

DR. KAVYA PERLA

Associate Consultant - Internal Medicine

Qualification

MBBS | DNB (General Medicine)

Overview

Dr. Kavya Perla is an internal medicine specialist in Bangalore, currently practising as an Associate Consultant - Internal Medicine at Manipal Clinic Brookefield. Dr. Kavya Perla has over 7+ years of experience in Internal and General Medicine, ensuring comprehensive care of chronic and acute medical conditions through evidence-based care tailored to each patient’s needs. Her clinical expertise covers a broad spectrum of health concerns, with particular emphasis on lifestyle diseases such as diabetes, hypertension, thyroid disorders, and respiratory illnesses. After completing her MBBS from Guntur Medical College, Andhra Pradesh, Dr. Kavya pursued her DNB in General Medicine, where she developed a strong foundation in managing diverse and complex medical cases. During her post-graduate training, she gained hands-on experience in critical areas such as the Coronary Care Unit (CCU), Neurology, and Emergency Medicine. This multidisciplinary exposure sharpened her diagnostic skills and enabled her to make prompt and precise clinical decisions in high-pressure environments. Dr. Kavya’s clinical interests include managing diabetes mellitus, thyroid disorders, hypertension, bronchial

asthma, acute and chronic bronchitis, dyslipidemia, tuberculosis, pneumonia, anaemia, PCOS, and viral and bacterial infections. She also has significant experience in treating patients with co-morbidities and metabolic syndromes. Her approach emphasises symptom management, disease prevention, patient education, and long-term wellness. She excels in outpatient consultation and chronic disease monitoring, offering tailored management plans for patients with fluctuating blood pressure, uncontrolled blood sugar levels, and endocrine imbalances. Dr. Kavya strongly believes in empowering patients through knowledge and works closely with them to encourage lifestyle modifications that support medical treatment. In addition to her clinical work, she offers remote consultations for patients who require regular follow-up or can’t physically visit the hospital. She integrates telemedicine and digital health tools into her practice to ensure continuity of care without compromising quality. Her straightforward, empathetic, and respectful communication style builds strong doctor-patient relationships and promotes trust in the treatment journey. Dr. Kavya Perla speaks English and Telugu, allowing her to communicate effectively with patients from diverse linguistic backgrounds.

Fellowship & Membership

- IMA

Field of Expertise

- Thyroid Disorders
- Viral Fever
- Diabetes Mellitus
- Acute and Chronic Bronchitis
- Hypertension

- Tuberculosis
- Pneumonia
- Bronchial Asthma
- Dyslipidemia
- Viral & Bacterial Infections
- Anemia & PCOS

Languages Spoken

- English
- Telugu