

Theresa N. Garza, DO, Recognized by America's Best in Medicine for Advancing Obesity Care Through Innovation

President of Weight Management Medical Associates, PA, Pioneers Virtual, Patient-Centered Solutions in Plano, Texas



Plano, Texas Jan 20, 2026 ([IssueWire.com](https://www.issuewire.com)) - Theresa N. Garza, DO is a board-certified family and obesity medicine physician and serves as President of Weight Management Medical Associates PA in Plano, Texas. With over 16 years specializing in weight management and more than 20 years in family medicine, Dr. Garza is dedicated to transforming patients' lives through innovative treatments and compassionate care.

She earned a Bachelor of Arts in Biology from the University of Texas at Austin and a Doctor of Osteopathic Medicine degree from the UNT Health Science Center at Fort Worth – Texas College of Osteopathic Medicine. Dr. Garza completed her residency at Methodist Health System in Dallas, honing her primary care expertise. Collaborative work with bariatric surgeons further shaped her specialization, leading her to become a certified obesity medicine physician.

Recognizing the evolving needs of healthcare, Dr. Garza transitioned her practice to a fully virtual model, allowing her to provide personalized care to a broader patient base. Her firsthand experience with GLP-1 and GIP injectable therapies provides unique insight into patient challenges, fostering a judgment-free environment where individuals feel supported and understood. She integrates advanced therapies with traditional approaches, including nutrition, physical activity, and behavioral modification, emphasizing empathy and patient-centered care to achieve lasting wellness.

Dr. Garza has held leadership roles in bariatric and medical weight-loss programs across multiple hospital systems, leading multidisciplinary teams and developing structured weight-management services. She has focused on standardizing protocols, optimizing clinical workflows, and advancing quality improvement initiatives to support long-term outcomes.

An active member of the Texas Medical Association, the Obesity Medical Association, the American Academy of Anti-Aging Medicine, and the American Academy of Family Physicians, Dr. Garza remains at the forefront of obesity medicine, mentoring students, residents, and peers in interdisciplinary, evidence-based care. She has also innovated telemedicine and hybrid programs that improve access, engagement, and adherence.

A frequent contributor to *Good Morning Texas*, Dr. Garza translates complex medical topics into actionable guidance on obesity, metabolic health, and weight management for the public. Her work has earned recognition including America's Most Honored Professionals (2017), Top Doctor (2017), Top10MD (2016–2018), multiple Patients' Choice Awards, and Best Medical Weight Loss Service honors (2022–2024).

Beyond medicine, Dr. Garza is a devoted mother of two and a committed philanthropist, supporting domestic violence shelters and community organizations. Her career reflects a balance of clinical excellence, innovation, and heartfelt dedication to improving the health and well-being of her patients and community.

Learn more about Dr. Theresa N. Garza:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/theresa-garza> or through her website, <https://weightmanagemedical.com/>

America's Best in Medicine

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healthcare professionals across the United States. They bring together top healthcare providers from all specialties and cities to share expert-driven articles, research, commentary, and clinical insight. Their core purposes are to showcase excellence in healthcare, build trust between providers and the public, and ensure that expert voices are elevated and heard in shaping medicine. Through their platform, users can access a community of leaders, opportunities for providers to share expertise, and trusted guidance for patients and peers alike.

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