

DR. SHARAT D HEGDE

Consultant - Internal Medicine

Qualification

MBBS | DNB (Internal Medicine)

Overview

Dr. Sharat D. Hegde is an internal medicine doctor who has more than 15 years of experience in comprehensive adult and geriatric healthcare, preventive medicine, and chronic disease management. As an internal medicine specialist in Jayanagar, Bangalore, Dr. Hegde focuses on providing holistic and tailored care for all his patients. He strongly advocates for early detection and management of non-communicable diseases through lifestyle modifications and structured wellness programs. His multidisciplinary clinical acumen, which bridges various medical specialities, ensures comprehensive, long-term wellness and an enhanced quality of life for his patients.

Field of Expertise

- Diabetes mellitus & gestational diabetes
- Hypertension, Pregnancy-Induced Hypertension (PIH) & geriatric care
- Stroke, Transient Ischemic Attacks (TIA) & headache disorders
- Critical care & ICU management
- Nephrology care (dialysis, haemodialysis, peritoneal dialysis)

- Gastroenterology management (upper GI endoscopy, colonoscopy, ERCP)
- Pulmonology interventions (sleep studies, BiPAP/CPAP, OSA management)
- Rheumatology, immunology & infectious diseases (including COVID-19 management)

Languages Spoken

- English
- Kannada
- Hindi

Talks & Publications

- Faculty member, Post Graduate Training in DNB program at The Bangalore Hospital (2009–2018).
- Actively mentored residents and postgraduate medical students in internal medicine as a DNB Faculty Member.
- Strong advocate for preventive health, structural screening, and early disease management strategies in evolving healthcare landscapes.