

## **DR. ADARSH KS**

Consultant - Diabetes & Endocrinology

### **Qualification**

MBBS - JIMS, Mangalore | MD [Medicine] - SMS Medical College, Jaipur, Rajasthan | DM [Endocrinology] - SGPGIMS Lucknow

### **Overview**

Throughout his professional journey, Dr. Adarsh KS has gained acclaim for his considerable research in Diabetes and Endocrinology. At present, he is associated with the Manipal Hospitals, Old Airport Road, Bengaluru, as a Consultant in Diabetes & Endocrinology. He has knowledge of 13 years in this arena of studies and practice. He got his MBBS degree from AJIMS, Mangalore, in 2010. Later, he completed his MD in General Medicine from SMS Medical College in Jaipur, Rajasthan, in 2015. Continuing his academic journey, he specialised in Endocrinology and acquired his D. M. degree from SGPGIMS, Lucknow in 2019. He earned numerous recognitions for his significant contributions, including but not limited to risk evaluation tools development for older women, examining calorie and macronutrient consumption patterns among females experiencing polycystic ovarian syndrome, and presenting a comprehensive update on Diabetes as well as Endocrinology concepts back in 2017. Additionally, Dr. Adarsh K. S. collaborated with Dr. Ranjit Mohan to co-author articles concerning lessons Maharashtra could learn from Kerala's COVID-19 setback; they also delivered speeches on the same subject matter together. Dr. Adarsh is a top diabetes doctor in Bangalore. Dr. Adarsh's proficiency in multiple languages, including English, Hindi, and

Kannada, also encourages him to cater virtually to the needs of diverse patients people from different environments. Dr. Adarsh K. S. is a highly regarded medical expert who has made significant contributions to Diabetes and Endocrinology. He has been recognised for his outstanding achievements with numerous awards. One of his notable research undertakings involves developing risk assessment tools for osteoporosis in older women, which includes NOF, OSTA, ORAI, OSIRIS, OPERA, and ABONE. Dr. Adarsh's research on caloric and macronutrient intake in women with polycystic ovarian syndrome has been recognised for its applicability. In 2017, Dr. Adarsh delivered a Diabetes and Endocrinology Update at SGPGIMS in Lucknow, showcasing his expertise and knowledge in the field. He also participated in the Tumor Summit - 1st Endocrinology and Endocrine Surgery held at SGPGIMS, Lucknow. Dr. Adarsh K. S. has delivered talks and published articles, including a joint publication with Dr. Ranjit Mohan on lessons Maharashtra can learn from Kerala's COVID-19 failure. Dr. Adarsh K. S. is a well-known expert, and he holds fellowships from the Karnataka Endocrine Society and memberships with the Endocrine Society of India. The services provided by the council are - Pubertal Disorders, Pituitary Diseases and Adrenal Disorders, Diabetes in Children, and PCOD/PCOS Treatment. Dr. Adarsh KS has received multiple accolades throughout his career, serving as an incredible inspiration to all aspiring medical professionals. His unwavering commitment to delivering exceptional patient care makes him an indispensable contributor to the area of Diabetes and Endocrinology research and practice alike.

### **Fellowship & Membership**

- Karnataka Endocrine Society.
- ESI (Endocrine Society of India)

## Field of Expertise

- Diabetes & Endocrinology

## Languages Spoken

- English
- Hindi
- Kannada

## Awards & Achievements

- Usefulness of risk assessment tools OSTA, OSIRIS, ORAI, OPERA, NOF, ABONE, in elderly women in predicting osteoporosis.
- Assessment of caloric and macronutrient intake in women with the polycystic ovarian syndrome and comparison with age-matched controls.
- Diabetes and Endocrinology Update 2017, SGPGIMS, Lucknow.
- Tumor summit - 1st Endocrinology and Endocrine surgery - SGPGIMS Lucknow.

## Talks & Publications

- Here's what Maharashtra can learn from Kerala's COVID-19 failure - Dr. Adarsh KS, Consultant - Diabetes & Endocrinology, and Dr. Ranjit Mohan, Consultant - Internal Medicine, Infectious Diseases, Manipal Hospitals. [Click Here](#)