



DR. AFAQ AHMED

Consultant - Diabetes & Endocrinology

Qualification

MBBS | MD (Medicine) | DM - Endocrinology

Overview

Dr. Afaq Ahmed is a focused and clinically grounded endocrinologist in Indiranagar with dedicated expertise in diabetes and hormonal disorders. He is currently practising as a Consultant – Diabetes & Endocrinology at Manipal Clinic Indiranagar, Bangalore, bringing over 3 years of specialised experience in endocrinology and over 10 years of experience in diabetology and thyroid care. His clinical practice is centred around outpatient endocrine consultations, where he manages a wide spectrum of metabolic and hormonal conditions with clarity, precision, and continuity of care. With an academic pathway that includes an MBBS, MD in General Medicine from KIMS Hubli, and a DM in Endocrinology from SIMSRC, Dr. Afaq has developed a strong foundation in evidence-based endocrine practice. He has also completed a foundational certification in diabetes foot care from CMC Vellore, further strengthening his approach to complication prevention and long-term disease management. Dr. Afaq's expertise lies in the comprehensive evaluation and management of diabetes mellitus, including gestational diabetes and complex glycaemic disorders. His consultation approach focuses on individualised treatment planning,

optimisation of medical therapy, and structured follow-up to minimise complications. His consistent work in this domain contributes to his recognition as one of the best endocrinologists in Indiranagar for structured diabetes and metabolic care. Beyond diabetes, he routinely evaluates and manages thyroid disorders, including hypothyroidism, hyperthyroidism, and autoimmune thyroid conditions. His clinical scope also includes polycystic ovary syndrome (PCOS), obesity management, osteoporosis, and metabolic bone diseases. He provides consultation-based care for disorders involving the pituitary and adrenal glands, along with growth and pubertal concerns, ensuring a well-rounded endocrine evaluation tailored to individual patient needs. His approach is rooted in clear communication and clinical transparency. Rather than overwhelming patients with complex terminology, he focuses on simplifying diagnoses and helping individuals understand the nature of their condition, expected outcomes, and the importance of adherence to long-term management plans. Being fluent in English, Hindi, and Kannada, he ensures that consultations remain accessible and comfortable across diverse patient groups. Dr. Afaq is also actively engaged in academic and research work, with multiple recognitions at state, national, and international conferences. His work includes award-winning presentations at the Vellore Endocrinology International Congress and ESICON, as well as research exploring evolving treatment approaches such as radiofrequency ablation in Graves' disease. These contributions reflect his ongoing commitment to staying aligned with advancements in endocrine science while applying them thoughtfully in clinical consultations. At Manipal Clinic Indiranagar, Dr. Afaq Ahmed continues to offer structured, consultation-based endocrine care across diabetes, thyroid, and metabolic disorders. His ability to integrate clinical expertise with patient education and long-term disease monitoring positions him among the best endocrinologists in Indiranagar for comprehensive and consistent endocrine management.

Field of Expertise

- Diabetes with a Special Interest in Gestational DM and Diabetic Foot Care
- Thyroid Disorders
- Pituitary
- Adrenal
- Growth and Pubertal Disorders
- PCOD
- Osteoporosis
- Metabolic Bone Diseases
- Obesity Management

Languages Spoken

- English
- Hindi
- Kannada

Awards & Achievements

- Prizes won at various state, national and International conferences
- 1st prize in oral presentation at Vellore Endocrinology International Congress 2025
- 2nd prize in poster presentation at the Vellore Endocrinology International Congress 2025.
- 3rd prize in the Quiz at Hormone Rhythm by KES, Mysuru, 2024. (State conference)
- 2nd prize at Esicon 2025 in oral presentation (National conference)

Talks & Publications

- An Unusual Case Of Type 3C Diabetes Mellitus Presenting With Nyctalopia - a case report.
- Exploring single-session radiofrequency ablation (RFA) as a novel, minimally invasive therapy for persistent/relapsed Graves' Disease after antithyroid drug treatment - a prospective study from South India.
- Beyond Turner Stigmata: Turner-Like Stigmata Unmask a Novel Genetic Mutation in a Short-Statured 7-Year-Old Girl - a case report