



## **DR. SUDIPTA DUTTA**

Consultant - Internal Medicine and Diabetes & Endocrinology

### **Qualification**

MBBS | MD | CCEBDM

### **Overview**

Dr. Sudipta Dutta is a highly esteemed endocrinologist who has earned a remarkable reputation for her expertise in diagnosing and treating a wide spectrum of endocrine disorders. With a particular focus on diabetes management, Dr. Dutta is known for his patient-centred approach, offering comprehensive and personalized treatment plans to those suffering from diabetes, thyroid disorders, obesity, and other hormone-related conditions. Currently practising at Manipal Hospitals Broadway, one of the premier healthcare facilities in Kolkata, Dr. Dutta continues to be a trusted name in the field of endocrinology, known for her deep understanding of hormone health and her dedication to providing the highest quality care to her patients. He is the foremost Internal Medicine Specialist and Endocrinologist in Broadway, Kolkata. Dr. Dutta's journey into the field of endocrinology is built on a strong foundation of academic excellence and clinical experience. After completing his medical studies, she went on to specialize in endocrinology, acquiring advanced training and knowledge that set him apart in the diagnosis and treatment of complex hormonal conditions. Dr. Dutta's approach is characterized by her thorough

understanding of the intricacies of the endocrine system and her ability to apply this knowledge in providing evidence-based care to her patients. His specialization in diabetes care has made him one of the most sought-after endocrinologists, particularly as diabetes continues to be a major health concern in India. The complexity of managing diabetes, especially in the context of co-existing medical conditions such as hypertension, dyslipidemia, and obesity, demands a well-rounded, multi-disciplinary approach. Dr. Dutta's expertise allows him to tailor treatment plans that take into account the full range of factors affecting her patients' health. Dr. Sudipta Dutta is particularly renowned for her holistic approach to diabetes management, understanding that controlling blood sugar levels is just one aspect of managing this chronic disease. Diabetes, whether Type 1 or Type 2, requires a multi-faceted treatment plan that includes not only medication but also lifestyle modifications, nutritional guidance, and emotional support. Through her careful assessment of each patient's unique condition, Dr. Dutta empowers individuals to take charge of their health. She emphasizes the importance of dietary changes, regular exercise, and self-monitoring of blood glucose levels. Dr. Dutta works closely with her patients to set realistic goals and provides continuous education on managing diabetes in the long term. His ability to demystify complex medical information and communicate effectively with patients has earned her a reputation for being a compassionate and approachable healthcare provider. Dr. Dutta understands that diabetes management can be overwhelming, especially when patients are navigating the challenges of insulin therapy, oral medications, and lifestyle adjustments. Therefore, he ensures that her patients not only receive high-quality medical care but also the support and motivation they need to sustain long-term health improvements. Beyond diabetes care, Dr. Dutta also specializes in the diagnosis and treatment of a wide range of thyroid disorders and other hormonal imbalances. Thyroid issues, including hypothyroidism, hyperthyroidism, and autoimmune thyroid diseases, are common

endocrine conditions that can have wide-reaching effects on a patient's overall health. Dr. Dutta is skilled at accurately diagnosing these conditions and providing treatment options that restore normal thyroid function and improve the patient's quality of life. His expertise extends to managing other endocrine disorders, such as polycystic ovary syndrome (PCOS), adrenal insufficiency, and growth hormone disorders, among others. By focusing on the hormonal balance of the body, Dr. Dutta helps her patients achieve optimal health, both physically and emotionally. He works with patients to not only correct hormonal imbalances but also to manage the symptoms of these conditions, which may include fatigue, weight gain, mood swings, and infertility. Dr. Dutta also places significant emphasis on the management of obesity and related metabolic health disorders. Obesity is a major risk factor for a wide range of diseases, including diabetes, cardiovascular disease, and certain types of cancer. As an endocrinologist, Dr. Dutta understands the complex relationship between metabolism, hormonal regulation, and weight, and he offers specialized treatment plans to help patients achieve and maintain a healthy weight. Through a combination of lifestyle modifications, dietary counselling, and, when appropriate, medication, Dr. Dutta addresses the root causes of obesity and metabolic dysfunction. He is dedicated to helping her patients improve their long-term health outcomes by reducing the risk of complications associated with obesity, such as type 2 diabetes, hypertension, and heart disease. Dr. Dutta's practice at Manipal Hospitals Broadway, a well-established healthcare facility known for its cutting-edge medical technology and patient-centred care, provides an ideal environment for individuals seeking expert treatment for endocrine disorders. The hospital is equipped with the latest diagnostic tools and technologies, enabling Dr. Dutta to make accurate diagnoses and provide effective treatment options. The hospital's commitment to providing comprehensive, compassionate, and state-of-the-art care aligns perfectly with Dr. Dutta's approach to medical practice. Manipal Hospitals Broadway

offers a wide array of specialized services, allowing Dr. Dutta to collaborate with a multidisciplinary team of experts, including nutritionists, physiotherapists, and other specialists, to ensure that her patients receive holistic care. Dr. Sudipta Dutta treats patients across all age groups, from children and adolescents to adults and the elderly. She understands that the approach to endocrine disorders must vary depending on the patient's age, underlying conditions, and personal goals. For example, in children and adolescents, her approach to diabetes or thyroid disorders takes into account growth and developmental needs, as well as emotional and social factors. For older adults, Dr Dutta focuses on managing endocrine conditions that affect aging, such as osteoporosis, hypothyroidism, and diabetes. He ensures that her older patients receive the care they need to maintain a good quality of life and prevent the onset of complications that can arise from untreated hormonal imbalances. Comprehensive Endocrine Care: Beyond the Clinic: Dr. Dutta's work goes beyond just providing medical treatment. He is deeply committed to preventive care, educating her patients about the importance of maintaining a healthy lifestyle to prevent the onset of chronic endocrine conditions such as diabetes and obesity. He encourages regular health screenings and the adoption of preventive measures, such as maintaining a balanced diet and staying active, to promote long-term wellness. In addition, Dr. Dutta is an advocate for mental health in the context of chronic endocrine diseases. He recognizes the psychological toll that conditions like diabetes and thyroid disorders can have on patients and works to address the emotional aspects of managing a chronic condition. By providing a supportive and empathetic environment, he helps her patients navigate the challenges of living with these conditions while maintaining a positive outlook on their health. Dr. Sudipta Dutta has built a solid reputation as one of Kolkata's leading endocrinologists, specializing in diabetes care, thyroid disorders, obesity management, and a wide range of other endocrine conditions. His holistic, patient-centred approach to care, combined with her in-depth medical

expertise, has positively impacted the lives of countless individuals. His association with Manipal Hospitals Broadway, a premier healthcare facility, further solidifies her status as a trusted medical professional. By offering cutting-edge treatments, personalized care plans, and a focus on long-term health and prevention, Dr. Dutta ensures that her patients receive the best possible outcomes in managing their endocrine health. Whether it's treating diabetes, addressing thyroid disorders, or helping individuals manage obesity, Dr. Dutta continues to make a significant impact on the lives of his patients, helping them lead healthier, more fulfilling lives.

### **Languages Spoken**

- English
- Bengali
- Hindi