



"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**

SPEAKER

DR PREEYA ALEXANDER

**PRACTICING GP, MUM OF TWO, AUTHOR
AND TV PRESENTER**

DR PREEYA ALEXANDER IS A PRACTICING 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 holds a Bachelor of Medicine & Bachelor of Surgery from Adelaide University.

She has been featured as an expert on Sunrise and The Drum and is a regular contributor to online publications such as The Grace Tales, Mamamia and other lifestyle websites, combining her passion for medicine and her role as an educator to become a shining example of the qualified 'expert influencer'. Preeya cohosts Channel 10's Good Chef Bad Chef and hosted a 2 part series of ABC's flagship science show Catalyst.

Preeya specialises in preventative health, general medicine, 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?

When and how do I start solids? When can I have sex again after child birth? When can I get back to exercise after birth? - are answered with a solid dose of reality and humour. As a mother of 2 and practising 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.

PREEYA IS AVAILABLE FOR:

- KEYNOTES & WORKSHOPS
- MC & EVENT HOSTING
- PANEL FACILITATION & MODERATION