

DR. POOJA MATHEW

Consultant - Obstetrician & Gynaecologist

Qualification

MBBS | D.G.O | DNB OBG

Overview

Dr. Pooja Mathew is an experienced OBG specialist in Bangalore. She is currently practising as a Consultant - Obstetrician & Gynaecologist at Manipal Hospitals, Varthur Road, Bangalore. With extensive expertise in managing complex pregnancies, advanced gynaecological procedures, and laparoscopic surgeries, Dr. Pooja is committed to providing comprehensive women's healthcare. Her skill set includes performing standard and high-risk deliveries, caesarean sections, hysterectomies, pelvic floor repair, and endometrial biopsies. She is also trained in minimally invasive laparoscopic techniques and urogynaecological procedures, ensuring that her patients receive the most advanced and effective treatments available. Dr. Pooja's medical journey began with an M.B.B.S. from M.V.J. Medical College, followed by a Diploma in Obstetrics and Gynaecology (D.G.O.) and a Diplomate of National Board (DNB) in Obstetrics & Gynaecology. She has further honed her expertise with a Fellowship in Minimal Access Surgery (FMAS), reflecting her commitment to mastering the latest advancements in laparoscopic and minimally invasive surgical techniques. As a World Association of Laparoscopic Surgeons (WALS)

member, she stays updated with global best practices in gynaecological surgery. An expert in managing both routine and high-risk obstetric cases, Dr. Pooja is proficient in conducting vaginal deliveries, instrumental-assisted births, and caesarean sections with a focus on maternal and neonatal well-being. She is adept at handling pregnancy-related complications such as gestational hypertension, diabetes, and preterm labour, ensuring the safest outcomes for both mother and baby. Her approach integrates evidence-based medicine with a patient-centric philosophy, providing expectant mothers with the guidance and reassurance they need throughout their pregnancy. Dr. Pooja is highly skilled in laparoscopic and hysteroscopic procedures, offering patients advanced solutions for conditions such as fibroids, ovarian cysts, endometriosis, and abnormal uterine bleeding. She performs minimally invasive surgeries with precision, resulting in reduced postoperative discomfort, quicker recovery times, and minimal scarring. She also has significant experience in urogynecology, assisting in procedures like suburethral sling placements (TVT & TOT) for women with stress urinary incontinence. Passionate about preventive women’s health, Dr. Pooja actively educates her patients on reproductive health, family planning, and cervical cancer prevention. She strongly advocates for early screening and timely intervention in gynaecological disorders, helping women maintain optimal health at every stage of life. She also provides counselling on menopause management, offering tailored treatment plans that enhance the quality of life for her patients. Beyond her clinical practice, Dr. Pooja has continuously participated in numerous workshops, seminars, and hands-on training programs to refine her skills. She has attended and presented at national conferences, contributing to advancements in obstetrics and gynaecology. Her research and academic involvement highlight her dedication to improving patient care and implementing innovative medical techniques. Dr. Pooja is fluent in English, Malayalam, Hindi, Kannada, and Tamil, which ensures effective communication with a diverse patient base. She believes in fostering a

compassionate and supportive environment, making every patient feel heard, informed, and comfortable throughout their treatment journey. She is the best Obstetrician and Gynaecologist in Varthur Road.

Fellowship & Membership

- Indian Medical Association
- Member Of World Association Of Laproscopic Surgeons
- Member Of Fogsi

Field of Expertise

- High-risk pregnancy
- Instrumental deliveries
- VBAC
- Menstrual irregularities
- PCOD Management
- IUCD Insertion
- Mirena Insertion
- Colposcopic Biopsy
- Hysteroscopic Surgeries
- Hysterectomy
- Laparoscopic Surgeries

Languages Spoken

- Kannada
- English
- Hindi
- Malayalam
- Tamil

Talks & Publications

- Paper presentation at AICOG 2019
- Comparison of prophylactic ceftriaxone vs conventional drug regime in prevention of infection in caesarean section
- Pregnant Through IVF? Doctors Warn Of A Rare But Dangerous Pregnancy Emergency Rising Among Indian Women. Click Here