



DR PREEYA ALEXANDER

PRACTICING GP, MUM OF TWO, PODCAST HOST, AUTHOR
AND TV PRESENTER

DR PREEYA ALEXANDER (MBBS FRACGP CEDC-GP) IS A PRACTICING GP BASED OUT OF MELBOURNE, PASSIONATE ABOUT ALL THINGS 'PREVENTION' IN MEDICINE AND ON A QUEST MAKE COMPLEX HEALTH INFORMATION DIGESTIBLE FOR EVERYONE.

Dr Preeya holds a Bachelor of Medicine & Bachelor of Surgery from Adelaide University.

Preeya hosts the popular "Happy to Health with Dr Preeya" podcast and previously co-hosted 2 series of the cooking show, Good Chef Bad Chef on Channel 10. Preeya has been featured as an expert on Sunrise, hosted 2 Catalyst episodes on ABC and used to appear regularly on ABC's The Drum before the show came to an end. She regularly appears on ABC NewsRadio as a health expert and contributes to publications such as Body and Soul. Preeya has authored several books including children's book Rainbow Plate, Eat Sleep Play Love (a practical evidence-based parenting book for caregivers of children aged 0-2) and cookbook Full Plate.

Preeya being a practicing GP can talk on a range of topics including preventative health, general medicine, children's health, sexual health, mental health and women's medicine.

EAT SLEEP PLAY LOVE

Parents and caregivers are swamped, sleep deprived and exhausted when a baby enters the family and all the medical golden nuggets required for the first 2 years can get lost in the chaos. What parents need is bite sized, easily digestible pieces of medical information to make solid and informed decisions about their child's health and that's exactly what Dr Preeya Alexander provides. All the very common thoughts - what should I be using on my baby's skin? What are the extra vaccines I can consider and when?

How do I start solids? What options are there when it comes to my baby's sleep? All these questions are answered with a solid dose of reality and humour. As a mother of 2 and practicing GP in Melbourne Preeya is an expert in this space and in this keynote, she gives parents the golden medical nuggets they so desperately desire to make the first 2 years a touch easier.

WOMENS HEALTH

Women's health is a hot topic now and women of all ages want to know about the issues facing them from a health perspective and what they can do to reduce the risk of chronic diseases and support wellbeing and mental health. Dr Preeya Alexander talks about women's health through the ages addressing adolescent health, reproductive years and perimenopausal years with a focus on what women can actively do during each phase to take more control around their health.

"We were so excited to have Preeya speak at our Creative Careers in Medicine conference, after following her amazing career on social media. We were not disappointed! Preeya was engaging, articulate, inspiring and passionate. Our audience had so many questions and Preeya was so personable and kind with her time. Her enthusiasm for what she does, mixed with her realism and honesty make her an excellent speaker. We would love to have her back next year!"

DR AMANDEEP HANSRA, FOUNDER, CREATIVE CAREERS IN MEDICINE

PREEYA IS AVAILABLE FOR:

- Keynotes & Workshops
- MC & Event Hosting
- Panel Moderation & Participation

For more, contact hello@tlstalent.com.au
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SPEAKERS