

DR. POOJA BAJAJ

Associate Consultant - Respiratory Medicine & Pulmonology

Qualification

MBBS | MD - TB & Respiratory Medicine

Overview

Dr. Pooja Bajaj is an experienced pulmonologist and respiratory medicine specialist with a strong clinical foundation and a patient-focused approach to care. She is currently practising as an Associate Consultant - Respiratory Medicine & Pulmonology at Manipal Hospital Kanakapura Road, Bangalore. Dr. Pooja offers holistic and evidence-based management of a broad range of pulmonary disorders. Her areas of interest include allergy and asthma, chronic obstructive pulmonary disease (COPD), interstitial lung diseases (ILDs), tuberculosis, and sleep-related breathing disorders like obstructive sleep apnea (OSA). Dr. Pooja Bajaj has earned her qualifications in MBBS and then went on to pursue her MD in Respiratory Medicine and a specialised Certification in Allergy and Immunotherapy. Having trained and worked at reputed institutions in Karnataka, Dr. Pooja brings in-depth clinical insight for respiratory allergies. She has successfully conducted and managed allergy and asthma clinics, enabling patients to gain better control over symptoms and significantly improve their quality of life. Dr. Pooja has a particular interest in the diagnosis and long-term management of sleep apnea

and related sleep disorders. She utilises modern diagnostic techniques, including sleep studies, to ensure accurate assessment and personalised therapy. Her multidisciplinary approach encompasses behavioural and lifestyle modifications, CPAP therapy, and continuous follow-up, enabling patients to achieve restful sleep and lower their cardiovascular risk. She is also proficient in managing tuberculosis, a prevalent concern in India. Her methodical and guideline-driven care ensures complete and compliant treatment, while also addressing complications and post-treatment lung health. In the treatment of chronic respiratory conditions, such as COPD and ILD, Dr. Pooja emphasises the importance of early detection, comprehensive assessment, and the development of long-term care plans. She integrates pulmonary rehabilitation and psychological support into her treatment regimens, ensuring both physical and emotional aspects of chronic illness are addressed. Her compassionate and structured approach fosters better patient adherence and improved clinical outcomes. In addition to her clinical role, she actively promotes awareness about environmental and occupational triggers of respiratory illness and stresses the importance of preventive measures in lung health. Dr. Pooja Bajaj speaks English, Hindi, and Kannada, enabling her to connect effectively with patients from diverse linguistic backgrounds, ensuring clarity, trust, and comfort in communication. She believes in transparent communication and makes it a point to involve patients in every stage of diagnosis and treatment planning.

Field of Expertise

- Respiratory Disease
- Asthma
- COPD
- Allergy Testing and Immunotherapy

Languages Spoken

- English
- Kannada
- Hindi

Talks & Publications

- Journal: Innovations: Technology and Techniques in Cardiothoracic and Vascular Surgery, Volume: 16 issue: 1, page(s): 75-79 Use of an extended working channel in High-Risk Transbronchial Biopsy: An Innovative Use of an Existing Modality to Minimize Bleeding and Hypoxia
- Journal: Clinical Medicine Insights: Case Reports, Volume 12: pages 1–4 Airway Stenosis Related to Foreign Body Aspiration: An Under-recognised Long-term Complication