

DR. RASHMI K G

Consultant - Endocrinology

Qualification

MBBS | MD (Gen Medicine) | DM (Endocrinology)

Overview

Dr. Rashmi K G is a highly skilled endocrinologist in Yelahanka. She is currently practising as a Consultant – Endocrinology at Manipal Hospital Yelahanka, Bangalore, bringing extensive clinical expertise to the management of complex endocrine and metabolic disorders, including diabetes, thyroid dysfunctions, adrenal and pituitary disorders, bone mineral diseases, obesity, and reproductive endocrinology. With a disciplined and compassionate approach, Dr. Rashmi combines her strong academic foundation with a patient-centric philosophy, ensuring that every individual receives personalised and evidence-based care. Having completed her DM in Endocrinology from the prestigious Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER), Puducherry, Dr. Rashmi has garnered robust clinical and research experience across a wide spectrum of endocrine disorders. Her in-depth training has equipped her to diagnose and manage intricate hormonal imbalances, complex metabolic conditions, and rare endocrine pathologies with confidence and precision. She has also undertaken extensive research on young-onset diabetes, post-COVID endocrine alterations, and

hyperparathyroidism, contributing to a growing body of knowledge that informs her clinical practice. Dr. Rashmi's clinical acumen is complemented by her extensive experience in managing patients across all age groups, from adolescents to older adults, with conditions such as type 1 and type 2 diabetes, polycystic ovarian syndrome (PCOS), osteoporosis, obesity, and other hormonal disorders. She emphasises a holistic approach to patient care, focusing not only on disease management but also on lifestyle modifications, preventive care, and long-term metabolic health. Her ability to communicate complex medical information in a clear, empathetic manner ensures that patients and their families are well-informed and actively engaged in treatment decisions. Throughout her career, Dr. Rashmi has consistently integrated cutting-edge research into clinical practice. She has authored multiple peer-reviewed publications and textbook chapters, highlighting her commitment to advancing knowledge in endocrinology and her focus on translating research into improved patient outcomes. Her active involvement in national and international conferences, including ESICON, TRENDO, and Endocrine Masterclass programs, reflects her dedication to staying at the forefront of innovations in endocrine care. Patients seeking the best endocrinologist in Yelahanka can rely on Dr. Rashmi for comprehensive management of diabetes, thyroid disorders, adrenal and pituitary dysfunctions, obesity, and reproductive endocrine conditions. Going forward, she aims to further enhance endocrine care by promoting early diagnosis, implementing advanced treatment strategies, and mentoring young physicians in clinical endocrinology. Her multilingual abilities in Kannada, English, Tamil, and Hindi further enable her to cater to a diverse patient population across Bangalore and surrounding regions. By blending academic excellence, clinical expertise, and a patient-first approach, Dr. Rashmi K G has established herself as a trusted consultant for endocrine disorders. Going forward, her vision is to provide world-class endocrine care at Manipal Hospital Yelahanka while fostering awareness about metabolic health and preventive

endocrinology among patients and the wider community.

Fellowship & Membership

- Indian Medical Association
- Karnataka Endocrine Society
- Endocrine Society of India

Field of Expertise

- Diabetes Mellitus
- Obesity
- Thyroid & Parathyroid Disorders
- Pituitary & Adrenal Disorders
- Metabolic Bone Disorders
- Polycystic Ovarian Syndrome (PCOS)
- Growth & Puberty Related Disorders

Languages Spoken

- Kannada
- English
- Tamil
- Hindi

Awards & Achievements

- Awarded gold medal & certificate of merit for securing the highest marks in Preventive & social medicine
- Third prize in quiz at KAPICON, Kalaburagi 2016
- Second prize in poster presentation at TRENDO, 2021

Talks & Publications

- K G R, Perumal N, Cherian A, Wyawahare M, Prasad A, Sahoo J, Kamalanathan SK, R A, Naik D. Hypothalamic-Pituitary Adrenal Axis Status 3 Months After Recovery From COVID-19 Infection. Endocr Res. 2023 Aug 11:1-9.
- Thanveer AS, Kamalanathan S, Badhe BA, Palui R, Rashmi KG, Nadeem NF. Clinicopathological Profile of Primary Hyperparathyroidism with Special Reference to Ki-67 Labelling Index. Indian J Endocrinol Metab. 2023 Jan-Feb;27(1):73-79
- Rashmi KG, Ravichandran L, Roy A, Naik D, Kamalanathan S, Sahoo J, Chapla A, Thomas N. Clinical Features of Unrecognized Congenital Adrenal Hyperplasia Due to 17α-hydroxylase Deficiency Since Adolescence: A Case Report. J ASEAN Fed Endocr Soc. 2023;38(2):131-134.
- Prasad A, Rashmi KG, Sahoo J, Kamalanathan S, Wyawahare M, Anusuya R, Naik D. Male Hypogonadism After Recovery from Acute COVID-19 Infection: A Prospective Observational Study. Exp Clin Endocrinol Diabetes. 2023 Dec 4. doi: 10.1055/a-2201-8816.
- Rashmi KG, Kamalanathan S, Sahoo J, Naik D, Mohan P, Pottakkat B, Kar SS, Palui R, Roy A. Primary hyperparathyroidism presenting as acute pancreatitis: An institutional experience with review of the literature. World J Gastrointest Pharmacol Ther. 2022 Jul 5;13(4):47-56.
- Rashmi KG, Sahoo J. Response to Grover et al. Am J Gastroenterol. 2022 Aug 1;117(8):1329
- Author of “Preconceptional management of thyroid diseases” chapter in Thyroid disease in pregnancy guide to clinical management, Springer publications.
- Poster presentation on “Delayed diagnosis of 17alpha hydroxylase deficiency in a 46, XY female: A case report” at

TRENDO 2021.

- Poster presentation on “Thyroid function abnormalities in hospitalized patients with COVID-19 infection- a cross-sectional study” at Annual Conference of Endocrine Society (ESICON), Bengaluru 2021.
- Oral paper presentation on "Primary Hyperparathyroidism presenting as acute pancreatitis: An institutional experience with review of the literature" on the seventh research day, 2022 at JIPMER, Puducherry.
- Original paper presentation on “Assessment of hypothalamic-pituitary-adrenal axis at least 3 months after SARS-CoV2 infection at TRENDO, Madurai 2022.
- Poster presentation on “A rare case of ACTH-secreting pituitary carcinoma” at ENDOUPDATE (Endocrine oncology), Mumbai 2022.
- Oral case presentation on Trial of a dark adolescent case of Congenital adrenal hyperplasia due to 3βHSD2 deficiency) in Endocrine Masterclass (Public Health Foundation of India), October 2022.
- Poster presentation on “Assessment of hypothalamic-pituitary-adrenal axis at least 3 months after SARS-CoV2 infection at Annual Conference of Endocrine Society (ESICON), Jaipur 2022.
- Oral paper presentation on “Etiological profile of young-onset diabetes in South Indian population” on eighth research day, 2023 at JIPMER, Puducherry.