



EXPERT BIO

DR PREEYA ALEXANDER

GP & 'THE WHOLESOME DOCTOR'

DR PREEYA ALEXANDER AKA 'THE WHOLESOME DOCTOR' IS A PRACTICING GP BASED OUT OF MELBOURNE, PASSIONATE ABOUT ALL THINGS 'PREVENTION' IN MEDICINE AND ON A QUEST TO MAKE HEALTHY EASIER.

Dr Preeya Alexander is a practicing GP working in Richmond, Melbourne and holds a Bachelor of Medicine & Bachelor of Surgery from Adelaide University. A member of FRACGP since 2016, she also works as a medical educator with Eastern Victoria GP Training where she assists in the education of training GPs.

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 - *The Wholesome Doctor*.

Through *The Wholesome Doctor*, Preeya has built a loyal and engaged following with her wisdom and intellect and is regularly called upon to act as a spokesperson at events and in the media.

Dr Preeya has featured as an expert on *Sunrise*, medical program *The Good TV/Health Minute* and *The Good Life* on *Talking Lifestyle* (radio). She is also 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'

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 comment, keynote speaking, media campaigns and brand partnerships.



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