committee Member, Ethnogeriaitric and QPMC, American Geriatric Society (2016 - present)
- Advisor, Alzheimer Association, Northern California and Nevada chapter (2018 - present)
- Course Co-Director, Geriatric Multidisciplinary Care Conference (2013 - 2013)
- Advisory Faculty, Geriatric Research Education and Clinical Center, VA Palo Alto (2011 - present)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Geriatric Medicine Fellowship (2010) CA
- Residency: UC Davis Dept of Family and Community Medicine (2009) CA
- Board Certification: Geriatric Medicine, American Board of Family Medicine (2012)
- Residency, UCDAVIS School of Medicine , Family Medicine (2009)
- Board Certification: Family Medicine, American Board of Family Medicine (2009)
- Medical Education: Iran University of Medical Sciences (1999) Iran
- Board Certification, ABFM , Geriatric Medicine (2011)

LINKS

- KQED Forum: http://www.kqed.org/a/forum/R201505271000
- US Senate Special Committee on Aging 2018: https://youtu.be/1hr0ZBOi2CY
- https://soundcloud.com/aarpprimetimefocus/sometimes-one-med-leads-to-another-what-to-do: https://soundcloud.com/aarpprimetimefocus/sometimes-one-med-leads-to-another-what-to-do
- Why Medication Dosages Change As We Age: https://soundcloud.com/aarpprimetimefocus/why-medication-dosages-change-as-we-age
- AARP Radio interview: https://soundcloud.com/aarpprimetimefocus/advice-from-a-geriatrician-on-seniors-medications
- pathstohealthyaging: http://www.pathstohealthyaging.com
- San Jose Mercury: http://www.mercurynews.com/bay-area-living/ci_27421483/healthy-aging-made-simple
- Public Presentation: https://www.youtube.com/watch?v=V8GImgKm4_M
- Podcast: https://med.stanford.edu/news/all-news/one-to-one/2014/mehrdad-ayati-on-the--paths-to-healthy-aging-.html

- SF Chronicle: http://news.weightlossnews.biz/vip100/1uEqnxN
- SF Chronicle: http://www.sfgate.com/health/article/Beware-of-adding-prescriptions-on-top-of-5913352.php
- Conference: http://sgec.stanford.edu/content/dam/sm/sgec/documents/conferences/GeriatricsCME-2013-FINAL-send.pdf
- change in sleep pattern as we age: https://www.youtube.com/watch?v=PJbZ0Baz42k
- http://geriatricsconcierge.com: http://geriatricsconcierge.com

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Geriatric Medicine (Fellowship Program)
- Medicine (Masters Program)

Publications

PUBLICATIONS

- **Paths to Healthy Aging**
  Last Name, A. M., , A.
  Amazon.2014
- **Why too much fiber is unhealthy for the elderly** *SF Chronicle*
  Ayati, M.
  2015
- **Best prescription for healthy aging may be fewer pills** *The Palm Beach Post*
  Ayati, M.
  2015
- **Alzhiemer Disease** *Division of Medicine Clinical Teaching Module*
  Ayati, M.
  2014
- **Beware of adding prescriptions on top of prescriptions** *SF chronicle*
  Ayati, M.
  2014
- **Division of Medicine Clinical Teaching Module** *Lower Ext Ischemia*
  Ayati, m.
  2012

PRESENTATIONS

- NEW FRONTIERS IN AGING - VA Plao Alto (April 10, 2015)
- Pharmacogenomics in the Future of Elderly Care - Personalized Medicine World Conferece (1/21/2013)
- Polypharmacy in Aging Population - Redwood City Library (2012)
- AARP RADIO PRIME TIME - AARP Radio
- Change in sleep pattern as we Age - Stanford Health Library
- Healthy Aging, Try to Die Young as late as possible (5/11/2015)
- Manage an elderly with Hip Fracture in Hospital setting - Geriatric Conferecne, Stanford 2013 (2013)
- Chronic Renal Failure - Stanford Physicain Assistant Course (2013 - present)
- Glumerinephritis - Stanford Physician Assistant Program (2013 - present)
- Sexual Behavioral issues in Demented Patients - San Francisco Senior Care Round Table (2014)

- Parkinson Disease as point of view of a Primary Care Physician - Stanford, Neurology Department (2013)
- Medication Management of Hospitlaized Patients - NICHE program (2012 - present)
- Pharmacogenomic and over medication in Elderly Care - International Federation of Aging (2013)
- Parkinson Disease as a point of view of a Primary Care Physician - VA Palo Alto (4/21/2015)
- Why medication dose needs to be changed - AARP Radio
- Cascase Effect