

DR. ALTHEA PINTO

Consultant - Dermatology

Qualification

MBBS | MD | DNB (Dermatology)

Overview

Dr. Althea Valeen Pinto is a highly skilled dermatologist in Yelahanka. She is currently practising as a Consultant – Dermatology at Manipal Hospital Yelahanka, Bangalore, bringing over a decade of combined clinical, academic, and research experience to the care of children, adolescents, and adults with a wide spectrum of skin, hair, and nail disorders. With a strong foundation in evidence-based dermatology and a deep commitment to ethical, patient-centred care, Dr. Althea has built a reputation for her thoughtful clinical approach, meticulous diagnostic skills, and warm communication style. She holds an MD in Dermatology and a DNB in Dermatology, along with MNAMS, reflecting her advanced academic training and dedication to national standards of excellence in medical practice. Her dermatology training from St. John’s Medical College has shaped her holistic understanding of dermatological diseases, particularly in complex and multisystem conditions. Dr. Althea’s clinical expertise spans medical dermatology across all age groups, with particular strengths in inflammatory skin diseases, paediatric dermatology, drug reactions, pigmentary disorders, infections, and chronic dermatoses such as eczema,

psoriasis, acne, and vitiligo. She is especially recognised for her work in paediatric and adolescent dermatology, where she combines clinical precision with a compassionate, reassuring approach that helps young patients and their families navigate long-term skin conditions with confidence and clarity. This balanced and humane style of care has contributed to her recognition as one of the best dermatologists in Yelahanka for families seeking reliable, long-term dermatological care. In addition to outpatient dermatology, Dr. Althea has extensive experience in inpatient dermatology, managing acute and complex skin presentations that require close monitoring, multidisciplinary coordination, and careful therapeutic planning. Her background in maternal and child health has further strengthened her understanding of dermatological concerns in pregnancy, infancy, and early childhood, allowing her to deliver nuanced and safe treatment strategies across sensitive life stages. A committed academician, Dr. Althea has actively contributed to dermatology education through undergraduate and postgraduate teaching. She is known for her clarity in teaching, mentorship of young doctors, and dedication to fostering ethical clinical reasoning. Her academic involvement is complemented by a strong research profile, with multiple peer-reviewed publications in national and international journals. Her research interests include paediatric dermatology, drug hypersensitivity reactions, nutritional deficiencies with dermatological manifestations, and the interface between systemic disease and skin health. Dr. Althea has also made significant contributions to dermatology literature as an author and assistant editor for authoritative textbooks, reflecting her depth of subject knowledge and attention to practical, clinician-oriented guidance. Her chapter on atopic dermatitis care practices demonstrates her ability to translate evidence into everyday clinical decision-making, benefitting both practitioners and patients alike. Her achievements have been recognised through several academic and professional awards, including teaching excellence and research honours at state, national, and international forums. These accolades

underscore her dual strengths as a clinician and educator. Beyond individual patient care, she has played active leadership roles in dermatology societies and academic committees, contributing to community dermatology initiatives, professional development programmes, and conference organisation. At Manipal Hospital Yelahanka, Dr. Althea is valued for her collaborative approach, working closely with paediatricians, physicians, and allied specialists to ensure integrated care for patients with complex or multisystem conditions. She believes that dermatology is not limited to treating visible symptoms but involves understanding the emotional, social, and quality-of-life impact of skin disease. Her consultations are marked by careful listening, detailed explanation, and shared decision-making, empowering patients to actively participate in their treatment journey. Her philosophy of care is grounded in scientific rigour, ethical practice, and empathy. Patients appreciate her calm demeanour, honesty, and consistency, qualities that are essential in managing chronic dermatological conditions. With her blend of academic depth, clinical expertise, and genuine compassion, Dr. Althea continues to strengthen her standing as one of the best dermatologists in Yelahanka, offering dependable, thoughtful, and comprehensive dermatological care.

Fellowship & Membership

- Community dermatology committee member (2024)
- Treasurer, Karavali dermatology society (2023-2024)
- St. John's Medical College Alumni Association – Joint Secretary (2018-2020)

Field of Expertise

- Medical dermatology (eczema, psoriasis, dermatitis)
- Paediatric skin disorders

- Acne, rosacea, pigmentation disorders
- Drug and allergic skin reactions
- Hair & nail diseases
- Community dermatology & preventive skin care

Languages Spoken

- English
- Kannada
- Hindi

Awards & Achievements

- Good Teacher Award 2023- Kasturba Medical College Mangalore.
- “Drug Hypersensitivity Syndrome in a tertiary care centre, a retrospective study”- 1st place- Original Studies – Cuticon Karnataka 2019.
- “Vanishing Violet Bumps- Presenting sign of an easily correctable life-threatening entity”- First place poster presentation at the 3rd International Pediatric Dermatology Congress, Dubai, April 2019.
- H. J. Mehta Memorial Prize for the year 2012-2013 for the Best Research Work done by an undergraduate student for the title – “Direction of Umbilical Cord Twist and its characteristics- a pilot study”

Talks & Publications

- Ballal, Sumedha; Prathibha, J. P; Pinto, Althea V et al. Unusual Manifestation of Vitamin K Deficiency, Nodular Purpura: A Case

Series. Indian Dermatology Online Journal 16(1):p 132-136, Jan–Feb 2025.

- Muralidharan Jananee, Pinto Althea, Hopkins Pradeep, Bhugra Arjun, Kurpad Sunita, Idiculla Jyothi. ""Readings from a book by Victoria Sweet: A novel medical ethics learning experience.."" Indian Journal of Medical Ethics [Online], VII. 4 (NS) (2022): 328. Web. 29 Dec. 2024.
- Rock B, Avita J, Bhavya B, Pinto AV, Sylvia J, Kamath D. Does paternal and maternal anthropometry influence the birth weight of children? A cross sectional study in a rural maternity hospital, South India; Indian Journal of Maternal and Child Health; 2014; 16(2).
- Pinto AV, Chakiath AX, Dasari P, Reddy V, George S, Shankar N. Direction of Umbilical Cord Twist and its Characteristics – a Pilot Study. Int J Med Students.2013;1(3):120-2.