



## **DR. SOWMYA M**

Senior Consultant - Neurology

### **Qualification**

MBBS | MD (Internal Medicine) | DM (Neurology)

### **Overview**

Dr. Sowmya M is a highly skilled neurologist in Kanakapura Road, Bangalore, with over 18+ years of experience in both clinical practice and academia. She is currently practising as a Senior Consultant - Neurology at Manipal Hospital Kanakapura Road, bringing advanced clinical expertise to the diagnosis and management of complex neurological conditions across all age groups. Dr. Sowmya's clinical practice reflects a careful balance of precision, empathy, and evidence-based decision-making. Her core areas of expertise include stroke management, epilepsy, headache disorders, neuroimmunology, neuroinfections, cognitive neurology, vertigo, neuromuscular diseases, and movement disorders. On the academic front, Dr. Sowmya completed her MBBS from JJM Medical College, Davanagere, followed by an MD in General Medicine from M. S. Ramaiah Medical College, Bangalore. She later pursued DM in Neurology at Vydehi Institute of Medical Sciences & Research Centre, Bangalore, receiving advanced training in clinical neurology, neurodiagnostics, and multidisciplinary neurological care. She also served there as an Assistant Professor of Neurology, contributing to both clinical care and teaching budding

neurologists. Clinically, Dr. Sowmya manages a wide spectrum of neurological conditions. Her work includes acute and preventive stroke care, seizure disorder evaluation, chronic headache management, multiple sclerosis and other neuroimmunological conditions, Parkinson's disease and related movement disorders, vertigo, neuromuscular disorders, dementia, and cognitive impairment. She also treats neuroinfections and complex neurological syndromes that require long-term follow-up and multidisciplinary coordination. Patients seeking the best neurologist in Kanakapura Road value her ability to simplify complex neurological problems into clear treatment plans that prioritise safety, functional recovery, and long-term brain health. Dr. Sowmya's academic and research contributions reflect her continued engagement with evolving neurological science. She is the co-author of the chapter "Giant Cell Arteritis: From a Neurologist's Perspective," published by Intech Open, and has authored a chapter titled "Lifestyle Modifications and Nutritional Interventions in Dementia" in the book Ease. Her research work includes studies on the clinical profile of acute myocardial infarction in young adults and the role of glomerular filtration rate as a predictive factor of mortality in acute stroke. Dr. Sowmya has also presented scientific work at national platforms such as APICON and IANCON, earning academic recognition for her contributions to neurological research and clinical insights. Patients seeking the best neurologist in Kanakapura Road trust her integrated approach that connects diagnosis, treatment, rehabilitation, and long-term follow-up into one cohesive care pathway.

### **Fellowship & Membership**

- Indian academy of Neurology
- American Academy of Neurology

### **Field of Expertise**

- Stroke Management
- Epilepsy
- Parkinson's and related Movement disorders
- Headache and Vertigo
- Cognitive Neurology ( Dementia & related disorders)
- Multiple sclerosis and other Neuroimmunological conditions

### **Languages Spoken**

- English
- Kannada
- Hindi
- Telugu

### **Awards & Achievements**

- First prize, Poster presentation, Apicon 2009
- Poster presentation, IANCON 2016

### **Talks & Publications**

- Co- author ; Giant cell Arteritis, from a Neurologist's perspective. Intech Open (April 2021 )
- Authored chapter: Lifestyle modifications and nutritional interventions in dementia in the book ' Ease'2021
- Study : Clinical profile of acute myocardial infarction in young adults,(2010 )
- Study : Glomerular filtration rate as a predictive factor of mortality in acute stroke (2016)

