

DR. POOJA U K

Consultant - Endocrinologist

Qualification

MBBS | MD | DNB - Medicine | DM - Endocrinology

Overview

Dr. Pooja U K is an experienced endocrinologist in Bangalore, practising as a Consultant - Endocrinology at Manipal Hospital Malleshwaram. With a deep commitment to managing hormonal and metabolic disorders, Dr. Pooja offers comprehensive care for patients of all ages. Her extensive training and clinical acumen in endocrinology allow her to diagnose and treat various endocrine conditions, from common disorders like diabetes and thyroid dysfunction to complex issues such as pituitary, adrenal, and growth-related abnormalities. He is an experienced endocrinologist in Malleshwaram. Beginning her medical career, Dr. Pooja completed her MBBS from J.J.M. Medical College, Davangere, followed by an MD in General Medicine from Topiwala National College and BYL Nair Ch. Hospital, Mumbai. She also pursued a DM in Endocrinology from MS Ramaiah Medical College, Bengaluru, which advanced her knowledge of endocrine physiology, diagnostic evaluation, and evidence-based treatment protocols. She consistently demonstrated a strong aptitude for clinical research, team collaboration, and patient-focused care throughout her training. Her clinical interests include Type 1 and Type 2 diabetes mellitus,

Gestational Diabetes (GDM), PCOS, thyroid disorders, osteoporosis, obesity, metabolic syndrome, and bone health. She also manages less common but critical disorders such as congenital adrenal hyperplasia (CAH), pituitary adenomas, hypoglycaemia, pubertal abnormalities, and endocrine emergencies. Dr. Pooja is passionate about preventive endocrinology and lifestyle modification, ensuring her patients receive holistic guidance for long-term health. At Manipal Hospitals, Dr. Pooja collaborates closely with other specialists to offer integrated and multidisciplinary care, particularly for complex endocrine conditions that impact multiple organ systems. She has a keen interest in clinical teaching, patient education, and continuous learning and contributes actively to medical discussions and case reviews. She emphasises evidence-based treatment while staying updated with the latest advances in endocrinology. Known for her attention to detail and clear clinical judgement, Dr. Pooja takes pride in building rapport with patients through positive, energetic, and compassionate communication. Her patient-friendly demeanour and approachable nature make her highly sought after among individuals looking for personalised endocrine care. She also brings strong research and analytical skills to her practice. Whether managing newly diagnosed diabetes or long-standing thyroid disease, she ensures each patient receives individualised care tailored to their unique needs. Dr. Pooja believes in empowering her patients with knowledge, enabling them to take proactive steps toward better health. Her dedication to excellence and genuine enthusiasm for her work set her apart as a trusted and respected endocrinologist. Dr. Pooja speaks English, Marathi, Telugu, Tamil, Hindi, and Kannada, which allows her to effectively communicate and connect with patients from diverse linguistic and cultural backgrounds.

Field of Expertise

- Diabetes in Young People

- Type 1 Diabetes
- Type 2 Diabetes
- GDM
- Thyroid Disorders
- Pituitary Disorders
- Obesity
- Growth Disorders
- Bone and Metabolic Diseases
- Osteoporosis
- Adrenal Disorders
- PCOS
- Pubertal Disorders
- Sexual Dysfunction
- Transgender Medicine

Awards & Achievements

- Awarded ICMR Short Term Studentship (Sts) For Period Of 2 Months During 2013 For The Project Entitled 'assessment Of Continuum Of Care For Hiv Positive Pregnant and Postpartum Women Accessing Pptct Services At Bapuji Hospital Attached To Jjm Medical College', 2013-01-01
- Received First Prize For Paper Presentation – 'screening For Methicillin Resistant Staphylococcus Aureus Among Staff and Equipment Of Tertiary Care Hospitals'' At Osmecon 2012, 2012-01-01
- Participation In Preconference Workshop On Basic Life Support, Basic Surgical Skills and Safe Shift Of Trauma Victim At Osmecon 2012, 2012-01-01
- Presented A Paper – 'electrocardiography As A Diagnostic Tool For Identification Of Low Risk Patients With Chest Pain' At Medicon, 5th International Annual Conference, 2012-07-11

- Participation In Preconference Workshop On 'how To Write A Paper' At Medicon, 5th International Annual Conference, 2012-07-11
- Presented A Paper – 'low Prevalence, High Cost Disease' – A Study Of Cost Of Care At Karnataka Hemophilia Society, Davangere In 2nd Kolkata Annual Research and Medical International Congress (Karmic) 2013, 2013-01-01
- Participation In Preconference Workshop On Artificial Intelligence In 2nd Kolkata Annual Research and Medical International Congress (Karmic) 2013, 2013-01-01
- Selected For Summer Training Programme 2013 Through Iasc-insa-nasi At National Brain Research Centre Under The Guidance Of Prof P.k Roy, 2013-01-01
- Presented A Poster – 'prevalence Of Diabetes, Hypertension and Ncd Risk Factors Among Ksrtc Staff Working At Davangere Depot' – In The Intermedical College Poster Presentation At Axon, Psg Institute Of Medical Sciences and Research, Coimbatore, 2013-01-01
- Presented A Paper – 'an Observational Study Of Determinants, Clinical Profile and Complications In Patients Presenting With Hypertensive Crisis In Tertiary Care Hospital' At Mapcon, 2018-01-01
- Md Thesis: 'assessment Of Stroke and its Characteristics Among Patients Admitted With Stroke', 2020-01-01
- Esi Grant For The Year 2022 – 'assessment Of Sexual Function In Individuals With Gender Incongruence', 2022
- Poster Presentation At Thyrocon 2022 – Coexistent Papillary and Medullary Thyroid Carcinoma With Pituitary Metastasis – A Rare Presentation and Review Of Literature, 2022
- Won 2nd Place For Oral Presentation At Esicon 2023 – "Assessment Of Sexual Function In Individuals With Gender Incongruence", 2023
- Presented Poster At T Endocon 2024 – 'fat Is Precious': A Case

Report On Generalised Lipodystrophy, Clinical Diagnosis, Management and Review Of Literature, 2024

- Won 1st Place At Kes 2024 – Hormone Rhythm – For Oral Presentation – 'assessment Of Sexual Function In Individuals With Gender Incongruence', 2024, Mysore.
- Won 1st Place At Endoupdate 2024, Lucknow For Oral Presentation, 2024
- Completed Esi – Intas Health Research Methods Course 2022
- Presented "ACTH -independent Cushing's Syndrome: Case Series and Review Of Literature, An Experience From Tertiary Care Hospital, Bengaluru, India" At Esicon 2024 , Visakhapatnam.
- Presented "Assessment Of Serum Irisin Levels In Individuals With Gender Incongruence and its Metabolic Correlations" At Esicon 2024 , Visakhapatnam.
- Attended Enspire 2023, The Endocrine Society Postgraduate Initiative In Research and Education, 2023, Chandigarh.
- Participated As A Delegate In The "Training Programme On Ethics , Good Clinical Practice and Good Laboratory Practice On July 4th, 2024, Organised By The Department Of Pharmacology, M S Ramaiah Medical College, Bengaluru.
- She Completed BCBR – Basic Course In Biomedical Research By Nmc With 80% In February 2024.
- She Has Successfully Completed The Cognitive and Skills Evaluations In Accordance With The Curriculum Of The American Heart Association Basic Life Support (Cpr and Aed) Programme.
- Research The Site Coordinator For The Soul Trial – Semaglutide Cardiovascular Outcomes Trial By Novo Nordisk, 2021, and The Acromegaly Trial – Paltusotine – Pathfndr Trial, 2024.

Talks & Publications

- ACTH - Independent Cushing's Syndrome: case series and review of literature, An experience from tertiary care hospital, Bengaluru, India, has been accepted for publication in The National Medical Journal of India.
- Brid, N. S., Raju, U. R., & Kamat, P. (2014). Initial ECG as a Diagnostic Tool for Identification of Low Risk Patients with Chest Pain. Research and Reviews: Journal of Medical and Health Sciences, 3(1), 111. e-ISSN: 2319-9865, p-ISSN: 2322-0104