



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.

Sophia Pothen, DO

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

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