



“I have learned the most from their challenges and the life experience and wisdom they share.”

About Shari Samms, MD

Dr. Shari Samms always knew she wanted to serve others, and volunteering at a Muscular Dystrophy Association summer camp while in college solidified her decision to go into medicine.

In her years of providing compassionate, focused care, Dr. Samms considers seniors the most rewarding patients with whom she’s worked. “I have learned the most from their challenges and the life experience and wisdom they share,” Dr. Samms says. She also loves influencing positive change when connecting with patients on their health and quality-of-life goals.

In her personal time, Dr. Samms enjoys spending time with family, going to church, running, reading and eating a good meal, especially one served by her grandma in Michigan.

Shari Samms, MD

LANGUAGES SPOKEN

English

SPECIALTIES Primary Care

EDUCATION

University of Virginia School of Medicine
Xavier University

ASSOCIATIONS

American Academy of Family Physicians

MY CENTER

Hampton

49 W. Mercury Blvd.,
Hampton, VA, 23669

[\(757\) 269-9980](tel:(757)269-9980)

[Request Appt.](#)

[View Center](#)