

DR. UPASANA GAUTAM

Consultant - Internal Medicine

Qualification

MBBS | MD (Internal Medicine)

Overview

Dr. Upasana Gautam is a skilled Consultant - Internal Medicine at Manipal Hospital Whitefield, Bangalore. She completed her MBBS from the prestigious Lady Hardinge Medical College, New Delhi in 2012. Following this, Dr. Upasana pursued an MD in Internal Medicine to further solidify her expertise in the field of medicine from Government Medical College & Hospital, Chandigarh in 2017. Dr. Upasana Gautam's field of expertise primarily revolves around the management of diabetes in both adults and children as well as treating rheumatologic conditions such as arthritis causing pain and swelling in the joints. She is the best internal medicine doctor in Whitefield. Dr. Upasana Gautam worked as a junior resident in the Department of Clinical Immunology and Rheumatology at AIIMS, New Delhi. This role allowed her to gain insights into the intricacies of clinical immunology and rheumatology. She then joined Dr. B.R. Ambedkar Medical College, Bangalore as a Senior Resident from 2017 to 2018. Dr. Upasana has also completed many courses and workshops to further hone her knowledge of medicine. She completed a 6-month certificate course in diabetes in 2020 that helped enhance her expertise in the management of

diabetes. She has also participated in a workshop on the Revised National Tuberculosis Control Programme (RNTCP), a regional symposium on Inflammatory Bowel Disease (IBD), and a rheumatology workshop at CMC Ludhiana. Dr. Upasana holds a lifetime membership with the Indian Medical Association, signifying her enduring commitment to the medical community and her dedication to the well-being of her patients. During the challenging times of the COVID-19 pandemic, Dr. Gautam worked with many IT companies like Newgen Software Technology Ltd and Eightfold AI India as a Consultant Physician. She also provided teleconsultations to employees on a Pan India basis during that period. In addition to her clinical practice, Dr. Upasana Gautam has made notable contributions to the medical field through her teaching career, research papers, and talks and publications. She has been associated with MVJ Medical College as an Assistant Professor in the field of Internal Medicine. Some of her contributions include "Carotid Intima-Media Thickness through the Continuum of Dysglycemia in North Population" and "Upper GI Endoscopy: Tool for Diagnosis and Treatment" presented at GERICON 2015 in Chandigarh. Dr. Upasana’s dedication to patient care and medical research truly makes her the best internal medicine doctor in Whitefield.

Fellowship & Membership

- Lifetime membership - Indian Medical Association.
- 6-month certificate course in diabetes by BMJ & Fortis C- DOC 2020.

Field of Expertise

- Rheumatology
- Diabetology

Languages Spoken

- English
- Hindi

Talks & Publications

- Carotid Intima-Media Thickness through the Continuum of Dysglycemia in North Population - Original Article published in 2023 Apollo Medicine.
- Paper presentation on Upper GI Endoscopy: tool for diagnosis and treatment at GERICON 2015 Chandigarh.
- Certificate of Participation in Workshop on RNTCP, Regional Symposium on IBD and took part in Rheumatology Workshop CMC Ludhiana.