



# DR PREEYA ALEXANDER

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

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

Dr Preeya Alexander is a practicing GP working in Richmond, Melbourne and holds a Bachelor of Medicine & Bachelor of Surgery from Adelaide University. She is also a fellow of the Royal Australian College of General Practitioners (RACGP).

As a doctor and mum, Preeya is passionate about preventative medicine and improving health literacy so people can make informed decisions when it comes to their health; she shares her tips/experiences and medically evidence-based thoughts across her blog, podcast and social platforms - Doctor Preeya Alexander.

Across her platforms, Preeya, with her wisdom, intellect and relatable tips and information, has built a loyal and engaged following - becoming the voice of a generation. 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. She 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. Preeya regularly appears on ABC NewsRadio as a

health expert and contributes to publications such as Body and Soul.

Preeya is an author having published 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.

Aside from her work as a GP, Preeya is also a passionate cook, particularly skilled at throwing as many vegetables as possible into a meal. She is a huge fan of her veggie patch and particularly enjoys preparing family meals with home grown vegetables. She also has a love for travelling (particularly to warm places with excellent food!).

Being a practicing GP, Preeya can contribute on a wide range of topics including preventative health, general medicine, mental health, paediatric and women's medicine and sexual health and is available for expert medical commentary, keynote speaking, media campaigns and brand partnerships.

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