

DR. AFAQ AHMED

Associate Consultant – Diabetes & Endocrinology

Qualification

MBBS | MD (Medicine) | DM - Endocrinology

Overview

Dr. Afaq Ahmed is a clinically adept endocrinologist in Old Airport Road with focused expertise in diabetes and metabolic disorders. He is currently practising as an Associate Consultant – Diabetes & Endocrinology at Manipal Hospital Old Airport Road, Bangalore, bringing over 3 years of specialised experience in endocrinology and over 10 years of experience in diabetology and thyroid care. With a strong academic foundation, Dr. Afaq completed his MBBS followed by an MD in General Medicine from KIMS Hubli, and subsequently pursued a DM in Endocrinology from SIMSRC. His training reflects a structured progression into super-specialised endocrine care, supported by additional certification in diabetes foot care from CMC Vellore. Over the years, he has developed a comprehensive understanding of hormonal and metabolic disorders, with a clear clinical focus on accurate diagnosis, long-term management, and prevention of complications. His clinical expertise spans a wide range of endocrine conditions, with particular emphasis on diabetes mellitus, including gestational diabetes and diabetic foot care. He is experienced in managing complex glycaemic disorders, tailoring treatment plans based on

patient-specific risk factors, and ensuring continuity of care through regular monitoring and lifestyle guidance. His focused work in diabetes management and metabolic regulation contributes to his recognition as one of the best endocrinologists in Old Airport Road for structured and comprehensive diabetes care. In addition to diabetes, Dr. Afaq manages thyroid disorders, including hypothyroidism, hyperthyroidism, and autoimmune thyroid conditions, with a systematic approach to evaluation and treatment. His practice also includes care for patients with polycystic ovary syndrome (PCOS), obesity, osteoporosis, and metabolic bone diseases. He evaluates and manages disorders related to the pituitary and adrenal glands, along with growth and pubertal disorders, ensuring a holistic approach to endocrine health across different age groups. His approach to care is grounded in clinical clarity and patient understanding. He focuses on simplifying complex hormonal conditions, enabling patients to better understand their diagnosis, treatment options, and long-term health goals. Fluent in English, Hindi, and Kannada, he ensures effective communication during consultations, particularly when discussing chronic endocrine conditions that require sustained management. Dr. Afaq is also actively involved in academic and research activities. He has presented award-winning work at national and international endocrinology conferences, including the Vellore Endocrinology International Congress and ESICON. His research includes studies on radiofrequency ablation for Graves' disease and unique case reports in diabetes and genetic disorders, reflecting his interest in advancing endocrine science and exploring evolving treatment modalities. At Manipal Hospital Old Airport Road, Dr. Afaq Ahmed continues to provide comprehensive endocrine care, integrating clinical expertise, research insight, and a structured treatment approach to manage a wide spectrum of hormonal and metabolic disorders. His expertise in diabetes, thyroid, and metabolic conditions positions him among the best endocrinologists in Old Airport Road for consistent and evidence-based care.

Field of Expertise

- Diabetes with a Special Interest in Gestational DM and Diabetic Foot Care
- Thyroid Disorders
- Pituitary
- Adrenal
- Growth and Pubertal Disorders
- PCOD
- Osteoporosis
- Metabolic Bone Diseases
- Obesity Management

Languages Spoken

- English
- Hindi
- Kannada

Awards & Achievements

- Prizes won at various state, national and International conferences
- 1st prize in oral presentation at Vellore Endocrinology International Congress 2025
- 2nd prize in poster presentation at the Vellore Endocrinology International Congress 2025.
- 3rd prize in the Quiz at Hormone Rhythm by KES, Mysuru, 2024. (State conference)
- 2nd prize at Esicon 2025 in oral presentation (National conference)

Talks & Publications

- An Unusual Case Of Type 3C Diabetes Mellitus Presenting With Nyctalopia - a case report.
- Exploring single-session radiofrequency ablation (RFA) as a novel, minimally invasive therapy for persistent/relapsed Graves' Disease after antithyroid drug treatment – a prospective study from South India.
- Beyond Turner Stigmata: Turner-Like Stigmata Unmask a Novel Genetic Mutation in a Short-Statured 7-Year-Old Girl – a case report