

Dr Amanda Cox MBBS, FRACGP

General Practitioner & Member, Healthy Bones Australia
National Medical & Scientific Advisory Committee, **BRISBANE**

Dr Amanda Cox is a Brisbane-based General Practitioner (GP) with a strong interest in bone health, chronic disease management, and preventive medicine.

As a clinician and a member of the National Medical and Scientific Advisory Committee for Healthy Bones Australia, Dr Cox brings direct clinical insight to national discussions on bone health. She is a strong advocate for earlier intervention and greater awareness of risk factors across all age groups, particularly among younger adults.

She is a vocal advocate for heightening community awareness of bone health beyond older populations, reinforcing that underlying medical conditions, and commonly prescribed medications can compromise bone density in younger adults, even before the age typically associated with osteoporosis.



Dr Cox continues to support national action on bone health and supports the release of the **Know Your Bones Community Risk Report (Fourth Edition 2025)** to inform preventive care strategies, encourage clinician engagement, and raise community awareness of osteoporosis and fracture risk.

In her general practice role Dr Cox offers a wide scope of care, including women's health, antenatal care, children's health, as well as chronic disease management, including osteoporosis, diabetes, and cardiovascular health.

"Osteoporosis is a common chronic condition in Australia leading to many related fractures,"

"It is important to increase community awareness about the risk factors for osteoporosis, and the Know Your Bones program is an easy first step for consumers to review their risk,"

"The Healthy Bones Australia Medical Committee encourages GPs to actively investigate adults with risk factors for osteoporosis because early diagnosis can help to prevent fractures," said Dr Cox.

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To coordinate an interview with Dr Amanda Cox, please contact:

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