

Marlene Diaz MD

A proud Texas native, I was born and raised in San Antonio before earning my undergraduate degree from the University of Texas at Austin and completing my medical training at the University of Texas Southwestern Medical School. I completed my residency in Obstetrics and Gynecology at Parkland Hospital in June 1995.

For two decades as an obstetrician in Plano, I found immense joy in helping create families. Now, through my work at Plano Wellness Medical, I focus on gynecology and hormone optimization for both women and men, emphasizing preventive medicine. I continue to provide comprehensive gynecologic care, including gynecologic surgery, to support the health and well-being of my patients. I believe that optimal health not only enhances individual well-being but also helps patients sustain and nurture their families for years to come.

In addition to my practice, I serve on the Health Information and Technology Committee of the Texas Medical Association, working to support physicians in delivering the best care for Texans.

Outside of my professional commitments, I enjoy spending quality time with my husband and our beloved dogs.