



## **DR. JAHNAVI PATEL**

Specialist - Family Medicine

### **Qualification**

MBBS | D. Family Medicine

### **Overview**

Dr. Jahnavi Patel is a family medicine physician in Bangalore, specialising in comprehensive primary care, chronic disease management, preventive health, and mental wellness. She currently practises as a Specialist – Family Medicine at Manipal Clinics, Indiranagar, where she provides holistic and evidence-based medical care for patients across all age groups. With clinical experience spanning India and the United States, she combines a global outlook with a deep understanding of community-based primary care, ensuring that every patient receives personalised, accessible, and empathetic treatment. Dr. Jahnavi completed her postgraduate training in Family Medicine in Bengaluru, where she gained hands-on clinical experience at Aster CMI Hospital and Aster Clinic, JP Nagar. Her early medical training includes clerkships at the Amrita Institute of Medical Sciences, Kochi, followed by advanced clinical rotations in the United States at Mountain Vista Medical Centre, St. Luke’s Hospital, and Mercy Gilbert Medical Centre in Phoenix, Arizona. Exposure to diverse healthcare systems has shaped her approach to patient care, emphasising communication, clinical reasoning, and preventive guidance tailored to

each individual's health goals and cultural background. Her practice integrates lifestyle counselling, long-term disease monitoring, and patient education to manage chronic conditions such as diabetes, hypertension, dyslipidemia, thyroid disorders, obesity, and sleep-related metabolic issues. With a strong belief that prevention is central to lifelong well-being, she focuses on early risk assessment, regular screening, stress management, nutrition guidance, and mental health support within routine care. She also provides urgent care services, treating acute symptoms like infections, fevers, migraines, allergies, minor injuries, respiratory illnesses, and gastrointestinal complaints, while helping patients understand when to escalate care to specialists or emergency services. Dr. Jahnavi holds advanced certifications in Diabetes Management from BMJ, Fortis C-DOC, and the Royal College of Physicians (London), along with specialised training in lifestyle diseases. She is registered with the Karnataka Medical Council and holds FMGE certification. For global clinical competency, she is also ECFMG-certified (USA), having successfully completed the United States Medical Licensing Examinations (USMLE). Her qualifications reflect not just technical knowledge but a strong commitment to continuous clinical learning and translational preventive medicine. At the core of her philosophy is a compassionate, patient-first model that acknowledges physical, emotional, and behavioural health as interconnected. She believes that mental wellness plays a critical role in managing chronic disease, improving outcomes, and restoring quality of life. Her consultations emphasise empathy, respect, shared decision-making, and building trust with individuals and families. Fluent in English, Hindi, Malayalam, Gujarati, and Kannada, she is able to efficiently communicate with patients across linguistic backgrounds, reinforcing accessibility and comfort in clinical encounters. With her comprehensive skill set, international training, and dedication to empowering individuals through preventive and primary care, Dr. Jahnavi Patel stands as a reliable and compassionate Family Medicine specialist at Manipal Clinics, Indiranagar, supporting patients in

achieving sustainable, long-term health.

### **Field of Expertise**

- Dr. Patel holds advanced certifications in Diabetes Management (BMJ, Fortis C-DOC & RCP London) and Lifestyle Diseases, reflecting her commitment to preventive, lifestyle-based, and holistic care.
- She is registered with the Karnataka Medical Council and holds FMGE certification. In addition, she is ECFMG-certified (USA), having successfully completed the United States Medical Licensing Examinations.

### **Languages Spoken**

- English
- Hindi
- Malayalam
- Gujarati
- Kannada