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HERITAGE VALLEY  
HEALTH SYSTEM



**Vikram Arora, M.D.**  
*Program Director*

Dr. Vikram Arora is Research Director and Associate Program Director of the residency program. He received his MPH degree from the Graduate School of Public Health at the University of Pittsburgh. Dr. Arora's clinical interests include physician patient communication, evidence based medicine and efficient utilization of information technology resources for advancement of patient care. In addition to being full time faculty, Dr. Arora is actively involved in resident research, web based curriculum, conducting interactive workshops, and resident evaluations.



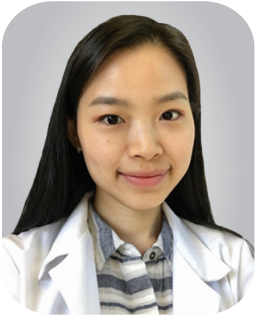
**Lindsay Heiple, D.O.**  
*Osteopathic Program Director*

Dr. Heiple graduated from Canisius College in 2009 with a B.S. in Biology and a minor in music. She attended Lake Erie College of Osteopathic Medicine and earned her medical degree in 2013. She is a graduate of the Heritage Valley Family Medicine Residency Program in 2016, where she served as the chief resident in her last year. She also completed a Targeted Area of Concentration in Faculty Development, and will be further enhancing her education skills by completing a Master's degree in Medical Education. She joined the residency program as a faculty member upon graduation. Dr. Heiple's area of interest includes the integration of Osteopathic medicine and principles into daily practice and she looks forward to maintaining this as a focus of what she teaches residents and students.



**Jonathan McKrell, M.D.**  
*Associate Director*

Dr. Jonathan McKrell is a graduate of the University of Pennsylvania and the University of Pittsburgh School of Medicine. He brings a wealth of knowledge and experience to the residency program and directed a sports medicine fellowship program prior to returning to his roots in Western Pennsylvania and joining Heritage Valley. Among his many contributions to the residency program is establishing a sports medicine curriculum and specialty training track.



**Quynh Chu, M.D.**  
***Associate Director***

Dr. Chu finished her residency training at The Institute for Family Health, Mid-Hudson Family Medicine Residency Program in New York. After residency, she joined UPMC St. Margaret Faculty Development Fellowship Program. Through her fellowship training, she practiced as a junior faculty in various clinical settings. Her area of clinical interest is medication-assisted treatment (MAT) for opioid use disorder. She has witnessed the rewarding impact of MAT on her patients and their families, and looks forward to transfer her clinical experience to future medical students and residents. In her free time, she loves creative writing. She also enjoys outdoor activities and quality time with her family.



**Robert Deacon, M.D.**  
***Pediatrics Director***

Dr. Robert Deacon graduated from Brown University and the Medical College of Pennsylvania. He and his 12 partners comprise Heritage Valley Pediatric Associates and provide the full range of pediatric medical training in hospital and outpatient settings to the family medicine residents. Heritage Valley Pediatric Associates, one of the largest pediatric practices in Pennsylvania, has been affiliated with the family medicine residency program since its inception in 1979.



**Kevin Dumpe, M.D.**  
***OB/GYN Director***

Dr. Kevin Dumpe is a board certified Obstetrician / Gynecologist and is the longest tenured member of the faculty. He graduated from Allegheny College and Hahnemann Medical College and served as Chief Resident at Pittsburgh's Western Pennsylvania Hospital. He joined the residency faculty after serving in the U.S. Air Force where he was his hospital's Chief of Surgical Services and a certified Flight Surgeon. He has served as the Director of OB/GYN Training since 1990. Office gynecologic and prenatal care as well as delivering babies has traditionally been an important component of Family Medicine. Although the

majority of our graduates ultimately do not exercise the option of doing obstetrics, this training also prepares them to deliver solid primary care medicine to women throughout the stages of their lives.



**Sophia Kunkle, M.D.**  
***OB/GYN Faculty***

Dr. Sophia Kunkle earned her medical degree from Northeast Ohio Medical University, Rootstown, OH and then completed her family medicine residency at UPMC St. Margaret Hospital, Pittsburgh, PA. Dr. Kunkle completed her family medicine and obstetric fellowship at UPMC St. Margaret and UPMC Magee Women's Hospital, Pittsburgh, PA. Following completion of her fellowship, she joined the faculty in 2023 where she models Obstetrics and Women's Health care from a family medicine perspective.



**Marco Alcala, M.D.**  
***Orthopedics Director***

Dr. Alcala received his medical degree from Saint George's University School of Medicine in Grenada. He completed his general surgical internship at St. Barnabas Medical Center and his general surgical residency at Morristown Memorial Hospital both in New Jersey. Dr. Alcala underwent a three-year research fellowship in surgical oncology at the University of Pittsburgh Cancer Institute in Pittsburgh, PA. He completed his Family Medicine Residency at Heritage Valley Beaver in Beaver, PA. He then completed his fellowship in Primary Care Sports Medicine at Allegheny General Hospital in Pittsburgh, Pa., where he trained as a team physician for the

Pittsburgh Pirates. Dr. Alcala specializes in Family Medicine, non-surgical orthopedics, sports medicine and concussion management. He provides exceptional sports medicine care for patients aged five years and older, and comprehensive and compassionate primary medical care for patients aged 18 years and older. Dr. Alcala is team physician for the Pittsburgh Pirates Baseball Team, Avonworth High School as well as the Avonworth School District Physician.



**Autumn Stewart-Lynch, PharmD, BCACP, CTTs**

Dr. Stewart-Lynch is a 2004 graduate of the Duquesne University, School of Pharmacy. She completed a Community Practice Pharmacy Residency and has since worked in a variety of settings as a clinical pharmacist including end-of-life care and a free health care center for the medically underserved. In 2008, she became a full-time clinical faculty member in the Duquesne University, School of Pharmacy and in this role has developed clinical pharmacy services at the Heritage Valley Family Medicine Center. Dr. Stewart-Lynch enjoys mentoring students and developing pharmacy practice models focused on interprofessional learning and patient-centered collaborative care.



**Nihar Dinesh Dhokai, M.D.**

Dr. Dhokai is a graduate of Drexel University College of Medicine 2018 and a proud 2021 graduate of the Heritage Valley Family Medicine Residency. He served as chief resident during his final year. After residency, he worked as hospitalist at ChristianaCare in Delaware before choosing to return back to medical education and rejoining the program here at Heritage Valley in 2024. Dr. Dhokai is an avid tech enthusiast and believes in the intersection of health and technology. In his free time, he enjoys cooking, hiking and hosting game nights.