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KATY/FULSHEAR

living

MAGAZINE

**BEST OF READERS'
CHOICE WINNERS**

LOOK INSIDE TO SEE
WHO WON THE VOTE

A LUKEWARM DILEMMA

THE PECULIAR DISCONNECT
IN THE AMERICAN CHURCH

A TASTE OF AUTUMN

FARM-TO-TABLE FLAVORS



Fed Up with Yo-Yo Dieting?

THE ADVANTAGES OF MEDICALLY
SUPERVISED WEIGHT LOSS



best of WINNER

MASON PARK MEDICAL CLINIC

KATY'S TRUSTED HEALTHCARE TEAM

PHOTOS BY CANDOR PICTURES

Crystal was at her wit's end. For years, she'd tried every diet that came along. Low-carb, low-calorie, keto –she tried them all, lost a few pounds, and then put them right back on. "I was a stay-at-home mom with a military spouse," she said. "Then, the kids got older, and I went back to work and school. It was hard to stay consistent with any one thing." So, she yo-yo dieted and lost and gained and then lost and gained again.

"I felt so insecure," she said. "I didn't want to go to the beach because I didn't want to put on a bathing suit. I hated clothes shopping because nothing looked right." To make matters worse, Crystal works in plastic surgery. "I'd see all these people coming in and feeling great about themselves, while I just kept feeling worse," she said.

MEDICALLY SUPERVISED WEIGHT LOSS

It was during a routine check-up at Mason Park Medical Clinic (MPMC) that Crystal's trusted family doctor, Quyen Trinh, DO, suggested an

injectable weight-loss medication. After running extensive tests and evaluating her medical history, Dr. Trinh prescribed an injectable weight-loss medication and then continued to monitor Crystal as she began losing weight safely and consistently. "I've lost 46 pounds and feel great," she said. "The medication helps me make better lifestyle choices. I've had no side effects, and I know Dr. Trinh is monitoring my health, so I know I'm losing safely." The best news for Crystal is that this time, she's keeping the weight off.

IHEALTH REMOTE MONITORING SERVICES

MPMC also offers innovative health-management solutions designed to empower your wellness journey with real-time monitoring and wireless connectivity to your smartphone. The iHealth Nexus Body Composition Scale is your wellness companion measuring your weight, body fat, muscle mass, and more with high accuracy and wirelessly syncs your data to track your fitness progress effortlessly. This is a great way to monitor and track your health and weight-loss journey. The iHealth Gluco+ Monitoring System component is an all-in-one bundle which simplifies tracking blood glucose levels to help manage diabetes symptoms and keeps you and your healthcare provider abreast of your condition. The iHealth Track Blood Pressure Monitor component monitors your heart health with clear digital readings, allowing you to monitor your blood pressure at home and share results instantly with your healthcare provider.

MYCHART ELECTRONIC MEDICAL RECORD SYSTEM

As an MPMC patient, you can now schedule appointments, view your lab work, request prescription refills, communicate with your provider, and more through the MyChart EpicCare app greatly enhancing your patient experience. In fact, you can manage your entire family's healthcare needs through a single connected account.

MyChart powered by EPIC streamlines your care by providing you and your provider with full chart access including your medical history, medications and allergies, lab results, imaging and diagnostic reports, progress and consult notes, hospitalization records, discharge instructions, and more. You can view, download, or send a copy of

a specific visit summary, view and pay bills, update contact details for yourself or your emergency contacts, and more. And you can access your chart by logging in with your fingerprint, face, or four-digit passcode.

HOLISTIC WELLNESS CARE

MPMC is thrilled to welcome Family Nurse Practitioner Xue "Lucy" Dong. Lucy joins Dr. Trinh as well as Family Nurse Practitioners Natasha Youngblood and Physician Assistants Jenny Phan and Vanessa Robalino. Together, they partner with patients like Crystal, empowering them to live better, healthier lives. Every day, they see the positive impact this more holistic and comprehensive approach can have on their patients' overall well-being. Rather than immediately prescribing medication, the MPMC team works hand-in-hand with patients to identify underlying problems and develop customized treatment plans unique to each patient.

"Lucy makes a wonderful addition to the MPMC healthcare team," Dr. Trinh said. "She brings over 15 years of experience in the healthcare field – the last five in family medicine – and is passionate for patient education and empowerment. Rather than treating illness symptoms with medication or surgery, our team focuses on treating the whole patient and addressing the root causes of their illness. The time we spend on patient education and prevention often heads off chronic conditions so they never develop in the first place."

LUXE MEDICAL AESTHETICS

Dr. Trinh and his team also want to help you look as good as you feel. With that in mind, they've established Houston's premier medical spa, award-winning LUXE Medical Aesthetics. Whether you're looking for a relaxing facial or a state-of-the-art skin resurfacing treatment, they've got you covered with a wide variety of services designed to meet the unique skin care needs of each patient, regardless of skin types or age. From acne to anti-aging, they'll guide you through a personalized treatment plan based on your individual goals.

Find out more and schedule an appointment at TheLuxeEffect.com or call (833) 998-LUXE.



PATIENT-FOCUSED PROVIDER

Quyen Trinh, DO is a compassionate board certified family medicine physician practicing accountable and evidence-based care since 1996. He provides acute and chronic care for patients ages seven years and older.

- Voted Best Sleep Doctor/ Specialist in Living Magazine's Readers' Choice awards, 2021, 2022, 2024
- Voted Best Family Practice in Living Magazine's Readers' Choice awards, 2022, 2023, 2024
- Voted Best Medical Spa in Living Magazine's Readers' Choice awards, 2022, 2023
- Voted Best Laser Hair Removal Living Magazine's Readers' Choice awards, 2023
- Voted Best Weight Loss in Living Magazine's Readers' Choice awards, 2023

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