

# Sophia Pothen, DO



**Dedicated Senior**  
Medical Center  
A CHENMED COMPANY

**“Holistic health means treating body, mind, and spirit.”**

## About Sophia Pothen, DO

Dr. Sophia “Sophi” Pothen chose to pursue a career in healthcare “to help people achieve a state of health, wellness, and well-being.” Education, empowerment, and teamwork are key in her practice. She loves getting to know patients through honest conversations and always celebrates their successes. She strives to assist patients in “setting realistic goals” and “keeping them accountable and moving the needle” on those goals. She explains that she utilizes “lifestyle medicine and osteopathic medicine principles to help patients attain healing.” She adds, “Holistic health means treating body, mind, and spirit.”

In her free time, Sophi can be found gardening, enjoying nature, trying new recipes, or spending time with her family.

## LANGUAGES SPOKEN

English  
Malayalam

## SPECIALTIES

Primary Care

## EDUCATION

University of South Florida  
OhioHealth - Doctors Health

## PRACTICING SINCE

2021

## ASSOCIATIONS

American College of Osteopathic Family Physicians  
American College of Osteopathic Obstetricians and Gynecologists  
National Osteopathic Women Physicians Association

## MY CENTER

### Orange Blossom Trail

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