

**DR. KAVITHA BHAT**

Lead Consultant - Pediatric Endocrinology

**Qualification**

MBBS | MD in Paediatrics | Fellowship in Paediatric Endocrinology & Diabetes

## Overview

Dr Kavitha Bhat is a clinician with operational Intelligence having completed her MS in Clinical Service Operations from Harvard Medical School, Boston , USA in 2023. She believes in not just seeing patients efficiently but to designing the system for efficiency and safety, in not just managing cases but to managing capacity, demand and throughput, in not just good clinical care but implementing high reliability data driven care systems Trained at Louisiana State University School of Medicine, USA, she was among the earliest fellowship-trained pediatric endocrinologists in India and has played a pivotal role in developing this specialty across the country. Over the years, Dr. Bhat has spearheaded the establishment of Pediatric Endocrinology and Diabetes programs across leading hospitals in Bengaluru and has been instrumental in initiating multidisciplinary clinics for Pediatric Diabetes, Turner Syndrome, Prader-Willi Syndrome, and other complex endocrine conditions. A passionate educator, she served as Program Director for the RGUHS-affiliated Pediatric Endocrinology Fellowship, mentoring the next generation of specialists. Her clinical and academic interests include Type 1 Diabetes

management, growth and puberty disorders, obesity, thyroid diseases, neuroendocrinology and rare genetic endocrine syndromes

## Field of Expertise

- Paediatric & Adolescent Diabetes.
- Short Stature & Growth hormone therapy.
- Early and late puberty.
- Obesity in children and teenagers.
- Disorders in genital development: babies born with abnormal genitalia, undescended testes, micropenis.
- Paediatric Bone health: bones that break or bend easily including Osteogenesis imperfecta, rickets, osteoporosis, other varieties of metabolic bone diseases seen in kidney diseases, Prematurity, hypogonadism , steroid treatment.
- Endocrine sequelae of cancer treatment.
- Pituitary, thyroid, adrenal, gonadal disorders.
- Precocious & Delayed puberty.
- Endocrine disorders in syndromic disorders.

## Languages Spoken

- English
- Hindi
- Kannada

## Talks & Publications

- Bhat NK, et al. ‘Thyrotropin Receptor Antibodies in Breast Milk’. The Endocrinologist, vol. 9, no. 1, Feb. 1999, p. 65. journals.lww.com, https://journals.lww.com/theendocrinologist/Abstract/1999/01000/Thyrotropin_Receptor_Antibodies_in_Brea

st_Milk.13.aspx.

- Jeevarathnam D, Shaila Shamanur Bhattacharyya SS, Bhat NK. Hyperthyroidism in children: A report of 6 cases with follow-up January 2015. Thyroid Research and Practice 12(1):35 DOI:10.4103/0973-0354.147292.
- Shetty S, Bhat NK. Ulnar Mammary Syndrome –a case report (abstarct P2-211) European Society for Paediatric Endocrinology (ESPE): 58th Annual Meeting, Vienna, September 2019: Abstracts. S. Karger AG, 2019. DOI.org (Crossref), https://doi.org/10.1159/isbn.978-3-318-06601-2.
- Bhat K, Reddy MM, Bhat SG, Senapati A. Toddler with maturity onset diabetes of the young (MODY) type 4 (abstract P1-1216) 10th Individual Abstracts for International Meeting of Pediatric Endocrinology: Free Communication and Poster Sessions, Abstracts'. Hormone Research in Paediatrics, vol. 88, no. 1, 2017, pp. 1–628. DOI.org (Crossref), https://doi.org/10.1159/000481424.
- Upadhaya N, Srivastava A, Prabhath V, Bhat NK. PWS multidisciplinary clinic at a tertiary care center in Southern India- challenges and outcome of our maiden experience. Oral presentation at: 2022 PWS Research Symposium conference abstarcts; September 30, 2022; Chicago, IL.
- Srivastava A, Bhat NK. Case series of maturity onset diabetes of the young. (abstract P266) 'Poster Abstracts 48th Annual ISPAD Conference 2022'. Pediatric Diabetes, vol. 23, no. S31, Oct. 2022, pp. 44–178.
- Muralikrishnan, J., & Bhat, N. K. (2023). Needs assessment survey to study the knowledge of parents of children with Prader-Willi Syndrome in a tertiary care centre in southern India. In FPWR 2023 PWS Research Symposium Abstract Booklet (pp. 38).
- Muralikrishnan, J., Bhat, N. K., Ginigeri, C., Upadhya, N., Sastry, S., Dokania, S., Ganapathy, M., & Prabhath, V. (2024).

Understanding Prader-Willi Syndrome: A guide for parents and caregivers [PDF booklet]. Aster CMI Hospital, Bangalore.