



Tamara Kermani, DO

Specialty: Family Medicine

✔ Welcoming new patients

GOSHEN PHYSICIANS FAMILY MEDICINE – MILFORD

201 S Main Street, Milford, IN 46542 [Get Directions](#)

Existing Patients: 574-658-4142

New Patients: 574-537-5000

Biography

Dr. Tamara Kermani practices family medicine at Goshen Physicians Family Medicine Milford. She provides comprehensive family health care for patients of all ages, from newborns and children to adults and senior citizens. In addition to routine exams and preventive medicine, she treats patients with acute illnesses such as colds, flu and ear infections. She also helps patients manage a full range of chronic conditions including diabetes, high blood pressure, high cholesterol, depression and anxiety. Based on her training in osteopathic manipulative treatment, Dr. Kermani blends massage and chiropractic therapy to treat a range of musculoskeletal conditions, including muscle tension and back, neck and hip pain.

Philosophy of Care

Dr. Kermani believes family medicine is a team effort. She encourages patients to take an active role in their care and health, starting with preventive care. Dr. Kermani considers education a vital part of helping patients maintain their health and live life to its fullest. She is passionate about preventive medicine and works with her patients to prevent the development of disease or illness.

Research/Clinical Interest

- Preventive care and wellness
- Acute illnesses
- Chronic conditions including diabetes, high blood pressure, high cholesterol, depression and anxiety
- Osteopathic manipulative treatment
- Musculoskeletal conditions, including muscle tension and back, neck and hip pain
- Chronic conditions, including diabetes, heart disease and hypertension

Education

Education and training:

Doctor of Osteopathic Medicine

College of Medicine of the Pacific – Western University of Health Sciences | Pomona, CA
