

Kara L. Jefferies, M.D, F.A.C.O.G Leah Foster, M.D, F.A.C.O.G Allison Heiden, M.D, F.A.C.O.G Alicia St. Thomas, M.D. Laura Arreaza, M.D. Michelle Funk, WHNP-BC Samantha Wilson, WHNP-BC

Dear Patients of Division 38!

It is with great excitement that we would like to announce the new physicians that have joined our practice: Dr. ALICIA ST. THOMAS and Dr. LAURA ARREAZA.

Dr. St. Thomas completed her medical degree at Eastern Virginia Medical School and her residency in OB/GYN at Inova Fairfax. During her residency, Dr. St. Thomas served as the Wellness Chief. In this role she developed wellness programs for Inova Women's Hospital and presented webinars on exercise in pregnancy. She has been a personal trainer and group fitness instructor for 15 years. Her certifications include Cancer Exercise Specialist with the Cancer Exercise Training Institute, AFPA Certified Health and Wellness Coach, AFPA Certified Pregnancy Health Coach, and AFPA Certified Prenatal and Postpartum Fitness Specialist. Dr. St. Thomas has special interests in prenatal and postpartum fitness and nutrition, contraception, routine and high-risk pregnancies, and gynecologic surgery.

Dr. Arreaza completed her medical degree from the University of London in partnership with Sidney Kimmel Medical College in Philadelphia and completed her OB/GYN residency at Wellspan York Hospital, where she served as Chief Resident. Her interests include providing annual gynecologic care, contraception, management of high-risk pregnancy, treatment of abnormal uterine bleeding, and menopause. Dr. Arreaza is also a native Spanish speaker and is excited to start providing care to the Latina population of Northern Virginia!

Both Dr. St Thomas and Dr. Arreaza perform the full scope of obstetric and gynecologic care and have surgical expertise in DaVinci Robotic surgery.

We all look forward to continuing serving you and your family!