

DR. SUDHA MENON

Lead Consultant - Internal Medicine

Qualification

MBBS | MD

Overview

Dr. Sudha Menon is an eminent senior physician in Electronics City, Bengaluru, bringing over 36 years of rich clinical experience across internal medicine, preventive healthcare, acute and chronic disease management, and end-of-life care. She is currently practising as a Lead Consultant – Internal Medicine at Manipal Hospital Electronics City, Bengaluru, where she delivers structured, evidence-based, and compassionate clinical care. Known for her clinical judgment, ethical practice, and comprehensive diagnostic evaluations, Dr. Sudha is widely regarded as one of the best internal medicine specialists in Electronics City, Bangalore. Dr. Sudha earned her undergraduate medical education (MBBS), followed by a Doctor of Medicine (MD) in Internal Medicine. Over more than three and a half decades of active medical practice, she has developed an extensive depth of knowledge in diagnosing and treating intricate adult medical conditions. Her clinical approach combines detailed physical assessments with rigorous, guideline-driven medical management, ensuring patients receive accurate diagnoses and personalised, long-term healthcare pathways. At Manipal Hospital Electronics City, Dr. Sudha Menon

manages a broad clinical spectrum ranging from routine outpatient medical consultations to intensive inpatient multisystem care. As a top physician and general medicine doctor in Electronics City, Bangalore, her primary fields of expertise include preventive healthcare, rheumatology, adult immunisation, lifestyle disorders, and supportive end-of-life palliative care. She has a dedicated clinical interest in investigating fevers of unknown origin (FUO), managing chronic autoimmune and rheumatological conditions, and providing perioperative medical optimisation for complex surgical patients with multi-organ comorbidities. Committed to ethical medical practice, Dr. Sudha Menon places strong emphasis on patient advocacy, diagnostic clarity, and preventive medicine. She actively guides patients in mitigating cardiovascular, metabolic, and systemic health risks before chronic illnesses progress. Her collaborative approach to care ensures seamless perioperative coordination with surgical specialists, reducing postoperative complications and supporting smooth clinical recovery for high-risk patients. In the realm of end-of-life care, she prioritises dignity, symptom relief, and compassionate family support. Dr. Sudha communicates with notable versatility across seven languages, being fluent in English, Hindi, Malayalam, Kannada, Tamil, Gujarati, and Marathi. This linguistic reach allows her to connect deeply and empathetically with patients from diverse cultural backgrounds, fostering confidence, trust, and clear communication throughout their medical journey.

Field of Expertise

- Internal Medicine

Languages Spoken

- English

- Hindi
- Malayalam
- Kannada
- Tamil
- Gujarati
- Marathi