



DR. LALIT KUMAR MUSKARA

Consultant - General and Internal Medicine

Qualification

MRCP(UK) | Diploma in Endocrinology(University of South Wales)

Overview

Dr. Lalit Kumar Muskara is a highly respected endocrinologist based at Manipal Hospitals Broadway in Kolkata, where he provides expert care for patients dealing with hormonal and metabolic disorders. With years of extensive training and experience in the field of endocrinology, Dr. Muskara specializes in the management and treatment of a wide range of conditions related to the endocrine system, including diabetes, thyroid disorders, adrenal and pituitary gland disorders, osteoporosis, and more. His holistic and patient-centred approach has earned him the trust and admiration of patients, making him one of the leading General Medicine Specialist in Kolkata. At the heart of Dr. Muskara's practice is his unwavering commitment to improving the quality of life of his patients by not just treating their conditions, but also educating them to better understand their health and take an active role in their treatment plans. This emphasis on patient education, combined with his comprehensive and compassionate care, ensures that individuals under his care receive the best possible outcomes. Dr. Muskara's expertise, alongside his access to cutting-edge medical technologies at Manipal Hospitals Broadway, provides an optimal environment for

diagnosing, treating, and managing complex hormonal and metabolic disorders. Dr. Lalit Kumar Muskara specializes in endocrinology, a branch of medicine that focuses on the glands and hormones that regulate various functions in the body. Hormonal imbalances can affect virtually every organ system, making the role of an endocrinologist essential in diagnosing and managing a range of conditions. Dr. Muskara's practice covers several key areas within this specialized field, including:

Diabetes Management: Dr. Muskara has a particular interest in the management of diabetes, a metabolic disorder that affects millions worldwide. Diabetes requires comprehensive management strategies to prevent long-term complications such as cardiovascular disease, kidney failure, neuropathy, and retinopathy. Dr. Muskara takes a highly personalized approach to diabetes care, offering both preventive and treatment strategies tailored to each patient's needs. This includes: Personalized lifestyle guidance, focusing on diet, exercise, and weight management to help patients control their blood sugar levels. Advanced medication management, including the use of the latest insulin therapies, oral medications, and continuous glucose monitoring (CGM) systems, when necessary. Regular monitoring to track the effectiveness of treatment and adjust strategies to prevent complications and ensure long-term well-being. Dr. Muskara also works closely with patients to provide education on understanding the disease, recognizing warning signs, and taking proactive steps to manage their diabetes effectively. His goal is to empower patients to take control of their condition and live a healthier, more fulfilling life.

Thyroid Disorders: Thyroid disorders are common in both men and women and can lead to a variety of symptoms, including fatigue, weight changes, depression, and irregular heart rhythms. Dr. Muskara is skilled in diagnosing and treating various thyroid conditions such as hypothyroidism (underactive thyroid), hyperthyroidism (overactive thyroid), and Hashimoto's thyroiditis. His approach includes: Thorough diagnostic testing using advanced blood tests, imaging, and other diagnostic tools to accurately identify thyroid

issues. Personalized treatment plans, may involve hormone replacement therapy, anti-thyroid medications, or, in some cases, surgical intervention, depending on the severity and type of thyroid disorder. Symptom management through medication and lifestyle adjustments to restore balance and relieve symptoms, ensuring optimal thyroid function and overall well-being.

Adrenal and Pituitary Gland Disorders: The adrenal and pituitary glands play a crucial role in hormone production, affecting everything from stress responses to metabolism and growth. Dr. Muskara has extensive experience managing conditions such as Cushing's syndrome, Addison's disease, pituitary tumours, and other related disorders. His comprehensive management strategies include: Advanced diagnostic procedures, including imaging studies (CT, MRI) and hormonal testing, to identify any abnormalities in adrenal and pituitary function. Collaborative care, when necessary, involves surgical specialists or oncologists to treat underlying conditions, such as tumours affecting the pituitary or adrenal glands. Hormone replacement therapies or medications to balance hormone levels, restoring patients' health and addressing symptoms such as fatigue, weight changes, and metabolic disturbances.

Osteoporosis and Metabolic Bone Disorders: Osteoporosis, a condition characterized by weakened bones, can lead to fractures and significant long-term health complications. Dr. Muskara is adept at diagnosing and treating osteoporosis and other metabolic bone diseases, particularly in patients with hormonal imbalances that may exacerbate bone loss. His management includes: Bone density testing (DEXA scans) to assess bone health and the risk of fractures. Medications such as bisphosphonates or selective estrogen receptor modulators (SERMs) to strengthen bones and prevent fractures. Lifestyle recommendations including dietary changes (calcium and vitamin D intake) and weight-bearing exercises to improve bone health. Dr. Muskara works closely with his patients to ensure they maintain strong, healthy bones throughout their lives, reducing the risk of injury and enhancing their quality of life. At

Manipal Hospitals Broadway, Dr. Muskara is supported by state-of-the-art diagnostic and therapeutic facilities that are critical in ensuring accurate diagnoses and effective treatments. The hospital is equipped with cutting-edge technology that aids in the diagnosis of endocrine conditions, such as high-resolution imaging, hormone testing, and advanced blood work. Dr. Muskara is able to leverage these resources to develop precise and individualized treatment plans for his patients. The hospital also offers a multidisciplinary approach, allowing Dr. Muskara to collaborate with specialists from various fields when needed. This teamwork is essential for the management of complex cases that may involve multiple organ systems or require coordinated care. Dr. Muskara's patient-centred approach is a cornerstone of his practice. He takes the time to listen to his patients' concerns, understand their symptoms, and develop treatment plans that are tailored to their specific needs. Education plays a vital role in his approach, and he believes that when patients fully understand their condition, they are better equipped to manage it effectively. Whether it's through one-on-one consultations or educational sessions, Dr. Muskara ensures that patients feel empowered to make informed decisions about their treatment. His compassionate care extends beyond the clinical aspects, as he builds strong, trusting relationships with his patients and supports them in their journey toward better health. Endocrinology is a dynamic field, with constant advancements in treatment modalities and diagnostic techniques. Dr. Muskara remains committed to continuous learning, attending medical conferences, workshops, and training programs to stay updated with the latest developments in the field. His passion for staying abreast of the latest research ensures that his patients receive the most effective, evidence-based care available. Dr. Lalit Kumar Muskara is a dedicated and highly skilled endocrinologist whose expertise and compassionate care make him a key member of the medical community at Manipal Hospitals Broadway, Kolkata. With his specialization in managing diabetes, thyroid disorders, adrenal and pituitary gland disorders,

osteoporosis, and other metabolic conditions, Dr. Muskara is able to offer comprehensive, personalized care that addresses the unique needs of each patient. Supported by advanced diagnostic tools and a multidisciplinary healthcare team, Dr. Muskara is committed to improving the lives of his patients and ensuring that they receive the highest standard of endocrinology care. Through his patient-centred approach and dedication to continuous learning, Dr. Muskara continues to be a trusted and respected physician in Kolkata's medical community.

Languages Spoken

- English
- Bengali
- Hindi