



## **Germaine Frid, MD**

**Family Practice**

**Also Speaks Russian**

Two passions led a young Germaine Frid to become a family practice physician: A love of science and caring for others. "These two interests have guided my life and my career in medicine," says Dr. Frid.

This deep love of science and service led the Russian native to graduate from the First Moscow Medical Institute in Moscow and complete a rotating internship there, before coming to the U.S. After first establishing a family practice residency in Minnesota, Dr. Frid left all that snow behind to work in sunny Palm Springs.

Dr. Frid has come to know that providing the best possible patient-centered care doesn't begin in the doctor's office. "It starts with patients taking the time to care for themselves through diet, a healthy dose of exercise, and coming in to see me when needed." She presented such a profile in caring that her two children followed her into the medical profession.

The doctor also enjoys travel, visiting museums, and fine art appreciation. After her move to Southern California, she added the LA Lakers to her list of passions and has loved whenever she's seen them win big time!

### **EDUCATION:**

Doctor of Medicine: First Moscow Medical Institute, Moscow, Russia

### **OFFICE LOCATION:**

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