

DR. TRISHYA REDDY

Associate Consultant – Paediatric Endocrinology

Qualification

MBBS | MD Paediatrics | Fellowship in Paediatric Endocrinology

Overview

Dr. Trishya Reddy is an experienced paediatric endocrinologist in Bangalore. She is currently practising as an Associate Consultant - Paediatric Endocrinology at Manipal Hospital Whitefield, Bangalore. Dr. Trishya specialises in treating hormonal disorders affecting children and adolescents. Her clinical expertise includes managing Type 1 and Type 2 diabetes, monogenic diabetes, thyroid dysfunctions, growth and pubertal disorders, adrenal abnormalities, adolescent PCOS, Turner syndrome, obesity-related metabolic conditions, and complex bone health issues. Her commitment to precise diagnosis and personalised care plans ensures optimal outcomes for her patients. Dr. Trishya's journey into paediatric endocrinology began with her MBBS from Sri Ramachandra Institute of Higher Education, Chennai, followed by an MD - Paediatrics from Narayana Medical College, Andhra Pradesh. She then sought to advance in her medical career and completed her Fellowship in Paediatric Endocrinology at Manipal Hospitals under MAHE University, training under senior endocrinologists at Manipal Hospitals. Her tenure as a Senior Resident further refined her skills across outpatient, inpatient, and emergency paediatric endocrinology,

where she handled a wide variety of clinical scenarios, from acute adrenal crises to rare genetic syndromes affecting growth and development. Dr. Trishya Reddy is also a Paediatric and Adolescent Diabetes Educator certified with distinction by IDEAL (ISPAE Diabetes Education and Learning) and has substantial experience with continuous glucose monitors and insulin pumps. She is especially adept at managing insulin-dependent diabetes using continuous glucose monitors and insulin pump therapies, making her a vital asset in long-term diabetes management for paediatric populations. An ardent academician, Dr. Reddy has made significant contributions to clinical research. She has multiple national and international poster presentations to her name, addressing topics like MODY, paediatric obesity, precocious puberty, and congenital adrenal hyperplasia. Her work has been published in respected journals such as the Journal of Pediatric Endocrinology and Diabetes and the Karnataka Paediatric Journal, reflecting her commitment to advancing the field. Her research on insulin resistance markers and clinical scoring tools in emergency care underscores her evidence-based approach. In addition to her clinical and academic pursuits, Dr. Reddy holds accreditations that enhance her professional capabilities. She has participated in international forums, including ISPAD and IMPE, ensuring she remains up to date with the latest advancements in endocrine science. Her involvement in educational initiatives such as ISPAE BEST and PROGRESS reflects her dedication to continual learning. Backed by strong academic credentials, global exposure, and extensive clinical training, Dr. Trishya Reddy continues to contribute meaningfully to the paediatric endocrine care ecosystem at Manipal Hospital Whitefield.

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