

Dr Sam Hay

Australian GP, Media Commentator & Keynote Speaker

Dr Sam Hay is well known across all forms of media, reaching hundreds of thousands of Aussies every week as a relatable health expert.

His major credits include:



- Dr Kiis with the Kyle and Jackie O Show, broadcasting a regular segment on the Kiis network.
- Health expert for Kidspot with news.com.au.
- Host of Embarrassing Bodies Down Under and Amazing Medical Stories.
- Regular appearances across all networks as a health expert.

Dr Sam grew up and studied in Tasmania before moving to Sydney to start his career with the Army as a combat medical officer. It was here that he served as the Regimental Medical Officer for the Army's parachute infantry regiment (3 RAR), and the 1st Commando Regiment. He had the honour of being rewarded for his leadership with six deployments - the highlight to Afghanistan as a helicopter retrieval and coalition trauma hospital doctor - caring for injured coalition soldiers and local nationals.

Dr Sam has been a practicing general practitioner since 2005 and is now a director of one of Sydney's most successful private general practice networks - Your Doctors. Your Doctors services over 50,000 Aussies, where he focuses on a multitude of issues that affect young families aided by his postgraduate training in Sports Medicine and Paediatrics.

As an avid health and fitness ambassador Dr Sam strongly encourages everyone he meets to get out there and start moving. Leading by example Dr Sam keeps himself fit in the gym or rowing on the Lane Cove River.

Dr Sam is involved in a number of public campaigns and he works closely with various health charities to help look for new ways to educate people in health matters.

Dr Sam is a practicing GP at Your Doctors - a collaborative General Practice servicing patients in the inner west of Sydney. He also works in the Eastern Suburbs at Your Doctors Randwick. Both practices pride themselves on their experience and being industry leaders across a full range of

healthcare services for all ages.

Dr Sam has a particular interest in the multitude of issues that affect young families, and has completed further postgraduate training in Sports Medicine and Paediatrics to better be able to service his patients.

Dr Sam has a particular interest in veteran's health.

[VIEW SPEAKER'S BIO ONLINE](#) 