

Adrian Thompson, PA-C, Your Partner in Health and Wellness at Vida Telehealth

Delivering Patient-Centered, Expert-Led, Compassionate, and Inclusive Care



New York City, New York May 21, 2024 ([IssueWire.com](https://www.issuewire.com)) - Adrian Thompson, a Certified Physician Assistant with over 15 years of experience, is the Founder of Vida Telehealth, a platform designed to offer personalized care and build lasting connections with patients. She sees patients in Virginia from Arlington to Virginia Beach, Richmond to Roanoke, Alexandria to Norfolk, and everywhere in between.

Adrian's extensive background in healthcare, combined with her commitment to individualized wellness, sets the foundation for a unique and patient-centric approach to telehealth services. Specialties include a medical weight loss program, skin care, anxiety, depression, and ADHD, as well as hormone replacement therapy for peri and postmenopausal women, testosterone replacement for men and gender affirming care.

Having overcome her own health challenges, including anxiety, ADHD, adult hormonal acne, and dealing with the perimenopause rollercoaster, Adrian is passionate about helping others navigate their medical journeys with confidence and empowerment. Her commitment to breaking down stigmas associated with certain medical conditions ensures that all patients feel respected, informed, and supported throughout their healthcare experience.

Adrian's journey in the medical field began with her Bachelor of Health and Sports Sciences Degree from the University of Oklahoma in 2000. She continued her education by earning a Master of Health Science Degree in Physician Assistant Studies from the University of Oklahoma Health Sciences Center in 2003, solidifying her expertise in providing high-quality healthcare services.

Throughout her career, Adrian has honed her skills in various medical specialties, including dermatology, and has practiced medicine globally, from Central America to Africa. Her commitment to continuous learning is evident through her certifications, which include a Certificate of Advanced Education in Obesity Medicine, Coaching Certificates in Lifestyle Therapeutics for Obesity Medicine and ADHD, and a 200 Hr RYT Yoga Teacher Certificate.

Demonstrating her dedication to staying current with industry trends and best practices, Adrian is an active member of the American Academy of Physician Associates, the Obesity Medical Association, the Menopause Society, GLMA: Health Professionals Advancing LGBTQ Equality, the Virginia Academy of Physician Assistants, and the Association of Physician Assistants in Psychiatry.

When she is not providing care to her patients, Adrian cherishes her role as a mother to two teenage boys and enjoys activities such as traveling, scuba diving, playing tennis, riding her indoor bike, running, weight lifting, and spending quality time with her family and beloved dogs. Her favorite professional publications include Pillars of Obesity Medicine, Journal of Drugs in Dermatology, and The Menopause Society.

Adrian Thompson's holistic approach to life and wellness is reflected in her dedication to providing exceptional telehealth services through Vida Telehealth. She combines her medical knowledge with compassion and empathy, creating a welcoming environment for patients to receive the care they deserve.

Learn More about Adrian Thompson:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/82311525-Adrian-Thompson-Physician-Assistant> or through Vida Telehealth, <https://www.vidatelehealth.com/meet-adrian>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Adrian Thompson, PA-C

[See on IssueWire](#)

