

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

**Speaker(s): George Taffet, MD KEYNOTE SPEAKER**

**Title: *Geroscience***

Date: Saturday, August 1, 2026

Time: 1:45 pm to 2:45 pm

Objectives:

1. Provide the underpinnings and rationale for Geroscience.
2. Understand that aging is a risk factor for many diseases.
3. Explore some strategies to modify aging.

**George Taffet, MD**

George E. Taffet, MD, FGSA, FACP, is the Vice Chair for Education and Chief of Geriatrics and Palliative Medicine at Houston Methodist Hospital. He is also an adjunct Professor and Huffington Center on Aging faculty member. He received his BA and MD from Brown University, followed by Internal Medicine residency and Geriatric Medicine and Cardiovascular Research fellowships at Baylor College of Medicine (BCM). During his tenure as BCM Section Chief (2002-18), he led the Hartford Center of Excellence and diversified training opportunities for an expanded number of fellows and advanced care providers encompassing the care continuum from house calls to hospice. This included the DeBakey VAMC and Harris County health care systems. He helped lead a Medicare Innovation award to Houston Methodist focusing medication modifications to prevent delirium and now co-leads a PCORI project, modifying the hospital environment to reduce and prevent delirium. Taffet has won BCM's highest clinical acclaim and its highest educator recognition. As a researcher, Taffet focused on cardiovascular aging, geroscience, and delirium. He designed techniques measuring cardiovascular function in mice and human studies to remedy aspects of aging. He has authored more than 150 papers, 10 book chapters, and served on NIH Study Sections.