

DR. SINDHU PAUL KAVALAKKAT

Consultant – Radiation Oncology

Qualification

MBBS | DMRT (CMC VELLORE) | MD RT (CMC VELLORE) | DNB

Overview

Dr. Sindhu Paul Kavalakkat is a highly skilled and experienced Consultant in the field of Radiation Oncology. With a comprehensive educational background and extensive training, Dr. Kavalakkat has become a trusted expert in managing complex oncology cases. Her qualifications include an MBBS degree and DMRT and MD RT degrees from the prestigious Christian Medical College in Vellore. She has also earned a DNB certification, further showcasing her dedication to continuous learning and professional development. Throughout her career, Dr. Kavalakkat has honed her expertise in various advanced techniques and modalities in radiation oncology. Her specialised areas of knowledge include Intensity-modulated radiotherapy (IMRT), Image-guided radiotherapy (IGRT), Stereotactic body radiotherapy (SBRT), Stereotactic radiosurgery (SRS), High Dose Rate (HDR) Brachytherapy, Low Dose Rate (LDR) Brachytherapy, and Total Body Irradiation (TBI). Additionally, she is proficient in 3-Dimensional Conformal Radiotherapy (3DCRT), which enables precise targeting of tumours while minimising damage to surrounding healthy tissues. Dr. Kavalakkat's expertise is not limited to technical skills alone. She is multilingual, able to

communicate fluently in English, Hindi, Malayalam, Kannada, and Tamil. This linguistic versatility allows her to effectively interact with patients from diverse backgrounds, ensuring clear and comfortable communication throughout treatment. For the same reason, she is known to be a top radiation oncologist in Whitefield, Bangalore. Dr. Kavalakkat has received several awards and achievements for her contributions to the field. She served as an expert panellist for the Multimodality Management of Soft Tissue Sarcoma at Christian Medical College Vellore in 2018, where she shared her insights and expertise with fellow professionals. Additionally, she has delivered talks on various topics related to radiation oncology at prestigious institutions and conferences. Some of her notable presentations include "Hypofractionated Palliative Radiotherapy and Palliative Care in Indian Patients with Metastatic Epidural Spinal Cord Compression" and "Role of Short-course Radiotherapy in the Management of Early Operable Carcinoma Rectum. Dr. Kavalakkat's commitment to advancing the field of radiation oncology is evident in her active involvement in research and publication. Her interventional pilot study on hypofractionated palliative radiotherapy showcased her dedication to improving the quality of life for patients with metastatic epidural spinal cord compression. Furthermore, her talks and presentations at renowned institutions and conferences have contributed to disseminating knowledge and exchanging ideas among professionals in the field. With more than 15 years of experience, Dr. Kavalakkat has fostered a profound comprehension of the remarkable difficulties faced by cancer patients. Her sympathetic methodology and her specialised expertise permit her to give the ideal care to her patients. She has faith in a multidisciplinary way of treating disease, teaming up closely with different experts to guarantee comprehensive and customised care. Dr. Sindhu Paul Kavalakkat's obligation to greatness, continuous learning, and patient-focused care make her a highly regarded and sought-after radiation oncologist. Her commitment to the field and devotion to further improving patient outcomes demonstrate her

enthusiasm for having a constructive outcome in the lives of people impacted by cancer.

Fellowship & Membership

- Association of Radiation Oncology of India AROI

Field of Expertise

- Extensively trained in State of the art Department of Radiation Oncology at Christian Medical College Vellore followed by vast experience in handling complex oncology cases in Manipal Hospital Bangalore.
- 15 yrs of experience in the field of Radiation Oncology.
- IMRT Intensity-modulated radiotherapy for various sites
- IGRT Image guided radiotherapy
- SBRT Stereotactic body radiotherapy
- SRS Stereotactic radiosurgery
- HDR Brachytherapy
- LDR Brachytherapy
- TBI total body irradiation
- 3DCRT 3 dimensional conformal radiotherapy

Languages Spoken

- English
- Hindi
- Malayalam
- Kannada
- Tamil

Awards & Achievements

- Expert panellist: Multimodality management of Soft tissue sarcoma at CMC Vellore in 2018.

Talks & Publications

- Carried out an interventional pilot study titled “Hypofractionated palliative radiotherapy and palliative care in Indian patients with Metastatic epidural spinal cord compression at CMC Vellore.
- Delivered a talk on Hypo fractionated SRS in the management of AVM in the Department of Neurosurgery CMCH Vellore.
- Delivered a talk on Assessment of set up uncertainties in the management of head and neck cancers in state AROI Tamil Nadu Chapter.
- Delivered a talk on Role of Short-course radiotherapy in the management of Early operable Carcinoma rectum in Surgeons Oncology meet at MMC Chennai
- Delivered a talk on Multimodality management of Leiomyosarcoma in National AROI meet.
- Delivered a talk on Role of IMRT in the management of head and neck cancers at Amala cancer hospital, Thrissur.
- Delivered a talk on Evolution of radiotherapy over the ages - From Era of 2D to Era of IMRT at RCC TVM in Radiation oncologist s meet.
- Delivered a talk on Concept of image guidance- Boon or bane? at Manipal hospital, Bangalore.
- Expert panellist: Multimodality management of Retroperitoneal soft tissue sarcoma at Christian medical college Vellore.
- Delivered a talk on Clinical application of SRS in the department of Neurosurgery at MH Bangalore.

- Delivered a talk on Role of radiotherapy in various brain tumors in Department of Neurosurgery at MH Bangalore.