

Dr Joe Kosterisch

Author, Doctor, Health Industry Consultant & Keynote Speaker

Dr Joe Kosterich M.B.B.S (WA) is passionate about helping people to remain healthy rather than simply assisting them when they are sick. A practising doctor, author, broadcaster, and health industry consultant, he is known as the 'go to' doctor for comment on any health related matter.

A much sought after speaker, Dr Joe's motivational and practical health presentations explore ways to look and feel better. He presents to both the general public and corporations, busting health myths and imparting key health messages in a no-nonsense, entertaining and informative way.



More about Dr Joe Kosterich:

After graduating from the University of Western Australia Dr Joe did his residency at Royal Perth Hospital before entering General Practice in 1988. He and an associate bought Warwick Grove Medical Centre in 1990.

During the 1990s Dr Joe was involved in General Practice Divisions and helped set up Osborne Division (now Perth North Metro Medicare Local). He was its inaugural chairman from 1993 to 1997 and also held a number of positions over five years in the Australian Medical Association, including being elected chairman of The Federal Council of General Practice twice. In addition to this he sat on a number of government and industry boards.

It was through this that he had his first media appearances and quickly became known as the go to doctor for comment on any health related matter. He wrote columns for Australian Medicine and Australian Doctor magazines as well as writing guest columns for other publications.

In 1999 he sold his practice and became involved in the establishment and management of medical centres at a pivotal time in General Practice in Australia. He continues to this day as a consultant to IPN - Australia's leading manager of general practices. For four years he was a director and part owner of Onsite Health Solutions a provider of wellness services to industry.

In 2003, after attending an international conference he became more interested in what could be done to keep people healthy rather than just assist them when they are sick. This ultimately led to

his writing and self-publishing the book Dr Joe's DIY Health.

To help people more with their health Dr Joe established a website and blog page and publishes a weekly newsletter on health and lifestyle issues. He has built up a big following on social media with close to 40,000 followers on Twitter.

Dr Joe has a weekly health segment on *The Today Show* on Channel 9 and is seen regularly on *Channel 9 News*. He writes a regular column for *The West Australian* and has a health and wellbeing segment on Radio 6PR. Dr Kosterich has been 6PR's *Nightline* and *Perth Tonight* doctor for ten years. He has been a guest on numerous American internet radio shows and is a guest contributor on international health and wellbeing websites. Dr Joe has a regular column in *Medical Observer Magazine* and is supporting clinical editor of *Medical Forum*. He is also Health Ambassador for WA grown Fresh Potatoes.

Dr Joe also worked for nearly twenty years for the Medical Administration of Royal Perth Hospital reviewing files and preparing medico legal reports. He is often called on to give medico-legal opinions for leading law firms and medical defence insurers.

Through all this he continues to see patients as a GP each week.

Dr Joe Kosterisch talks about:

- Your Greatest Wealth is Your Health.
- Anti-Ageing for the 21st century.
- Mastering Stress.
- Brain Power - Looking after and harnessing the mind.
- A Healthy Workforce Equals a Healthy Business.
- Real Life in the Suburbs - what are the problems which drive us to see the doctor? Ever wondered what goes on behind closed doors in the suburbs? In this entertaining after dinner speech Dr Joe will lift the lid on what ails society and challenges us to think more laterally for solutions.
- He can also tailor specific presentations on both men's and women's health issues.

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