



# Meylin Lam Hernandez, MD

## LANGUAGES SPOKEN

English

## SPECIALTIES

Primary Care

## EDUCATION

Universidad de Ciencias Medicas de Pinar del Rio, Pinar del Rio, Cuba  
New York Medical College at Hoboken University Medical Center  
Mayo Clinic School of Graduate Medical Education

## ASSOCIATIONS

American Academy of Family Physicians  
American Academy of Sleep Medicine  
American Medical Association

## MY CENTER

### Miami Lakes

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### About Meylin Lam Hernandez, MD

Since elementary school, Dr. Meylin Lam Hernandez has loved medicine and helping seniors any way she can. Focusing on their health is especially rewarding for her. “I enjoy connecting with my patients and giving them the opportunity to tell me everything they need,” says Dr. Lam Hernandez, who is board certified in both family medicine and sleep medicine. “I also try to explain things in a simple way and inspire lifestyle changes for better health and prevention.”

Aside from work and medical research, Dr. Lam Hernandez likes to spend time with her husband and kids, do craft projects, dance, go to the beach, and travel to experience different cultures. One of her favorite destinations is the Great Smoky Mountains in Tennessee.