

SARA KAYAT

Practicing GP & TV Presenter

Agent: **Carina Rizvi**



Dr Sara Kayat is resident GP on ITV's This Morning. She is best known for GPs behind Closed Doors on Channel 5 and Celebrity Island with Bear Grylls on Channel 4. Sara has also co-presented two UKTV series: Dr Christian: Special Clinics and 12 Hours to Cure Your Street. She most recently co-presented the series Lose Weight Like Me on Channel 4 alongside Jordan Banjo - she has also featured on Pointless Celebrities (2022).

Since then, Dr Sara has worked with many brands across social media partnerships, including Fitbit, Superdrug, WaterWipes and Slack - she also frequently works with the NHS across their public health campaigns.

She studied Medicine at King's College London, where she also achieved a BSc in Physiology and has a diploma in Sexual and Reproductive Health. She has a keen interest in surgical specialties, such as ENT and Orthopaedics, which she puts into general practice by having a weekly minor surgery clinic. Furthermore, she practices cosmetic medicine and likes to keep up to date in the world of aesthetics.

She is an advocate of maintaining good mental health and regularly practices Mindfulness. In her spare time, she enjoys extreme sports such as scuba diving, skiing and travelling as far as her air-miles will allow.

CREDITS

TV:

Pointless Celebrities, 2022 (BBC One)

Lose Weight Like Me, 2021, (Channel 4)

ITV News; Medical Expert, 2017 – Present, (ITV)

Sky News; Medical Expert, 2016 - Present, (Sky)

This Morning; Medical Expert, 2015 - Present, (ITV News)

Dr Christian: Special Clinics, 2019, (W-Channel)

12 Hours to Cure Your Street, 2018, (W- Channel)

Celebrity Pointless, 2018, (BBC One)

Celebrity Eggheads, 2018, (BBC Two)

Great British Menu, 2017, (BBC Two)

Bear Grylls Celebrity Island, 2017, (Channel 4)

The Truth About Sleep, 2017, (BBC One)

GPs Behind Closed Doors, 2015 - 2016, (Channel 5)

AUDIO:

Can I Have My Ball Back?, 2022 (Richard Herring)

Steths, Drugs & Rock 'n' Roll, 2020 (Spotify Podcasts)

Books:

How to Have a Baby, Harper Collins, (2024)