

DR. SOHAM TARAFDAR

Consultant - Endocrinologist

Qualification

MBBS, MD (General Medicine) | DM Endocrinology

Overview

Dr. Soham Tarafdar completed his MBBS from Medical College Kolkata (West Bengal University of Health Sciences) 2013 and MD (General Medicine) from, Dr. RML Hospital, New Delhi (Guru Gobind Singh Indraprastha University) in 2017, DM (Endocrinology) from Institute of Post Graduate Medical Education & Research, Kolkata (West Bengal University of Health Sciences) in 2021. He has a total of 12 years of work experience. He worked as a senior resident post MD in 2018 and as a senior resident post DM (2021-2024). He has been working as an endocrinologist for the last 6 years and has participated in high-quality research at his institution. His area of expertise is Diabetes care, which includes both Type 2, Type 1 and other diabetes subtypes. He also has an interest in treating specific complications of Diabetes like neuropathy, retinopathy, nephropathy, and diabetic foot ulcer in a multidisciplinary approach with other specialities. He has ample experience regarding the use of modern technologies for Diabetes care, like CGM and Insulin pumps. He had also treated patients for obesity and its relevant complications. Among specific Endocrine issues, he treats patients having issues of Thyroid, Pituitary, Adrenal

and Bone(osteoporosis), Reproductive system (Male- Erectile dysfunction, Premature ejaculation, Female- PCOS, Hirsutism), and Endocrine malignancy (Thyroid cancer, Adrenal tumour, pituitary tumour). He also published research papers in peer-reviewed international journals and participated in multiple conferences as faculty. He also has gained significant experience in his training for treatment related to Pediatric Endocrine problems like short stature (Growth Hormone therapy), delayed and precocious puberty, and Turner syndrome. His passion lies in treating his patients with utmost care and consideration, with a holistic approach for the general well-being of his patients. He is the best Diabetes and Endocrinologist in Dhakuria, Kolkata.

Field of Expertise

- Type 2 Diabetes
- Type 1 Diabetes
- Endocrinology
- Pediatric Endocrinology

Languages Spoken

- English
- Bengali
- Hindi

Awards & Achievements

- Worked as Senior resident post MD 2018 and Senior resident post DM experience (2021-2024).
- Presentation & Awards:
- First in National Quiz ESICON Nagpur 2019 (National

conference)

- Poster presentation in ESICON-Nagpur 2019 (National conference): A case series of bilateral adrenal masses in a tertiary care centre in eastern India
- Best Oral paper presentation in Midterm ESICON 2020 (National conference): Liquid Biopsy in differentiated Thyroid Cancer
- Best research award 2021 in the Foundation Day of IPGMER: Plasma cell-free DNA to differentiate malignant from benign thyroid nodules.
- Winner of the prestigious AV Gandhi award 2022 for excellence in Endocrinology research.
- Winner of the Young Investigator Award, European Congress of Endocrinology 2023.
- Speaker as Faculty at Cresendo 2023,24,25
- Speaker as Faculty at Hopecon 2022

Talks & Publications

- Research Articles: De D, Dutta S, Tarafdar S, Kar SS, Das U, Basu K, Mukhopadhyay P, Ghosh S. Comparison between Sonographic Features and Fine Needle Aspiration Cytology with Histopathology in the Diagnosis of Solitary Thyroid Nodule. Indian J Endocrinol Metab. 2020 Jul-Aug;24(4):349-354. doi: 10.4103/ijem.IJEM_349_20.
- Dutta S, Tarafdar S, Mukhopadhyay P, Bhattacharyya NP, Ghosh S. Plasma Cell-Free DNA to Differentiate Malignant from Benign Thyroid Nodules. J Clin Endocrinol Metab. 2021 Apr 23;106(5):e2262-e2270. doi: 10.1210/clinem/dgab030. Tarafdar, S. et al. (2023) ‘Cell free DNA integrity index to differentiate benign from malignant thyroid nodules’, Endocrine Abstracts. doi:10.1530/endoabs.90.rc2.4.
- Dutta, S. et al. (2023) ‘Circulating long non-coding RNAS as a

non-invasive markers to help differentiate benign from malignancy in indeterminate thyroid nodules', Endocrine Abstracts. doi:10.1530/endoabs.90.oc2.5.

- Dutta, S., Tarafdar, S., Mukhopadhyay, P., et al. (2023) 'Detection of driver mutations in plasma cell–free nucleic acids in differentiated thyroid neoplasm', European Journal of Endocrinology, 188(1), pp. 135–143. doi:10.1093/ejendo/lvac018.
- Tarafdar, S. et al. (2022) 'Utility of liquid biopsy in indeterminate thyroid nodules', Endocrine Abstracts. doi:10.1530/endoabs.81.p219. Tarafdar, S. et al. (2024) '8414 utilization of cell free DNA integrity index to differentiate benign from malignant thyroid nodules', Journal of the Endocrine Society, 8(Supplement_1). doi:10.1210/jendso/bvae163.2286.
- Book Chapters:
- Diabetes in Pregnancy (2021): Outcomes in offspring of Mothers with Diabetes in Pregnancy Perspectives in Diabetes Past, Present & Future (2021): Point care of Instruments Beyond glucometers- Genesis, Present Status & Future Advances eg; HbA1c, Lipid, Ketones and Creatinine, microalbuminuria etc.,
- RSSDI Annual Case Book (2022): Challenging Cases Practical Solutions: Recurrent Diabetic Ketoacidosis Associated with Mirtazapine Section Editor of RSSDI Yearbook 2025