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LIVING TM

CAL GUIDE TO A VIBRANT LIFE.

INSIDE THIS ISSUE,
the Journey of
Jeannine Hoang..

STRIVING TO ACHIEVE
A HEALTHY MIND, BODY
AND SPIRIT.



Dr. Jeannine Hoang of United Dermatology Associates

(Formerly Mansfield Dermatology)



BY MEREDITH KNIGHT PHOTOGRAPHY BY LAUREN MARIE MAKE-UP BY CHELSIE BIRKS

Jeannine Hoang was raised in a family that advocates excellence in every undertaking. It was with that focus and unwavering determination she undertook on her studies, first at Sam Houston High School in Arlington then at the University of Texas at Austin, where she graduated summa cum laude. Feeling called toward a career in medicine, Jeannine earned her MD at Baylor College of Medicine, followed by an internship in Internal Medicine at Presbyterian Hospital of Dallas and a residency in Dermatology at the University of Louisville in Kentucky, where she was already turning heads among her colleagues and mentors.

Now focused on serving her patients through dermatology, Dr. Hoang opened the doors of her practice originally under the name Mansfield Dermatology. But as her commitment to individualized care and patient education garnered a growing patient base, she saw the need to add additional locations and she did so under the name United Dermatology Associates. **Now with United Dermatology locations in Mansfield, Arlington, Burleson and Flower Mound, she offers a full menu of medical and cosmetic services including:**

- Skin cancer screenings
- Treatment of acne
- Treatment of skin rashes (psoriasis, eczema, allergies)
- Treatment of warts
- Surgical removal of skin cancers and other skin growths
- Hair loss
- Nail abnormalities
- Noninvasive treatment of skin cancer through superficial radiation therapy (SRT)
- Their cosmetic practice focuses on noninvasive options for skin rejuvenation.
- Lasers (for broken blood vessels, brown spots, wrinkles, spider veins, skin texture)
- Ultherapy (for skin tightening)
- Coolsculpting (for fat reduction)
- Neurotoxins (Botox and Dysport for softening of dynamic wrinkles)
- Fillers (for improvement of deep wrinkles and lifting of the face)
- Medical grade chemical peels (for acne, brown spots, and skin texture)
- SkinPen (for improved skin texture and tone)

Proactive, Preventive Skin Care

“Many people think dermatology is more aesthetic than medical, but the majority of my practice deals with medical dermatology. I spend my days diagnosing and treating serious skin conditions, including skin cancers. According to The American Cancer Society more than 3.5 million cases of non-melanoma skin cancer will be diagnosed in the U.S. this year with more than 76,000 cases being melanoma (the most serious type). But skin cancer is highly treatable, when caught and treated early. State-of-the-art diagnostic technology helps me identify potential cancers and pre-cancer areas. But you must be diligent about scheduling routine screenings,

especially after age 20.” In addition to diagnosing and treating skin cancer, Dr. Hoang treats a wide array of common dermatologic issues such as acne, warts and rashes.

Non-invasive Therapies for Cosmetic Enhancement

Over the years, Dr. Hoang’s patients have asked her to provide non-invasive and minimally-invasive technologies to enhance their appearance. “I’ve fashioned a menu of cosmetic practices for my male and female patients,” said Dr. Hoang. “I tend to be conservative in my cosmetic procedures, because I believe in ‘natural beauty’ with subtle enhancements that improve a person’s appearance without looking ‘done’. The best treatments are those that produce enhanced beauty in the most natural-looking way. So that’s the type of technology I’ve invested in.”

Functional and Integrative Medicine

Because skin conditions are often a bellwether of problems elsewhere in the body, Dr. Hoang has become increasingly interested in other aspects of healthcare, fitness and nutrition which may benefit her patients. “I’m intrigued by the field of preventive medicine and anti-aging and actively learning about proactive approaches to maintain health and function through healthy lifestyle habits,” she said. Dr. Hoang’s interest was originally piqued when she experienced minor medical problems. “Despite leading what I considered a healthy lifestyle, my blood work wasn’t optimum. I felt lethargic and worried about more serious problems as I aged.”

Health through Better Nutrition

Dr. Hoang began educating herself about nutrition and altered her own eating habits to decrease inflammation in

her body. “I transitioned to eating whole foods, primarily vegetables, fresh fruit and protein,” she said. “I eliminated dairy, grains and all processed foods. I became conscious of hidden sugar and added chemicals in foods. We began to cook at home and I worked with a nutritionist to tweak my diet and achieve my fitness goals.”

Dr. Hoang spoke to a personal trainer friend, Kim Lindsey, who recommended changes to her exercise routine. “I thought I needed to burn the most calories possible with every workout,” she said. “With limited time to exercise, I attempted to maximize my results with exclusively high-intensity workouts, running for hours and outdoing everyone in my step or spin classes. Kim told me the way that I was exercising, added to a busy life with four practices and three small children, may be too stressful for my body. My baseline life is already stressful and intense workouts were raising my cortisol level even further. She recommended alternating these high-energy workouts with stress-relieving workouts such as yoga, Pilates and weight training. I took her advice and it’s been one of the best changes I’ve made. Yoga—a practice of mind/body/spirit—is now my favorite form of exercise. I leave class feeling invigorated on all levels: my body strong yet flexible and relaxed, my mind clear and refreshed and my spirit at peace.”

Healthy Body, Mind and Spirit

A local pharmacist spoke to Dr. Hoang about the benefits of bio-identical hormone replacement. “I attended several seminars about natural hormonal balance throughout life and maintaining a better and more functional body

balance. I don’t want to practice ‘reactive medicine’ anymore but preventive, proactive medicine, empowering my patients to care for their skin in order to prevent disease, cancer and aging, but also addressing the overall health of their body. When the body is healthy and balanced, it will show through healthy, radiant skin.” Find out more at United-Derm.com. ///

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