



DR. SHEETAL KAMATH

Consultant - Internal Medicine & Diabetology

Qualification

MBBS | DNB

Overview

Dr. Sheetal Kamat is a highly accomplished general physician, diabetologist, and critical care expert in Yeshwanthpur, Bangalore. She brings over 17 years of rich clinical experience in comprehensive internal medicine, advanced diabetes management, lipid disorders, infectious diseases, and geriatric healthcare. Dr. Sheetal Kamat is currently practising as a Consultant – Internal Medicine & Diabetology at Manipal Hospital Yeshwanthpur, Bangalore, where she provides evidence-based, compassionate care for adults with a wide range of acute, chronic, and lifestyle-related medical conditions. Recognised for her structured clinical reasoning and patient-first approach, Dr. Sheetal is regarded as one of the best internal medicine specialists in Yeshwanthpur, Bangalore. Dr. Sheetal completed her foundational MBBS from the prestigious Mysore Medical College under Rajiv Gandhi University of Health Sciences (RGUHS), where she was awarded the Final Year Gold Medal for outstanding academic performance. She pursued her post-graduation in Internal Medicine, earning her Diplomate of National Board (DNB) from the National Board of Examinations (NBE), New Delhi, through Christian Medical College

(CMC), Vellore. To expand her subspecialty focus, she completed Post Graduate Diplomas in Diabetes Management and Lipid Management from Middlesex University, UK, a Post Graduate Diploma in Geriatric Medicine through Apollo Medvarsity, the Certificate Course in Gestational Diabetes Mellitus (CCGDM) from PHFI / St. John's, and an Infectious Disease Certificate Course (IDCC) from P.D. Hinduja Hospital, Mumbai. At Manipal Hospital Yeshwanthpur, Dr. Sheetal Kamat manages a comprehensive adult medicine suite. Her clinical expertise covers complicated Type 1 and Type 2 diabetes mellitus, gestational diabetes, dyslipidemia, metabolic syndrome, and infectious diseases. She possesses specialised proficiency as a top diabetes and metabolic physician in Yeshwanthpur, Bangalore, managing hypertension, multi-organ lifestyle disorders, acute medical emergencies, polypharmacy in elderly patients, and critical care step-down management. Geriatric medicine is another significant area of her professional interest. With specialised training in geriatric healthcare, Dr. Sheetal Kamat understands the complex and often interconnected medical needs of older adults. She takes a comprehensive approach to age-related health concerns, considering chronic illnesses, multiple medications, nutritional needs, functional health, and overall quality of life. Her expertise is particularly valuable for elderly patients who require coordinated medical care for more than one health condition. A committed educator and academician, Dr. Sheetal was honoured with the prestigious "Inspiring Metabolic Physician Award 2025" by Times Now. She actively trains postgraduate medical trainees and has published clinical research and case reports in reputed national and international journals, including Cureus and the Journal of Internal Medicine (API-Karnataka). She holds life memberships in the Association of Physicians of India (API), Research Society for the Study of Diabetes in India (RSSDI), Indian Society of Critical Care Medicine (ISCCM), and the Indian Medical Association (IMA). Fluent in English, Kannada, and Hindi, Dr. Sheetal couples her technical diagnostic precision with an empathetic and clear communication style. She

prioritises patient empowerment through detailed diagnostic explanations, individualised lifestyle and nutritional guidance, and dedicated preventive health monitoring.

Field of Expertise

- Critical Care
- Infectious Diseases
- Nephrology

Languages Spoken

- English
- Hindi
- Kannada
- Marathi
- Konkani