



EXPERT BIO

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 Alexander is a practicing GP working in Richmond, Melbourne and holds a Bachelor of Medicine & Bachelor of Surgery from Adelaide University.

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 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.

Dr Preeya has featured as an expert on The Drum, medical program The Good TV/Health Minute and The Good Life on Talking Lifestyle (radio) and is the current co-host of channel 10's Good Chef Bad Chef. She has also hosted a 2-part series on ABC's flagship science program Catalyst.

She is a regular contributor to online publications such as The Grace Tales, Mamamia and other lifestyle websites, finding a way to combine her passion for medicine and her role as an educator to become a shining example of the qualified 'expert influencer'

In May 2023, Preeya will launch her first book 'Eat Sleep Play Love' - a practical non-judgemental evidence-based book designed for parents of babies 0-2 years.

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, reading fantasy novels, and walking and talking with friends and family!

Dr Preeya Alexander specialises in 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.



For more, contact hello@thelifestylesuite.com

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