

DR. DEBARATI BHAR

Consultant - Diabetes And Endocrinology

Qualification

MBBS | MD (Medicine) | DM (Endocrinology & Metabolism)

Overview

Dr. Debarati Bhar is a Consultant in the Department of Diabetes & Endocrinology at Manipal Hospital Salt Lake, with expertise in the diagnosis, treatment, and long-term management of a wide range of endocrine and metabolic disorders. She is dedicated to delivering evidence-based, patient-centric care, focusing on helping individuals achieve optimal hormonal health through personalised treatment plans and lifestyle modifications. Dr. Bhar completed her MBBS followed by an MD in General Medicine and subsequently pursued DM in Endocrinology, equipping her with advanced knowledge in managing complex hormonal disorders. Throughout her clinical journey, she has gained extensive experience in treating patients with diabetes, thyroid diseases, obesity, metabolic bone disorders, pituitary disorders, adrenal diseases, and reproductive endocrine conditions. Her comprehensive approach combines accurate diagnosis, preventive care, and the latest treatment protocols to ensure the best possible outcomes for her patients. A significant area of Dr. Bhar's clinical interest is diabetes management. She specialises in treating Type 1 Diabetes, Type 2 Diabetes, gestational diabetes, and difficult-to-control

diabetes using evidence-based therapies and advanced diabetes technologies wherever appropriate. She believes that effective diabetes care extends beyond medication and includes patient education, nutritional guidance, regular monitoring, and lifestyle interventions. Her goal is to help patients achieve sustained glycaemic control while preventing long-term complications affecting the heart, kidneys, eyes, and nerves. Dr. Bhar also has considerable expertise in managing thyroid disorders, including hypothyroidism, hyperthyroidism, thyroid nodules, autoimmune thyroid diseases, and thyroid-related hormonal imbalances. She provides comprehensive evaluation and tailored treatment strategies that address both the underlying condition and its impact on overall health and quality of life. In addition to diabetes and thyroid disorders, Dr. Bhar is experienced in treating obesity and metabolic syndrome, osteoporosis and other metabolic bone diseases, calcium and vitamin D disorders, pituitary gland disorders, adrenal gland diseases, polycystic ovary syndrome (PCOS), menstrual and reproductive hormonal disorders, as well as endocrine hypertension. She emphasises early diagnosis and timely intervention to prevent disease progression and improve long-term health outcomes. Dr. Bhar believes in building strong doctor-patient relationships through compassionate communication, detailed counselling, and shared decision-making. She works closely with patients and their families to educate them about their condition, empowering them to actively participate in their treatment journey. Her holistic approach integrates medical therapy with lifestyle optimisation, ensuring comprehensive care for chronic endocrine disorders.

Field of Expertise

- Diabetes Mellitus (Type 1, Type 2 & Gestational Diabetes)
- Thyroid Disorders (Hypothyroidism, Hyperthyroidism & Thyroid Nodules)

- Obesity and Weight Management
- Polycystic Ovary Syndrome (PCOS)
- Metabolic Syndrome
- Endocrine Hypertension
- Diabetes-related Complications and Preventive Care

Languages Spoken

- English
- Hindi
- Bengali