

**PALTmed Texas Geriatrics Annual Conference 2026: *Houston: We Have Geriatrics!*  
Session Objectives and Speaker Bio(s)**

**Speaker(s): Ramsis Benjamin, MD, MPH**

**Title: *Brain Teasers, Diets, Exercises and Supplements for Brain Health after 70***

Date: Sunday, August 2, 2026

Time: 10:45 am to 11:45 am

**Objectives:**

1. Define Brain Health.
2. Understand factors that contribute to an aging brain.
3. Identify possible rejuvenating mechanisms.
4. Understand the scientific benefits of exercise, diet, and cognitive-oriented treatment.

**Ramsis Benjamin, MD, MPH**

Dr. Ramsis Benjamin is a neurologist at UTRGV Institute of Neuroscience in Harlingen, TX. He obtained his medical degree from Rush University in Chicago, and he completed his training at the University of Southern California, Johns Hopkins School of Public Health, and Massachusetts General Hospital/Harvard Medical School. Dr. Benjamin serves as a Professor of Neurology at the UTRGV School of Medicine, Program Director for UTRGV Neurology Residency Program, and Neurology Administrative Editor-in-Chief for StatPearls.