

DR. REKHA V BHAT

Consultant - Endocrinology

Qualification

MBBS and MD (internal medicine) from Kasturba Medical College - Mangalore | DM (Endocrinology) from PGI - Chandigarh

Overview

Dr. Rekha V. Bhat is a senior and deeply experienced endocrinologist in Mysuru with comprehensive expertise in diabetes and complex hormonal disorders. She is currently practising as a Consultant - Endocrinology at Manipal Hospital Mysore, bringing over 20 years of specialised experience in endocrinology following her DM training. Her academic journey reflects a strong foundation in internal medicine and super-speciality endocrinology, with an MBBS and MD from Kasturba Medical College, followed by a DM in Endocrinology from the prestigious Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh. This structured training has equipped her with a detailed understanding of endocrine physiology, metabolic regulation, and long-term disease management across a wide spectrum of conditions. Dr. Rekha’s clinical practice is centred on endocrine care, where she manages both common and complex hormonal disorders with a methodical and patient-focused approach. Her expertise includes diabetes mellitus, thyroid disorders, and metabolic bone diseases, along with endocrine conditions affecting growth, puberty, and reproductive health. She is also experienced in managing rare

endocrine presentations, drawing from her extensive academic exposure and clinical experience across tertiary care institutions. Her depth in endocrine care contributes to her recognition as one of the best endocrinologists in Mysuru for comprehensive and long-term hormonal management. Her clinical approach is grounded in clarity and continuity. She focuses on understanding each patient's metabolic profile in detail, tailoring treatment strategies that are sustainable and evidence-based. She places particular emphasis on patient education, ensuring individuals are well-informed about their condition, treatment plan, and the importance of adherence in chronic endocrine disorders. Fluent in English, Kannada, Hindi, and Tulu, she ensures seamless communication during consultations, especially when addressing long-term conditions requiring regular follow-up. Dr. Rekha has also contributed to academic literature with multiple publications in national and international journals, covering a range of endocrine conditions, including rare thyroid disorders, diabetes-related complications, and metabolic syndromes. Her research work reflects a sustained interest in understanding atypical presentations and improving clinical outcomes through informed practice. Her affiliations with professional bodies such as the Research Society for the Study of Diabetes in India (RSSDI) and the Indian Society for Bone and Mineral Research further reflect her continued engagement with evolving endocrine science. At Manipal Hospital Mysore, Dr. Rekha V. Bhat continues to provide structured endocrine care, combining clinical experience, academic insight, and a patient-centred approach. Her expertise in managing diabetes, thyroid, and complex hormonal conditions positions her among the best endocrinologists in Mysore for consistent and evidence-based care.

Field of Expertise

- Over 10 years

Languages Spoken

- English
- Kannada
- Hindi
- Tulu