

**DR. ANUSHA HANDRAL**

Consultant - Diabetes & Endocrinology

**Qualification**

MD | DM - Endocrinology

## Overview

Dr. Anusha Handral is a renowned Diabetes and Endocrinology specialist in Bangalore. She is currently practising at Manipal Clinic Brookefield as a Consultant - Diabetes and Endocrinology, with a specialisation in Paediatric Endocrinology. She brings a wealth of expertise in both pediatric care and endocrine disorders, making her one of the top diabetologists and endocrinologists in Clinic Brookefield. Her main areas of expertise include Diabetes Mellitus, Thyroid disorders, Acromegaly, Pediatric Endocrinology, Obesity, Basic and advanced DXA, and PCOS. She is a Top Diabetologist at Clinic Brookefield, Bangalore. Dr. Anusha Handral completed her MBBS from Kasturba Medical College, Manipal, followed by an MD - Paediatrics from the Indira Gandhi Institute of Child Health, Bangalore. Her academic journey culminated in a DM - Endocrinology from the prestigious Institute of Post Graduate Medical Education and Research (IPGMER), Kolkata. She has further honed her skills through various training and fellowship programmes, making her an authority in pediatric endocrinology and general pediatric care. Dr. Anusha has gained significant experience in managing complex endocrine

disorders. Her extensive residency and fellowship experiences have given her a deep understanding of the challenges and complexities of paediatrics and endocrinology. In addition to her clinical work, Dr. Anusha Handral is actively involved in academic research, with a focus on topics such as the efficacy and side-effect profile of drugs in pediatric status epilepticus and the assessment of bone mineral density and body composition in patients with pituitary adenomas. Her research has led to several publications in reputed journals, including the Indian Journal of Paediatrics and the Journal of Laboratory Physicians, further cementing her standing in the medical community. Dr. Anusha Handral is an active participant in national and international conferences. She has presented posters and papers at numerous prestigious medical conferences, earning accolades such as the first prize for her poster presentation at Endoupdate 2020 in Hyderabad. Her keen academic interest in areas such as Graves' disease, pediatric endocrinology, and bone and mineral metabolism has driven her to contribute to the advancement of these fields through research and presentations. Dr. Anusha Handral’s commitment to pediatric care, combined with her specialised focus on endocrinology, makes her an invaluable asset to Manipal Clinic Brookefield. She continues to contribute to the well-being of her patients with her exceptional clinical expertise and compassionate care.

### Fellowship & Membership

- Paper presentation at the ISBMR conference in September 2019 in Bengaluru.
- Third prize in Bone and mineral metabolism quiz held in September 2019 at ISBMR conference, Bengaluru.
- Poster presentation at RSSDI conference held in august 2019 held at Kolkata.

## Field of Expertise

- Diabetes Mellitus
- Thyroid disorders
- Acromegaly
- Pediatric Endocrinology
- Obesity
- Basic and advanced DXA
- PCOS

## Languages Spoken

- English
- Kannada
- Hindi
- Telugu
- Bengali

## Talks & Publications

- Re-emergence of tetanus: epidemiological features, clinical profile and outcome in south India, published in September 2016 in Indian Journal of pediatrics.
- Evaluation of the prognostic utility of Ki 67,p53, and MGMT expression in pituitary tumors published in November 2019 in the Journal of laboratory physicians.
- Your HbA1c is normal, so why are you still tired?" Doctors explain the hidden insulin resistance stage Click Here