



DR. ANUJ KAMAT

Consultant - Internal Medicine

Qualification

MBBS | MD (Internal Medicine)

Overview

Dr. Anuj is a dedicated Internal Medicine Specialist at Manipal Hospitals, Goa, where he brings extensive clinical expertise to the management of complex health conditions. He holds a medical degree from the International University of Health Sciences, St. Christopher and Nevis, West Indies. He further specialised by completing his Doctor of Medicine (MD) in Internal Medicine at Rajarajeshwary Medical Hospital and College, affiliated with the Rajiv Gandhi University of Health Sciences, Karnataka. Dr. Anuj is well-versed in both outpatient and inpatient care. His approach to medicine is firmly rooted in evidence-based protocols, with a primary focus on achieving long-term risk reduction for his patients. He is particularly recognised for his work in managing chronic lifestyle and metabolic disorders, as well as the stabilisation of acute medical conditions. His clinical expertise includes the management of hypertension, diabetes, and metabolic syndrome. He also specialises in preventive cardiometabolic care and geriatric medicine and the treatment of various infectious diseases. Beyond his clinical duties, Dr. Anuj remains deeply involved in the medical community. He is an active member of several prestigious professional

bodies, including the Goa Medical Council, the Indian Medical Association (IMA) Goa branch, and the Indian Society of Critical Care Medicine (ISCCM). Through these associations, he stays at the forefront of medical advancements, ensuring his patients receive contemporary and comprehensive care.

Fellowship & Membership

- Member of the Indian Medical Association, Tiswadi, Goa
- Member of the Indian Society of Critical Care Medicine

Field of Expertise

- Hypertension management
- Diabetes and metabolic syndrome
- Preventive cardiometabolic medicine
- Geriatric medicine
- Infectious diseases

Languages Spoken

- English
- Hindi
- Konkani
- Marathi

Talks & Publications

- Thesis: Coagulation Abnormalities in Metabolic Syndrome
- Publication – Study on Coronary Angiographic findings between Diabetic and Non-Diabetic patients - Journal Article (JAMA Aug

- 2018)
- Case Presentation: Gynecomastia in Undiagnosed Grave's Disease
 - Clinical Seminar: Advances in Neuroscience