



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

5961 NW 173rd Drive,
Miami, FL, 33015

[\(305\) 556-7500](tel:(305)556-7500)

[Request Appt.](#)

[View Center](#)

“ I try to explain things in a simple way and inspire lifestyle changes for better health and prevention.”

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.