

DR. TREENA MINZ

Associate Consultant - General Surgery and Bariatric Surgery

Qualification

MBBS | M.S. (General Surgery) | DNB (General Surgery) | Fellowship in Minimal Access Surgery | Diploma in Hernia Surgery | FIAGES

Overview

Dr. Treena Minz is a trained minimal access and general surgeon in Manipal Clinic Indiranagar, Bengaluru, with over 6 years of focused surgical experience. She is currently practising as an Associate Consultant – General Surgery and Bariatric Surgery at Manipal Clinic Indiranagar, Bangalore, with advanced expertise in laparoscopic, hernia, and gastrointestinal procedures. She completed her MBBS from Father Muller Medical College, Mangalore, followed by MS in General Surgery from Utkal University, Bhubaneswar, and DNB in General Surgery from NBEMS. Strengthening her foundation in minimally invasive techniques, she pursued a Fellowship in Minimal Access Surgery (Mumbai), a Diploma in Hernia Surgery (APHS & RCS Edinburgh), and earned the Fellowship of the Indian Association of Gastrointestinal Endosurgeons (FIAGES). She is actively associated with professional bodies, including ASI, AMASI, and IAGES, reflecting sustained engagement with contemporary surgical standards. Dr. Treena’s core area of expertise lies in basic and advanced laparoscopic surgery. Minimally invasive or keyhole surgery demands refined hand–eye coordination, anatomical precision, and careful

intraoperative judgement. She performs laparoscopic and open procedures for inguinal, umbilical, and ventral hernias, gall bladder stones, appendicitis, breast lumps, and gastrointestinal conditions such as GERD. Her scope also includes colorectal conditions like piles, fissures, and fistula, along with diabetic foot management and abdominal wall reconstruction. Her structured approach to minimally invasive techniques and abdominal surgery places her among the best general surgeons in Manipal Clinic Indiranagar, Bangalore, particularly for laparoscopic and hernia procedures. Her competence extends to bariatric (obesity) surgery, where surgical planning must be aligned with metabolic evaluation and long-term follow-up. Bariatric procedures require careful patient selection, perioperative optimisation, and detailed counselling regarding nutritional and lifestyle adjustments. She integrates evidence-based protocols with meticulous operative execution to ensure safety and sustainable outcomes. Dr. Treena’s academic involvement includes multiple research publications in national and international journals, covering topics such as laparoscopic cholecystectomy safety, incisional hernia meshplasty techniques, upper gastrointestinal endoscopy findings, blunt abdominal trauma, and acute appendicitis diagnostics. She has presented papers at state and national conferences and was awarded 1st Prize for Best Paper at ASICON, Bhubaneswar (2019), along with recognition in the IAGES Minimal Access Surgery Quiz. These achievements reflect not only operative skill but also structured academic engagement in surgical innovation. In consultations, she emphasises clarity regarding operative indications, benefits of minimally invasive techniques, and realistic recovery timelines. Fluent in English, Hindi, Kannada, Oriya, and Bengali (working proficiency), she ensures discussions around surgical decisions are thorough and understandable. Her balanced integration of laparoscopic precision and abdominal surgical depth further reinforces her standing as one of the best general surgeons in Manipal Clinic Indiranagar, Bangalore for minimally invasive and bariatric care.

Field of Expertise

- Laparoscopic Surgery
- Bariatric Surgery
- General Surgery

Languages Spoken

- English
- Hindi
- Kannada
- Oriya
- Bengali

Awards & Achievements

- 1st Prize for Best Paper Award titled “Critical view of Safety: Laparoscopic Cholecystectomy. Revisited!” in ASICON, Bhubaneswar (2019)
- 3rd Prize in Minimal Access Surgery Quiz organised by IAGES (2019)

Talks & Publications

- “Umbilical nodule – A not always innocuous abdominal finding.” Journal of Cancer Research and Therapeutics 19(Suppl 2):p S946-S949, | DOI: 10.4103/jcrt.jcrt_928_22 (2023)International
- Lenka BN, Sunkara SB, Minz T, et al. Comparison study between onlay and underlay meshplasty for incisional hernia. J. Evid. Based Med. Healthc. 2019; 6(27).DOI:

10.18410/jebmh/2019/382 (2019) – National

- Lenka BN, Sunkara SB, Minz T, et al. Study on endoscopic findings in upper gastrointestinal pathology. J. Evid. Based Med. Healthc. 2019; 6(27).DOI: 10.18410/jebmh/2019/413 (2019) – National
- “Role of ultrasound in management of blunt abdominal trauma.” J. Evid. Based Med. Healthc. 2019; 6(29). DOI: 10.18410/jebmh/2019/393 (2019) – National
- “Prevalence of H. pylori in duodenal ulcer perforation.” J.Evid. Based Med. Healthc. 2019; 6(28), 0000-0000. DOI: 10.18410/jebmh/2019/386 (2019) – National
- “A clinicopathological study to establish the correctness of the diagnosis of acute appendicitis in cases of acute right lower quadrant pain of the abdomen.” J. Evolution Med. Dent. Sci. 2019;8(27): 2171-2175, DOI: 10.14260/jemds/2019/476 (2019) – National
- “Laparoscopic Management of Hydatid Cyst of Liver: Our Experience” In AMASICON 2022, Guwahati.
- “Critical view of Safety: Laparoscopic Cholecystectomy. Revisited!” in IAGES 2019 and ASICON 2019, Bhubaneswar
- “Pancreas sparing Duodenotomy for a large duodenal polyp” in ASICON 2019, Bhubaneswar
- “Left Sided Laparoscopic Cholecystectomy, our experience in a few cases” in ASICON 2018, Chennai