



## **DR. AKHILA RAO K**

Consultant - Internal Medicine

### **Qualification**

MBBS | MD (General Medicine) | CCEBDM

### **Overview**

Dr. Akhila Rao K is a clinically accomplished physician in Yelahanka. She is currently practising as a Consultant - Internal Medicine at Manipal Hospital Yelahanka, Bangalore, with over 7 years of clinical experience in managing acute and chronic adult medical conditions through structured, evidence-based care. Dr. Akhila Rao's clinical journey reflects a strong academic foundation combined with consistent hands-on exposure across outpatient, inpatient, and critical care-linked medical practice. She completed her MBBS from M S Ramaiah Medical College, Bangalore, where she demonstrated early academic excellence, followed by an MD in General Medicine from Bangalore Medical College and Research Institute. Her postgraduate training provided extensive exposure to complex internal medicine cases, including metabolic disorders, infectious diseases, gastrointestinal emergencies, and multisystem illnesses. To further strengthen her approach to long-term metabolic care, she completed a Certificate Course in Evidence-Based Diabetes Management, reinforcing her clinical decision-making with guideline-driven protocols. Her core areas of expertise include diabetes mellitus, hypertension,

dyslipidaemia, thyroid disorders, anaemia, vitamin deficiencies, metabolic syndrome, and infectious diseases. She is also experienced in evaluating undifferentiated medical symptoms, managing febrile illnesses, sepsis, electrolyte imbalances, and gastrointestinal bleeding, with a strong emphasis on early diagnosis and risk stratification. This breadth of practice positions her among the best physician in Yelahanka for patients seeking continuity-driven internal medicine care. Dr. Akhila Rao's clinical style is marked by methodical assessment, clear explanation, and practical treatment planning. She places strong emphasis on lifestyle modification, medication optimisation, and long-term follow-up, particularly for chronic metabolic conditions. Her consultations are structured yet approachable, allowing patients to understand their diagnosis and actively participate in ongoing care decisions. She is known for integrating preventive strategies into routine consultations, helping patients reduce long-term complications through timely interventions. Alongside clinical practice, Dr. Akhila Rao has a significant academic and research profile. She has authored multiple original research articles published in reputed national and international journals, covering areas such as diabetes-related anaemia, dyslipidaemia, vitamin D deficiency, sepsis outcomes, and upper gastrointestinal bleeding. An additional dimension of her professional work is public health education. Dr. Akhila Rao has created over 100 health education videos in Kannada for a regional media platform, many of which have reached large audiences. She has also delivered invited talks on diabetes management through professional CME platforms. Dr. Akhila Rao communicates fluently in English, Kannada, Hindi, and Telugu, enabling effective and empathetic interactions with patients from diverse backgrounds. Her ability to listen attentively, explain medical issues clearly, and offer balanced guidance contributes to strong patient trust and long-term therapeutic relationships. Through her role at Manipal Hospital Yelahanka, she continues to provide consistent, evidence-led care, reinforcing her standing as the best physician in

Yelahanka for comprehensive internal medicine consultations.

### **Field of Expertise**

- Diabetes mellitus & glycaemic control
- Hypertension & metabolic syndrome
- Acute & chronic internal medicine
- Infectious disease management
- Critical care & ICU medicine
- Preventive health & lifestyle medicine

### **Languages Spoken**

- English
- Kannada
- Hindi
- Telugu
- Tamil

### **Awards & Achievements**

- Gold medal conferred by RGUHS for highest scorer in the subject of Anatomy for Karnataka state in the convocation of March 2014.
- Highest scorer award conferred by M S Ramaiah medical college, in subjects of Anatomy and ENT in September 2014.
- 1st runner up at KAPICON state conference quiz held at JSSMC, Mysore in May 2017.
- Selected to represent Karnataka state for south zone TYSA Medical quiz 2017 organised by TORRENT pharma.
- 1st runner up at quiz held at HDR summit 2018.

## Talks & Publications

- Original research article published in F1000 Research titled 'Evaluation of patient profiles, treatment paradigms and clinical efficacy, and safety outcomes in adult patients with vitamin D deficiency or insufficiency in India: A multicenter, prospective, non-interventional study' DOI: [10.12688/f1000research.128992](https://doi.org/10.12688/f1000research.128992).
- Original research article published in the Asian journal of medical sciences titled 'Anemia profile in Diabetic patients with preserved renal function' DOI: <https://doi.org/10.3126/ajms.v12i2.31437>.
- Original research article published in the Asian journal of medical sciences titled 'Cross-sectional study of pattern of Dyslipidemia and Prevalence of Atherogenic Diabetic Dyslipidemia in newly detected Diabetic patients. DOI: <https://doi.org/10.3126/ajms.v10i6.25633>.
- Original research article published in Scholars Journal of Applied Medical Sciences titled 'Study of Effect of Anaemia on Hba1c in Diabetic Patients: A Case Control Study'.
- Original research article published in International journal of Advances in Medicine (IJAM) titled 'Comparison of prediction of outcomes in upper GI bleed using non-endoscopic scoring systems' DOI: <http://dx.doi.org/10.18203/2349-3933.ijam20182391>.
- Original research article published in International journal of Advances in Medicine titled 'Study of spectrum of sepsis and prediction of its outcome in patients admitted to ICU using different scoring systems' DOI: <http://dx.doi.org/10.18203/2349-3933.ijam20190123>.
- Case report published in Journal of internal medicine- Research, Review and Report (JIM3R) titled 'Cryptococcal meningitis with

- secondary cutaneous cryptococcoma' in July 2016.
- Research paper presented at KAPICON state conference titled 'A study of gamma glutamyl transferase as a diagnostic marker in metabolic syndrome 'in May 2017.
  - Poster presented at APICON national conference 2018 titled 'What's wrong with being blue - an interesting case of cyanosis with congenital methemoglobinemia'