



DR. KARTIK MITTAL

Consultant - Geriatric Medicine

Qualification

MBBS (MAMC) | MD (AIIMS)

Overview

Dr. Kartik Mittal is a highly accomplished and dedicated physician specialising in Geriatric Medicine and Elderly Care. Trained at some of India's most prestigious premier institutes, including Maulana Azad Medical College (MAMC) in Delhi and the All India Institute of Medical Sciences (AIIMS), he brings a wealth of specialised expertise to the care of senior citizens. Over his distinguished career, Dr. Mittal has gathered extensive experience managing complex clinical cases at leading medical centres across the country. In Manipal Hospital, Dwarka, Dr. Mittal excels in managing both outpatient department (OPD) services and inpatient admissions for elderly patients presenting with multiple, overlapping health issues. His clinical expertise spans chronic conditions such as diabetes, hypertension, heart and kidney diseases, and acute infections, alongside complex geriatric syndromes like delirium, depression, forgetfulness, dementia, and age-related behavioural issues. Furthermore, he specialises in gut health, arthritis, osteoporosis, pain management, anemia, unexplained weight loss, and balance disorders. Dr Mittal also provides vital supportive and palliative care to older cancer patients, ensuring comfort and dignity during their

treatment journey. Dr Mittal understands that aging patients often struggle with polypharmacy, that is defined as simultaneous use of multiple medications by one person. Thus, he is extensively trained in rationalising multiple medications to actively reduce side effects and ease the drug burden on the aging body. He champions a compassionate, holistic, "whole-body" approach designed to enhance the overall quality of life, minimise the burden of age-associated diseases, and alleviate distress for both the patients and their family caregivers. A respected voice in the medical community, Dr. Mittal holds active memberships in numerous prestigious organisations, including the Geriatric Society of India, the Indian Academy of Geriatrics, the Dementia India Alliance, and the Association of Physicians of India. He is also recognised for his academic contributions. Fluent in both English and Hindi, Dr. Mittal ensures seamless, empathetic communication with his patients, delivering world-class, personalised geriatric care.

Fellowship & Membership

- API – Association of Physicians of India (L-20789)
- GSI- Geriatric Society of India (L-1501)
- IAG- Indian Academy of Geriatrics (LMR 723)
- IAGMH- Indian Association for Geriatric Mental Health (LM/IAGMH/1103)
- AGOS – Asian Geriatric Oncology Society
- IAPC – Indian Association of Palliative Care (IAPC-2017-90976340)
- RSSDI-Research Society for the Study of Diabetes in India (ACAD 10684)
- IAPEN-India Association for Parenteral and Enteral Nutrition (LM2023-382)
- DIA Member of Dementia India Alliance
- IFNR – Indian Federation of Neuro Rehabilitation

- IMA-Indian Medical Association

Field of Expertise

- Geriatric Medicine
- Old Age Medicine
- Old Age Psychiatry
- Arthritis
- Geriatric Neurology
- Supportive Cancer Care
- Geriatric Emergencies
- Geriatric Heart Care

Languages Spoken

- Hindi
- English

Awards & Achievements

- 3 rd position in the Regional Symposium – One-day symposium on “CARDIABESITY IN ELDERLY” organised by the Cardio-Diabetic Society in AIIMS Rishikesh, March 2021
- Runner-up in North Zone round Quiz of Hematocon 2022 in PGI Chandigarh, Department of Clinical Haematology, September 2022.
- 1st prize for oral presentation for thesis on COVID-19 in SEADFCON held in AIIMS Rishikesh, October 2022.
- Poster Presentation at IAGG Asia Congress in Yokohama, Japan, June 2023.
- Oral presentation of research “need and uptake of GA-guided

interventions in elderly cancer patients in India" in 36th annual conference of the Geriatric Society of India (GSICON), December 2023.

- Invited for an online talk on “Physician Perspective of Artificial Intelligence in Medicine” by IIT Patna in collaboration with the Clinical AI Assistance company

Talks & Publications

- Publication Title Publication Type Journal / Conference Year DOI / Link
- Chronic Smoker Presenting With Community-Acquired Acinetobacter baumannii Cavitory Pneumonia Conference Presentation Asian ACPCON 2021 [Click Here](#)
- Adjuvant Testosterone Therapy in Chronic Heart Failure (ATTIC) – A Randomised Open-Label Trial Original Research BMJ Open 2022 [Click Here](#)
- Clinical Characteristics and Outcomes in Elderly Patients With COVID-19: A Single-Centre Retrospective Study Original Research Cureus 2022 [Click Here](#)
- Atorvastatin-Induced Myositis and Drug-Induced Liver Injury Case Report Journal of the Association of Physicians of India (JAPI) 2023
- Clinical-Medical Images: Large Healing Bed Sore in a Diabetic Patient With Myeloma Causing Compressive Paraparesis Clinical Image International Journal of Clinical & Medical Imaging 2023 <https://doi.org/10.4172/2376-0249.1000883>
- A Comparative Study of Mortality Differences and Associated Characteristics Among Elderly and Young Adult Patients Hospitalised With COVID-19 in India Original Research BMC Geriatrics 2023 [Click Here](#)
- A Short Review of Radiological Changes of Liver With Aging

- Review Article Biomedical Journal of Scientific & Technical Research (BJSTR) 2023 Not provided
- IAGG 2023 Poster Presentation – Yokohama, Japan Poster Presentation IAGG Asia/Oceania Regional Congress 2023 – Abstract Book 2023 Not provided
 - Use of ChatGPT by Physicians to Build Rehabilitation Plans for the Elderly: A Mini-Review of Case Studies Review Article Journal of the Indian Academy of Geriatrics (JIAG) 2023 [Click Here](#)
 - Case of Renal Sjögren's Syndrome in Elderly: A Rare Age With a Rarer Presentation Case Report Journal of the Indian Academy of Geriatrics (JIAG) 2023 [Click Here](#)
 - Dehydration in Elderly: Revisiting the Assessment and Management Strategies Review Article Journal of the Association of Physicians of India (JAPI) 2023 [Click Here](#)
 - Invasive Treatment Strategy for Older Patients With Non-ST-Elevation Acute Coronary Syndrome: A Systematic Review and Meta-Analysis of Randomized Controlled Trials Systematic Review and Meta-Analysis Frontiers in Cardiovascular Medicine 2025 [Click Here](#)
 - Screening for Poor Muscle Strength in Older Indian Patients With Solid Tumor Using SARC-F Questionnaire and Handgrip Original Research Journal of Geriatric Oncology 2026 [Click Here](#)
 - Guidelines for Geriatric Oncology in India: Recommendations for Clinical Practice (Version 1) Clinical Practice Guidelines Journal of Geriatric Oncology 2026 [Click Here](#)