



John Trainer, MD, FAAFP

LANGUAGES SPOKEN

English

SPECIALTIES

Primary Care

EDUCATION

Wake Forest University
Ascension St. Vincent's Family Medicine
Center

ASSOCIATIONS

American Academy of Family Physicians
Florida Academy of Family Physicians

MY CENTER

Edgewood

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About John Trainer, MD, FAAFP

Dr. John Trainer loves building relationships with his patients by sitting and chatting with them, making them laugh, and thoroughly explaining their ailments and treatments to them. He especially enjoys connecting with his senior patients. “I really enjoy getting to know people with life experience,” he says. Dr. Trainer emphasizes the importance of prevention in his practice. He explains, “Treating risk factors can prevent or postpone the first heart attack or stroke. That is so important to maintain a healthy, independent life.”

When Dr. Trainer is not caring for his patients, he can be found enjoying quality time with his family. He also likes working on home repair projects and engaging in yard work.