

DR. TRISHYA REDDY

Associate Consultant - Paediatrics and Paediatric Endocrinology

Qualification

MBBS | MD Paediatrics | Fellowship in Paediatric Endocrinology

Overview

Dr. Trishya Reddy is an experienced Paediatric Endocrinologist in Bangalore, currently practising as an Associate Consultant - Paediatrics and Paediatric Endocrinology at Manipal Hospital Varthur Road, Bangalore. She specialises in diagnosing and treating hormonal disorders affecting children and adolescents. Her expertise spans the management of Type 1 and Type 2 diabetes, monogenic diabetes, thyroid disorders, growth and pubertal issues, adrenal abnormalities, adolescent PCOS, Turner syndrome, obesity-related metabolic conditions, and complex bone health concerns. Her focus on precise diagnosis and personalised care plans ensures the best possible outcomes for her young patients. Dr. Trishya began her medical journey with an MBBS from the Sri Ramachandra Institute of Higher Education, Chennai, followed by an MD – Paediatrics from Narayana Medical College, Andhra Pradesh. She went on to complete a Fellowship in Paediatric Endocrinology at Manipal Hospitals under MAHE University, training under senior endocrinologists at Manipal Hospitals. Her tenure as a Senior Resident further enhanced her expertise in outpatient, inpatient, and emergency paediatric

endocrinology, handling diverse cases from acute adrenal crises to rare genetic syndromes affecting growth and development. A Paediatric and Adolescent Diabetes Educator certified with distinction by IDEAL (ISPAE Diabetes Education and Learning), Dr. Reddy is highly skilled in the use of continuous glucose monitors and insulin pump therapies. She is particularly adept at managing insulin-dependent diabetes, offering comprehensive, technology-supported solutions for long-term diabetes care in children and adolescents. Dr. Trishya is also an active contributor to academic research, with multiple national and international poster presentations on topics such as MODY, paediatric obesity, precocious puberty, and congenital adrenal hyperplasia. Her work has been published in reputed journals like the Journal of Paediatric Endocrinology and Diabetes and the Karnataka Paediatric Journal. Her research into insulin resistance markers and clinical scoring tools in emergency settings demonstrates her commitment to evidence-based medicine. In addition to her clinical and research work, Dr. Reddy participates in international forums such as ISPAD and IMPE and engages in professional development initiatives like ISPAE BEST and PROGRESS. With strong academic credentials, global exposure, and comprehensive clinical training, she continues to advance paediatric endocrine care at Manipal Hospital Varthur Road.

Fellowship & Membership

- Fellowship in Paediatric Endocrinology (MAHE University)
- ISPAD (International Society for Pediatric and Adolescent Diabetes)
- ISPAE (Indian Society for Pediatric and Adolescent Endocrinology) (L-22-R-719)
- PEAK (Pediatric Endocrinology Association of Karnataka) (AL22 T026)
- IAP (Indian Academy of Paediatrics) (L/2022/R-2421)
- Karnataka Medical Council (Reg. No. 184088)

Field of Expertise

- Type 1 diabetes, Type 2 diabetes, Monogenic diabetes
- Diabetic Ketoacidosis
- Thyroid Disorders
- Growth Disorders
- Short Stature
- Growth Hormone Therapy
- Obesity
- Early and Delayed Puberty
- Adolescent PCOS
- Calcium and Bone Disorders
- Adrenal Disorders
- Disorders of Sexual Development

Languages Spoken

- English
- Telugu
- Tamil
- Kannada
- Hindi