

Mary C. Stone, MD, an Emergency Physician with CHI St. Luke's Health - Sugar Land Hospital

Get to know Emergency Physician Dr. Mary C. Stone, who serves patients in Sugar Land, Texas.



New York, New York City, Apr 1, 2021 ([IssueWire.com](https://www.issuewire.com)) - Dr. Stone is a well-known, dual board-certified physician in internal medicine and emergency medicine, concierge physician, and Athlete's Fortitude Coach. She is sought out for her knowledge and love of medicine and sports, her integrative approach to medicine, and her relatable personality.

She provides exemplary care to patients in the hospital and the emergency free-standing setting, remaining affiliated with CHI St. Luke's Health - Sugar Land Hospital in Texas. She is also working to build her practice outside of these settings and looking to expand her services as a concierge doctor. She will provide her medical expertise and services to those individuals with hectic schedules and are looking for a well-rounded dependable doctor that they can call upon for their urgent and emergency medical needs.

Passionate about anything related to sports, Dr. Stone's mission is to guide athletes who want to extend their greatness beyond the playing field and help them evolve in the different stages of their lives through the development of their mind, body, and spirit.

"As an ex-athlete and physician, I understand how important the health triad of mind, body, and soul truly is. I became a physician because I love taking care of people, initially, I thought that meant only medically, but as I continue taking care of patients, I am understanding that mind, body, and soul are interconnected. Taking an integrative approach is the only way to truly take care of the whole person. As an ex-athlete, I understand how life after sports is hard but can be amazing if the lessons learned on the court are incorporated into real life. I bring a certain uniqueness and understanding by being both an athlete and physician" expressed Dr. Stone.

At the start of her academic career, she graduated with her medical degree from Morehouse School of Medicine in 2007. She then went on to perform her residency in internal medicine at the University of South Alabama Medical Center in 2010, and her residency in emergency medicine at the University of Mississippi Medical Center in 2015.

"Next stop was EM boards. Internal Medicine boards posed a slight problem, it took two tries, but EM boards proved to be an even bigger problem. However, through the lessons, I learned in sports that I applied in the real world such as perseverance and determination, on my 4th attempt I passed. I have to say it is not easy to admit what I initially deemed as my failures, but life and sports have taught me that without failures there is no success. Also, without struggles, you sometimes miss how beautiful the journey and the final destination truly are. Life has knocked me down many times, mentally, spiritually, and physically. Growing up, the ONE THING I could depend on was sports to help me but as I continue in this game of life, I'm realizing sports lives within me, through all the amazing lessons it has taught me. Fortitude is one of the main lessons. Fortitude is courage in pain or adversity, GRIT!" as stated by Dr. Stone.

Practicing medicine in Texas, Alabama, and Mississippi, she is board-certified in emergency medicine by the American Board of Emergency Medicine (ABEM). The ABEM certifies emergency physicians who meet its educational, professional, and examination standards.

Furthermore, she is board-certified in internal medicine by the American Board of Internal Medicine

(ABIM). The ABIM is a physician-led, non-profit, independent evaluation organization driven by doctors who want to achieve higher standards for better care in a rapidly changing world.

A riveting and dynamic speaker, Dr. Stone specializes in a variety of topics ranging from health and wellness, mindset, and personal development. She works through the health triad of mind, body, and spirit to help develop the best whole 'you' possible. She is available as a breakout speaker, keynote speaker, or panelist, teaching how the lessons learned from playing sports are applicable to lessons applied in everyday life. Her coaching program is designed to transform individuals who have a sense of loss after moving from one arena of life into the next.

From the playing field into the game of life, Dr. Stone is also a fitness and sports fanatic. She played basketball in college, multiple intramural sports, and avidly works out. She firmly believes that when you look good, you feel good - and this is not limited to just going out but also when going to the gym. She is currently designing workout clothes for the everyday woman who wants to feel and look good in their workout clothing. This will hopefully motivate them to make it to the gym and get the most out of their sessions. The apparel will include sports bras that help women with their posture and provide support while remaining stylish, and will also feature workout pants that will help accentuate assets.

Emergency medicine, also known as trauma and emergency medicine, is the medical specialty concerned with the care of life-threatening medical conditions or injuries requiring immediate medical attention. They are trained to care for a wide range of problems that require emergent medical help. These problems are often serious and may be life-threatening.

During her undergraduate career at Spelman College, where she studied psychology and pre-med, Dr. Stone played basketball, and she currently enjoys HITT training and boxing. The lessons she has learned from sports have helped her in other areas of her life and have made her the person she is today.

In addition to sports, she is passionate about God, traveling, and helping people better themselves. She lives in Houston, Texas with her dog, Diesel.

Learn More about Dr. Mary C. Stone:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82145907-Mary-Stone-Emergency-Physician> or through her website, <https://drmarystonemd.com/about/>

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Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

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