



# Adebimpe Howells-Solesi, MD, MPH

## LANGUAGES SPOKEN

English

## SPECIALTIES

Geriatrics

## EDUCATION

American University of Antigua  
St. Joseph's Medical Center  
Walden University  
University of Houston  
Geriatric Fellowship: Montefiore Medical Center, Wakefield Campus

## ASSOCIATIONS

American Academy of Family Physicians  
American Board of Family Medicine

**“I knew I had to do everything I could to get in the healthcare field, with the sole goal of bringing health awareness and preventative care to those who need it most.”**

## About Adebimpe Howells-Solesi, MD, MPH

Dr. Adebimpe Howells-Solesi has always been drawn to the medical field. “When I had the opportunity to study in the United States, I knew I had to do everything I could to get in the healthcare field, with the sole goal of bringing health awareness and preventative care to those who need it most,” she says. Dr. Howells-Solesi likes to take the time to fully explain everything. “I encourage them and educate them about their health in lay-man terms,” she says. She takes pride in watching her patients’ health improve.

When not caring for patients, Dr. Howells-Solesi enjoys spending time with family, watching movies, and shopping. She considers herself to be playful and goofy. “I like to have fun,” she says.

## MY CENTER

### Portsmouth

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