



Sarina Khanal, MD

LANGUAGES SPOKEN

English
Nepali
Hindi
Bengali
Urdu

SPECIALTIES

Primary Care

EDUCATION

Armed Forces Medical College
Saint Vincent Hospital

ASSOCIATIONS

American Board of Internal Medicine
American College of Lifestyle Medicine
American College of Physicians

“I strongly care for my grandparents and parents, which helped me care for my geriatric patients.”

About Sarina Khanal, MD

Dr. Sarina Khanal takes pride in serving her patients by being the strongest advocate for them. Her favorite part of her profession is “solving issues from the grassroots level.” She actively listens to patients and considers their point of view. Dr. Khanal strives to “communicate with the patients and their families to help them understand the most difficult complex issues.” Caring for elders is an important value in her family, so she is grateful to serve the senior population. Growing up being a diplomat’s daughter and having lived in various countries have come to appreciate patients from different backgrounds. “I miss my parents and grandparents who live in Nepal and wanted to engage my care to the most vulnerable population,” she explains.

In her free time, Dr. Khanal enjoys reading, painting, and hiking. She also likes collecting stamps, coins,

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Lakeland North

206 N. Florida Avenue,
Lakeland, FL, 33801

[\(863\) 209-7003](tel:8632097003)

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and seashells.