



## **DR. KAVITHA BHAT**

Lead Consultant - Pediatric Endocrinology

### **Qualification**

MBBS | MD in Paediatrics | Fellowship in Paediatric Endocrinology & Diabetes

### **Overview**

Dr. Kavitha Bhat is a highly experienced paediatric endocrinologist in Kanakapura Road, Bangalore, currently practising as a Lead Consultant – Paediatric Endocrinology at Manipal Hospital Kanakapura Road. Dr, Kavitha brings over 2+ decades of clinical, academic, and systems-level expertise to the care of infants, children, and adolescents with complex hormonal and metabolic conditions. She is particularly renowned for her structured and empathetic management of Type 1 Diabetes, including insulin therapy optimisation, long-term complication prevention, and family-centred education. Dr. Kavitha Bhat's career reflects a rare blend of deep clinical excellence, academic leadership, and operational intelligence. Trained in Paediatrics in her MD – Paediatrics, Dr. Kavitha further earned a Fellowship in Paediatric Endocrinology and Diabetes, being one among the earliest fellowship-trained paediatric endocrinologists in India. Her international exposure and vision for healthcare systems were further strengthened when she completed a Master's Degree in Clinical Service Operations from Harvard Medical School, Boston, in 2023. At Manipal Hospital Kanakapura Road, Dr. Bhat's clinical expertise spans

paediatric and adolescent diabetes, growth and puberty disorders, obesity, thyroid diseases, pituitary and adrenal disorders, disorders of sexual development, metabolic bone diseases, and rare genetic endocrine syndromes. She has been instrumental in establishing and nurturing specialised programs for paediatric diabetes, Turner syndrome, Prader-Willi syndrome, obesity, and pubertal disorders, ensuring that children receive coordinated care involving allied specialists. Her work in Prader-Willi syndrome, in particular, has extended beyond clinical care into caregiver education, needs assessment, and international collaboration, reflecting her commitment to holistic, family-oriented management. Dr. Bhat is also deeply invested in growth and puberty disorders, including short stature, early or delayed puberty, and growth hormone therapy. Her approach is grounded in careful diagnostic evaluation, ethical decision-making, and long-term follow-up, ensuring that treatment plans are evidence-based and aligned with each child's physical and emotional development. Her expertise in paediatric bone health, covering conditions such as rickets, osteoporosis, osteogenesis imperfecta, and metabolic bone disease related to kidney disorders or prematurity, adds further depth to her clinical portfolio. Beyond patient care, Dr. Kavitha Bhat has made significant contributions as an educator and academic leader. She previously served as Program Director for an RGUHS-affiliated Paediatric Endocrinology Fellowship, mentoring and training the next generation of specialists. Her teaching style is known for its clarity, clinical relevance, and emphasis on systems-based practice. She continues to be actively involved in academic discussions, invited talks, and knowledge dissemination, strengthening paediatric endocrine practice at both institutional and regional levels. What truly distinguishes Dr. Kavitha Bhat is her patient-centric and systems-oriented philosophy of care. She believes that excellence in paediatric endocrinology lies not only in accurate diagnosis and treatment, but also in designing care models that reduce errors, improve follow-up, and support families over the long term. Her calm

communication style, structured consultations, and emphasis on safety and reliability have made her a trusted name and one of the best paediatric endocrinologists in Kanakapura Road.

### **Field of Expertise**

- Paediatric & Adolescent Diabetes.
- Short Stature & Growth hormone therapy.
- Early and late puberty.
- Obesity in children and teenagers.
- Disorders in genital development: babies born with abnormal genitalia, undescended testes, micropenis.
- Paediatric Bone health: bones that break or bend easily including Osteogenesis imperfecta, rickets, osteoporosis, other varieties of metabolic bone diseases seen in kidney diseases, Prematurity, hypogonadism , steroid treatment.
- Endocrine sequelae of cancer treatment.
- Pituitary, thyroid, adrenal, gonadal disorders.
- Precocious & Delayed puberty.
- Endocrine disorders in syndromic disorders.

### **Languages Spoken**

- English
- Hindi
- Kannada

### **Talks & Publications**

- Bhat NK, et al. 'Thyrotropin Receptor Antibodies in Breast Milk'. The Endocrinologist, vol. 9, no. 1, Feb. 1999, p. 65.  
journals.lww.com, <https://journals.lww.com/theendocrinologist/>

Abstract/1999/01000/Thyrotropin\_Receptor\_Antibodies\_in\_Brea  
st\_Milk.13.aspx.

- Jeevarathnam D, Shaila Shamanur Bhattacharyya SS, Bhat NK. Hyperthyroidism in children: A report of 6 cases with follow-up January 2015. *Thyroid Research and Practice* 12(1):35 DOI:10.4103/0973-0354.147292.
- Shetty S, Bhat NK. Ulnar Mammary Syndrome –a case report (abstract P2-211) *European Society for Paediatric Endocrinology (ESPE): 58th Annual Meeting, Vienna, September 2019: Abstracts*. S. Karger AG, 2019. DOI.org (Crossref), <https://doi.org/10.1159/isbn.978-3-318-06601-2>.
- Bhat K, Reddy MM, Bhat SG, Senapati A. Toddler with maturity onset diabetes of the young (MODY) type 4 (abstract P1-1216) *10th Individual Abstracts for International Meeting of Pediatric Endocrinology: Free Communication and Poster Sessions, Abstracts*. *Hormone Research in Paediatrics*, vol. 88, no. 1, 2017, pp. 1-628. DOI.org (Crossref), <https://doi.org/10.1159/000481424>.
- Upadhaya N, Srivastava A, Prabhath V, Bhat NK. PWS multidisciplinary clinic at a tertiary care center in Southern India- challenges and outcome of our maiden experience. Oral presentation at: 2022 PWS Research Symposium conference abstracts; September 30, 2022; Chicago, IL.
- Srivastava A, Bhat NK. Case series of maturity onset diabetes of the young. (abstract P266) 'Poster Abstracts 48th Annual ISPAD Conference 2022'. *Pediatric Diabetes*, vol. 23, no. S31, Oct. 2022, pp. 44-178.
- Muralikrishnan, J., & Bhat, N. K. (2023). Needs assessment survey to study the knowledge of parents of children with Prader-Willi Syndrome in a tertiary care centre in southern India. In *FPWR 2023 PWS Research Symposium Abstract Booklet* (pp. 38).
- Muralikrishnan, J., Bhat, N. K., Ginigeri, C., Upadhya, N., Sastry,

S., Dokania, S., Ganapathy, M., & Prabhath, V. (2024).  
Understanding Prader-Willi Syndrome: A guide for parents and  
caregivers [PDF booklet]. Aster CMI Hospital, Bangalore.