



## Alexander Frid, DO

Family Practice

Board Certified by the American Osteopathic Board  
of Family Physicians

*Also speaks Russian*

Practicing medicine is “all in the family” for Dr. Alexander Frid whose mother is also a doctor with Desert Oasis Healthcare.

“My daily interactions with my patients gives me a deep sense of personal satisfaction in knowing that I’m helping them to get well and stay well,” said Dr. Frid. “Achieving and maintaining optimal health is always the goal for me in serving my patients.”

Growing up locally, Dr. Frid received a bachelor’s degree from California State University at San Bernardino before heading to the east coast for medical school. Returning to southern California, he completed a two-year family practice residency at Pacific Hospital of Long Beach where he received the Clinical Faculty Honors Award.

A bit of a “culture vulture,” Dr. Frid enjoys art, music, and museums, while expanding his worldview with reading and travel. His years working for a clinic in Minneapolis has made him a Minnesota Vikings fan.

### EDUCATION

University of New England College of Osteopathic Medicine  
Biddeford, Maine

### OFFICE LOCATION

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