



## **DR. HARSHITHA N J**

Associate Consultant – Medical Oncology

### **Qualification**

MBBS | DNB - Medical Oncology | MD - General Medicine

### **Overview**

Dr. Harshitha N J is an experienced medical oncologist in Mysuru. She is currently practising as a Associate Consultant – Medical Oncology at Manipal Hospital Mysuru. Dr. Harshitha brings an evidence-based, compassionate approach to the diagnosis, treatment, and management of cancer. With a strong academic foundation, including an MBBS, MD in General Medicine, and a DrNB in Medical Oncology, she combines clinical acumen with personalised patient care to improve treatment outcomes and quality of life for patients across all stages of cancer. Her areas of specialisation include solid tumours, haematologic malignancies, and advanced therapies like immunotherapy, targeted therapy, and chemotherapy. At Manipal Hospital Mysuru, Dr. Harshitha plays a central role in providing comprehensive oncological care through a multidisciplinary approach. She works closely with surgeons, radiation oncologists, pathologists, radiologists, and palliative care experts to ensure that every patient receives a coordinated and individualised treatment plan. From diagnosis through survivorship, she offers expert guidance and empathetic support to patients and their families. Her expertise

includes the administration and monitoring of chemotherapy protocols, including neoadjuvant, adjuvant, and palliative regimens. She also has extensive experience in the use of immunotherapy and targeted therapy, innovative treatments that improve survival outcomes in patients with specific tumour markers. Dr. Harshitha ensures that the latest clinical evidence and international oncology guidelines guide each therapeutic decision. Beyond treatment, she focuses on holistic cancer care, which includes pain and symptom management, psychosocial support, nutrition counselling, and survivorship planning. Her patient-first philosophy ensures open communication and emotional support, empowering patients to make informed decisions about their treatment journey. Dr. Harshitha is also actively involved in oncology clinical research and continuing medical education. She stays up-to-date with the latest advancements in cancer treatment, including emerging therapies, clinical trials, and evolving standards of care. Her commitment to lifelong learning enhances her ability to offer cutting-edge treatment options tailored to each patient's medical, genetic, and lifestyle needs. She is particularly passionate about early detection and awareness, recognising the critical role of timely diagnosis in improving cancer outcomes. Dr. Harshitha dedicates time to patient education and preventive strategies, including regular follow-ups and risk-based screening protocols, especially for high-risk groups. Dr. Harshitha has experience in medical oncology exclusively at Manipal Hospital. She is Fluent in English, Kannada, and Hindi, ensuring effective communication and a comforting care experience for patients from diverse backgrounds.

### **Field of Expertise**

- Cancer Diagnosis and Management
- Chemotherapy Administration
- Immunotherapy and Targeted Therapy
- Oncology Clinical Research

- Multidisciplinary Team Collaboration
- Palliative Care and Symptom Management
- Personalized Treatment Plans
- Patient and Family Counseling
- Follow-up and Survivorship Care
- Continuing Education and Training

### **Languages Spoken**

- English
- Kannada
- Hindi

### **Awards & Achievements**

- Recipient of the Best Thesis Award from the National Board of Examinations (NBE) for outstanding contribution to clinical research through postgraduate thesis work.
- Best Paper Presentation Award at IOSICON, Jaipur
- Best Paper Presentation Award at the Real-World Evidence Conference, Vydehi, recognising practical impact in oncology research.