



Karen Poehailos, MD, Regional Medical Director

Karen D. Poehailos, MD is a board certified family physician, and the Regional Medical Director for Thrive Central Virginia, a group of four women's health care centers with locations in Charlottesville, Albemarle, Culpeper and Orange, VA. Among her responsibilities are oversight of the paid and volunteer medical personnel and providing and coordinating limited obstetrical ultrasound, medical visits, and STI/STD testing and treatment.

Her involvement in pro-life work dates to 1997 when she became a physician volunteer for the Charlottesville Pregnancy Center, and moved on to serve as its volunteer medical director. She has been a member of the Abortion Pill Reversal hotline since 2015, and has been honored to help five women so far continue their pregnancies.

Dr. Poehailos is a graduate of the University of Virginia School of Medicine and its Family Medicine Residency. She has worked in primary care and urgent care settings, and has taken additional training in Natural Family Planning and is a Certified FertilityCare Medical Consultant, working with women on issues like recurrent miscarriage, infertility, and irregular cycles without use of IVF or hormonal contraception. Learning to use bioidentical hormones in these treatments made the process of learning abortion pill reversal protocols more comfortable.

She has been interviewed by local secular media and national Catholic media outlets on abortion pill reversal and other pro-life issues as well as Natural Family Planning.

A native of Baltimore, Dr. Poehailos now makes her home in Charlottesville, VA--where she has embraced the challenge of raising four sons through Scouts, sports, and band carpools while still maintaining a medical practice and volunteer life at her church.