

DR. SHALINA RAY

Consultant – Ear Nose and Throat

Qualification

MBBS | DLO | MS (ENT) | MRCS (UK) | DOHNS (UK)

Overview

Dr. Shalina Ray is an ENT consultant based in Bangalore. She is currently associated with the Manipal Hospital located at Old Airport Road in the city. She is a head and neck surgeon with a rich experience of more than 16 years. She is an expert in performing surgeries like advanced endoscopic surgery for the sinus, microscopic reconstructive surgery of the ears, laser laryngeal surgery for treating voice disorders, and surgeries for snoring and sleep apnoea. Dr. Ray has done MBBS, MS in ENT, and DLO. She completed her MS from the reputed BJ Medical College located in Ahmedabad. She has done her MRCS from the Royal College of Physicians situated in London, United Kingdom. She also did her DOHNS from the same country. After completing her education, Dr. Shalina Ray stayed in the United Kingdom and worked in the National Health System for 6 years. She took training in advanced Otology from Los Angeles California, at the House Ear Institute. She was at the Singapore General Hospital for training in advanced endoscopic sinus surgeries. She stayed in England to get special training in surgeries like coblation surgeries, tonsillectomy, and adenoidectomy. She worked at KEM Hospital in Mumbai for learning

laser surgery and laryngeal voice surgery. For the same reason, she is considered the foremost ENT doctor in Old Airport Road. Dr. Ray has a membership of the Tata Memorial Hospital located in Mumbai. She is a member of the Royal College of Surgeons from England. She also has a membership in the Karnataka Medical Council and the General Medicine Council of England. Dr. Ray is especially interested in paediatric ENT surgeries. She has also worked on evaluating and managing vertigo, hearing loss, nasal allergies, and tinnitus. She has performed several thyroid surgeries and neck surgeries. She has dealt with nasal bleeding management, obstruction management, removal of foreign bodies in ENT, and surgeries for snoring assisted with radiofrequency. Dr. Shalina Ray's field of expertise covers the following areas: Endoscopic Advanced Sinus Surgery (treatment of Orbital and Skull Base Lesions); Coblation Tonsillectomy and Adenoidectomy; Microscopic Reconstructive Ear Surgery; Laser-Assisted Laryngeal Surgery for Voice Disorders; Surgeries for Snoring and Sleep Apnoea Coblation; and Thyroid and Head and Neck Surgeries. Dr. Ray’s articles have been published in many medical journals and websites. She has written about intranasal myopericytoma, severe laryngitis due to steroid abuse, Epistaxis, the sensitivity of barium swallow, etc. Her articles have been published in journals like the Indian Journal of Otolaryngology and Head and Neck Surgery and the European Archives of Oto-Rhino Laryngology. She has worked on a case report about hyperbaric oxygen therapy for patients suffering from COVID-19 that was published in the International Journal of Medical Science and Current Research. and about the Chylous Cyst presented as a supraclavicular mass. She can speak languages like English, Hindi, Bengali, and Gujarati.

Fellowship & Membership

- Member of Royal College of Surgeons (England).
- General Medical Council UK.

- Karnataka Medical Council.

Field of Expertise

- Endoscopic Advanced Sinus Surgery including treatment of Orbital and Skull Base Lesions
- Coblation Tonsillectomy and Adenoidectomy
- Microscopic Reconstructive Ear Surgery
- Laser-Assisted Laryngeal Surgery for Voice Disorders
- Surgeries for Snoring and Sleep Apnoea Coblation and Radiofrequency assisted
- Thyroid and Head and Neck Surgeries
- Special Interest in Paediatric ENT Surgeries
- Evaluation and Management of Vertigo, Tinnitus, Hearing Loss and Nasal Allergies
- ENT Emergencies: Removal of Foreign Bodies In ENT, Nasal Bleed Management, Airway Obstruction Management

Languages Spoken

- English
- Hindi
- Bengali
- Gujarati

Awards & Achievements

- Trained in advanced Otology at House Ear Institute, LA California.
- Trained in advanced Endoscopic Sinus Surgeries, Singapore General Hospital.

- Special training in Coblation Surgeries for Tonsillectomy, Adenoidectomy & Snoring and Sleep Apnoea, England.
- Head & Neck Fellowship at Tata Memorial Hospital, Mumbai.
- Training in Laser and Laryngeal Voice Surgery KEM Hospital Mumbai.

Talks & Publications

- A randomised controlled trial comparing Tri adcortyl with 10% glycerine-ichthammol in the initial treatment of severe acute otitis externa. European Archives of Oto-Rhino-Laryngology.
- The ‘Parents’ Kiss’: An Effective Way to Remove Paediatric Nasal Foreign Bodies. Annals of Royal College of Surgeons of England 2008
- Intranasal myopericytoma: A rare tumour with perivascular myoid differentiation; the changing nomenclature of haemangiopericytoma. JLO 2007
- Severe laryngitis following chronic anabolic steroid abuse. JLO 2007
- An unusual case of Epistaxis. JLO 2007
- The Relative Sensitivity of Barium Swallow. Indian Journal of Otolaryngology and Head & Neck Surgery. 2002
- Case Report of Chylous Cyst: Presenting as Supraclavicular Mass. Indian Journal of Anatomy and Surgery of Head, Neck and Brain. 2019.
- Outcome of Hyperbaric Oxygen Therapy in Post-Covid Invasive Mucormycosis. Neha Mishra, Nitin Ram, Dheeraj Adiga, Rashmi Krishnan UK, Naveen Mathew Jose, Bathi Reddy, E.V Raman, Shalina Ray, Anoop Amarnath. International Journal of Medical Science and Current Research (IJMSCR). Volume 4, Issue 6, Page No: 753-756 November-December 2021.
- Tracheobronchopathia osteochondroplastica: a rare case of

misdiagnosis and difficult intubation. Sheetal Chaurasia, Shalina Ray, Saurav Chowdhury, Blessy Balaji. J R Coll Physicians Edinb 2021; 51: 0–00. DOI: 10.4997/JRCPE.2021.XXXl.