



## **PROF. DR. RISHAD AHMED**

Consultant - Internal Medicine Specialist

### **Qualification**

MBBS | MD (Internal Medicine) | MSc (Endocrinology) | F.Diab with Distinction | D. Diab | FACE | CDE

### **Overview**

Prof. Dr. Rishad Ahmed is a renowned consultant specialist in the Department of Internal Medicine at Manipal Hospitals, Mukundapur, Kolkata, with an overall 21 years of experience, including 16 years of focus in the speciality. Prof. Dr. Ahmed embarked on his medical career by completing his Bachelor of Medicine and Bachelor of Surgery (MBBS) and Doctor of Medicine (MD) in Internal Medicine from Rajiv Gandhi University of Health Sciences (RGUHS), Bangalore, followed by obtaining a Diploma in Diabetes from Johns Hopkins University School of Medicine. He later earned a Fellowship in Diabetes (F.Diab) with distinction from the Royal Liverpool Academy and the American College of Endocrinology (FACE). Prof. Dr. Ahmed is also a Certified Diabetes Educator (CDE), delivering lectures in many prominent institutions and societies. He further expanded his expertise by completing a Master in Science (Endocrinology). He is the best Internal Medicine Specialist in Kolkata. Prof. Dr. Ahmed's specialisation includes addressing various diseases such as diabetes, obesity, hypothyroidism, and endocrine disorders. He prioritises treating patients by using non-surgical interventions, such as tailoring individualised medication plans

and lifestyle modifications, to ensure long-term health and wellness. Beyond Prof. Dr. Ahmed's clinical experience, he is a dedicated researcher and a mentor, having published several papers in many peer-reviewed journals, namely the Brazilian Journal of Infectious Diseases (BJID) and the Indian Journal of Physical & Allied Sciences, and guiding several students in the field of Internal Medicine. Moreover, he is a trained faculty member of the National Medical Commission (NMC) with valued certifications in Basic Course in Biomedical Research (BCBR), Basic Course in Medical Education (BCME), and Good Clinical Practice (GCP), guiding residents in a broad spectrum of topics, including medical research, and maintaining high standards in clinical practices. Prof. Dr. Ahmed is also recognised for his oratory skills, having presented several lectures at prestigious conferences, including the American Diabetes Association (ADA), and the International Diabetes Federation (IDF), related to Diabetes and Internal Medicine. Furthermore, as a member of distinguished organisations such as the Association of Physicians in India (API) and the Research Society for the Study of Diabetes in India (RSSDI), he updates himself on advancements in the domain. Prof. Dr. Ahmed is fluent in the languages of Urdu, English, Bengali, and Hindi, and his multilingual skills allow him to provide exceptional care by understanding and addressing the needs of his patients.

### **Fellowship & Membership**

- Life Member of the Association of Physicians in India (API)
- Academic Life Member of the Research Society for the Study of Diabetes in India (RSSDI)
- Fellowship in Diabetes (F.Diab) with distinction from the Royal Liverpool Academy
- Fellow of the American College of Endocrinology (FACE)

### Field of Expertise

- Specialising in Internal Medicine for patients diagnosed with various diseases or injuries, improving and maintaining overall health and well-being.
- Demonstrates proficiency in providing tailored treatment plans for diabetes, ensuring optimal outcomes.
- Skilled in addressing endocrine disorders and obesity, utilising cutting-edge techniques with minimal complications.

### Languages Spoken

- Bengali
- Hindi
- Urdu
- English

### Awards & Achievements

- Reviewer of the American Journal of Internal Medicine and other Indian Journals
- Was a National level faculty member and presented several papers at the American Diabetes Association (ADA) and International Diabetes Federation (IDF)

### Talks & Publications

- Article titled 'Environmental arsenic contamination and its health effects in a historic gold mining area of the Mangalore greenstone belt of Northeastern Karnataka, India'
- Article titled 'Effect of cell phone exposure on physiological and

- hematological paramotors on male medical students of Bijapur (Karnataka) with reference to serum Lipid Profile'
- Article titled 'Neurobrucellosis - A rare cause for spastic paraparosis.' Published in The Brazilian journal of infectious disease. BJID, 2009 13 (3) 250
  - Article titled 'Relevance of Adenosine Doaminase as a marker for Tuberculous Pleural Effusion in Developing Countries' Published in Asian Pac J Trop Med.2009: 2 (1):45-48
  - Article titled 'Thyroid Storm: An unusual Presentation' Published in Al Ammen J Med. Sci. 2008: 1 (1): 55-57
  - Article titled 'Influence of diurnal variation of arterial blood pressure on age-matched normotensive and essential hypertensive subjects Biomedicine.' Published in 2008. 28 (1): 54-56
  - Article titled 'A comparative study of alterations of Lipid profile between male and female HIV Positive patients with or without AIDS' Published in Bijapur. Ind.J. Physical & Allied Sci, July 2008: 61 (3): 67-73
  - Article titled 'Ocular Brucellosis: a review': Volume-7 | Issue-9 | September-2017 | ISSN - 2249-555X | IF: 4.894 | IC Value: 79.96. Published in Indian Journal of Applied Research, Sept 2017.
  - Article titled 'Efficacy of Maximum and Optimum Doses of Hydroxychloroquine Added to Patients With Poorly Controlled Type 2 Diabetes on Stable Insulin Therapy along with Glimepiride And Metformin: Association of High-Sensitive C-Reactive Protein (hs-CRP) and Glycosylated Hemoglobin (HbA1c)' .Published in Baidya et al., Endocrinol Metab Syndr 2018, 7:1DOI: 10.4172/2161-1017.1000283
  - Article titled 'Study of comparative effect of hydroxychloroquine and vildagliptin on glycaemic efficacy and HbA1c in type 2 diabetes patients who were inadequately controlled with metformin and glimepiride dual therapy' Impact

Factor (SJIF): 6.379 Index Copernicus Value: 71.58 ISSN  
(e)-2347-176x ISSN (p) 2455-0450. DOI:

<https://dx.doi.org/10.18535/jmscr/v6i4.68> Published in Journal  
of Medical Science And clinical Research JMSCR

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- Article titled 'Comparison between the Clinical Efficacy and Safety of Hydroxychloroquine and Sitagliptin Added to Inadequately Controlled with Glimepiride and Metformin in Indian Patients with Type 2 Diabetes Mellitus: A Real World Observational Study'
- Article titled 'Effect of early addition of hydroxychloroquine in type 2 diabetic patients inadequately controlled on metformin and sulfonylurea combination therapy':Published in International Journal of Research in Medical Sciences Baidya A et al. Int J Res Med Sci. 2018 Aug;6(8):xxx-xxx  
[www.msjonline.org](http://www.msjonline.org) pISSN2320-6071|eISSN2320-6012DOI:<http://dx.doi.org/10.18203/2320-6012.ijrms20182933>
- Article titled 'EMPA-REG OUTCOME trial and Canagliflozin Cardiovascular Assessment Study: Looking beyond the obvious.' Published in DOI:10.4103/ bjhs.bjhs\_19\_17.
- Presented and published an Article titled 'A real world observational comparative study for the efficacy and tolerability of hydroxychloroquine vs. canagliflozin in Indian type 2 diabetes patients having inadequate glycemic control on vildagliptin plus metformin':
- Article titled 'A Real-World Study in Efficacy of Hydroxychloroquine (HCQ) 400 mg in patients with poorly controlled Insulin -Treated Type 2 Diabetes Mellitus' (Paper Accepted for a poster presentation at the American diabetic Association's 79th scientific session, June 7th -11th 2019 in San Francisco, California)
- Article titled 'Targeting the Ominous Octet Pathophysiology of Type 2 Diabetes using Combination Therapy of FDC with SGLT2I

& DPP4I- Treat Early, Treat Right!' Paper Published at Journal of Clinical Diabetology

- Article titled 'A Real World Observational study: Comparison between the clinical Efficacy and Safety of Hydroxychloroquine (HCQ) and Sitagliptin added to inadequately controlled with glimepiride and Metformin in Indian Patients with Type 2 Diabetes Mellitus'
- Article titled 'A Real World Observational Study in Pregnancy with Neurofibromatosis' Published in Journal of Medical Science and Clinical Research. DOI :  
<https://dx.doi.org/10.18535/jmscr/v6i6.97> JMSCR VOL||06||Issue||06||Page 588-590|| June ISSN (e)-2347-176x ISSN (p) 2455-0450
- Article titled 'The TENE-HYQ SHIFT Study Efficacy and safety of Substituting teneligliptin with hydroxychloroquine (HCQ) in inadequately control type 2 diabetes subjects with combination therapy of teneligliptin, metformin, and glimepiride with or without antidiabetic therapy'
- Article titled 'Efficacy and Safety of Hydroxychloroquine as an Add-on Therapy in Indian Patients with Type 2 Diabetes Mellitus Inadequately Controlled With Two Oral Drug Combination and Basal Insulin: A 72 Week Observational Trial.'
- Presented topic on 'Influence of diurnal variation of arterial Blood Pressure on Age matched normotensive and essential hypertensive' Subjects. Presentation at 10th National Conference. PSI 2007, Faridabad
- Presented topic on 'A real world observational comparative study for the efficacy and tolerability of hydroxychloroquine vs canagliflozin in indian type 2 diabetes patients having inadequate glycemic control on vildagliptin plus metformin. (Paper accepted & to be presented at 28th annual scientific & clinical congress 22nd-26th April 2019 Los Angeles Convention Centre & JW Marriot, Los Angeles, California, USA)

- Speaker Training program attended internationally for JOHNSON & JOHNSON, MSD, NOVO NORDISK, BOHRENGER INGELHAM, GSK, SANOFI
- Speaker for several MNCs houses- MSD, NOVO NORDISK, BOHREINGER INGELHAM, and JOHNSON & JOHNSON
- Speaker Training program attended internationally for JOHNSON & JOHNSON, MSD, NOVO NORDISK, BOHRENGER INGELHAM
- Public awareness programme done through newspaper article in “Times of India” (January,2018)-STIMULATE YOUR PANCREASE THROUGH EXERCISE