

Dr Sam Hay

Australian GP, Media Commentator & Keynote Speaker

Dr Sam Hay is a practicing Australian GP with an extraordinary medical experience, having commenced his career in the military parachuting into war zones to retrieve injured soldiers. Passionate, articulate and highly intelligent, he has an established media profile having hosted and appeared on numerous television and radio shows. Sam is also in demand as a keynote speaker.

More about Dr Sam Hay:

Sam has hosted Amazing Medical Stories on Channel Nine, and was one of the charismatic presenters of Embarrassing Bodies Down Under. He regularly appears on The Today Show and Studio 10, writes for Body and Soul and popular parenting resource Kidspot.com.au. Sam is also the resident doctor for the Kyle and Jackie O Show on KIIS.

A former Senior Medical Officer in the Royal Australian Army Medical Corps, Dr Sam has been working in general practice since 2005 and is currently a partner in one of Sydney's most successful GP practices, Your Doctors.

Sam has also appeared as a medical expert on Studio 10 as well as on radio stations Sea FM and Triple M.

Dr Sam Hay started his military career at the 1st Health Support Battalion with the Parachute Surgical Team - a small scale highly mobile hospital, able to respond within hours to any emergency, anywhere in the world, specifically by parachute. He found his most challenging trip was to Afghanistan, where he led a small medical team that integrated with an American helicopter-based retrieval team. They were responsible for retrieving injured soldiers from the combat zone, and evacuating them back to the military hospitals.

Sam is a self-confessed health and fitness advocate who can be found in the gym or the surf.



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