

Dr. Mangesh Harihar Tiwaskar

MD, FRCP(London), FRCP(Ireland), FRCP(Glasgow),FACP, FICP, FGSi, FDI

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Objective

Updated CV for Academic Communications

Summary of Education

- Bachelor of Medicine, Bachelor of Surgery (MBBS) in 1987; from Swami Ramanand Teerth Rural Medical College, Ambejogai, Dist. Beed of Marathwada University, Aurangabad, Maharashtra, INDIA
- Doctor of Medicine (MD – Internal Medicine) in 1990; from Swami Ramanand Teerth Rural Medical College, Ambejogai, Dist. Beed of Marathwada University, Aurangabad, Maharashtra, INDIA
- Diploma in Advanced Diabetology – Steno Diabetes Centre, Copenhagen, Denmark
- Fellowship of Royal College of Physicians (London) – March 2018
- Fellowship of Royal College of Physicians (Glasgow) – September 2017
- Fellowship of Royal College of Physicians (Ireland) – September 2017
- Fellowship of Diabetes India – March 2016
- Fellowship of American College of Physicians – July 2014
- Fellowship of Indian College of Physicians – January 2012
- Fellowship of Geriatric Society of India – October 2012
- Special Training in Diabetes : Joslin Diabetes Centre – Boston, Massachusetts, USA and Cardiff University – Cardiff, UK

Work Experience after Post Graduation

- Lecturer in Medicine, Swami Ramanand Teerth Rural Medical College, Ambejogai Nov 1990 to April 1991
- Lecturer in Medicine, Pravara Medical College, Pravaranagar.... April 1991 to October 1991
- Lecturer in Medicine, B. Y. L. Nair Hospital & Topiwala National Medical College, Mumbai... Nov 1991 to December 1992

Current Affiliations

- Consultant Physician and Diabetologist, Shilpa Medical Research Centre, Dahisar, Mumbai – 1993 till to date
- Consultant Physician and Diabetologist, Asian Heart Institute and Research Centre, Bandra Mumbai – 2005 till to date
- Consultant Physician and Diabetologist, Karuna Hospital, Mumbai,– 1995 till to date

Positions and Posts in Professional Organizations

- Currently – General Secretary : Association of Physicians of India (API) – Central
- Currently – General Secretary : Indian College of Physicians (ICP)
- Currently – General Secretary : Physicians Research Foundation (PRF) India

- Currently – Ex-officio Member : Journal of Association of Physicians of India (JAPI)
- Currently – Governing Body Member : Indian Medical Association (IMA) Mumbai West Chapter
- Currently – Founder : Association of Dahisar Diabetics (ADD), Mumbai
- Currently – Member : ADA, EASD, IDF, DASG (Diabetes Asia Study Group), AACE, ACP(American College of Physicians), RSSDI (Research Society for Study of Diabetes in India), Critical Care Society of India
- Past – Joint Secretary : Journal of Association of Physicians of India (JAPI)
- Past – Assistant Editor (Lipid Section) : Journal of Association of Physicians of India (JAPI)
- Past – Governing Body Member : Association of Physicians of India (API) – Central
- Guest Editor – INSULIGHT : Journal of Insulin
- Member of Editorial Board : Book : Medicine Update and Progress in Medicine 2014 and 2015

Awards and Achievements

- Gold Medalist and University Topper : Biochemistry – Marathwada University : Nov 1983
- National Conference of Infectious Disease Control (NCIDC) Gold Medal : Pathology and Microbiology – Marathwada University : May 1985
- S. M. Darak Prize for being University Topper : Pharmacology – Marathwada University : May 1985
- Gold Medalist and University Topper : MD Internal Medicine – Marathwada University : Nov 1990

Publications, Chapters and Write ups

- 13 publications in National and International Peer Reviewed Journals – Indian Journal of Clinical Practice (IJCP), Journal of Association of Physicians of India(JAPI), Medicine Update, Indian Journal of Endocrine and Metabolism (IJEM), Diabetes Technology and Therapeutics (DTT) etc.
- 1 publications as a co-writer on Snake Bites in BMJ.
- Pulmonary manifestations of the Gastrointestinal diseases (World Clinics – Pulmonary & Critical Care) July 2013 : Vol. 2 – Number 2
- 20 Chapters in various Medical Books and Text Books on the various Topics in Diabetes, Hypertension, Immunology, Nutrition, Adult Vaccination, Antibiotics, Infections
- Author of the White Paper Document on “Enteric Fever Management Guidelines”

Orations

- Dr. G. S. Sainani Oration – “Diabetes in Elderly” at Geriatric Society National Conference held at Nagpur, Maharashtra, India – Sept 2014
- Dr. B. J. Subhedar Oration – “Newer Insulins” at Vidarbha Association of Physicians National Congress held at Gondia, Maharashtra, India – December 2017

Educational Scientific Contributions & CME for Medical Fraternity

- Delivered more than 500 Lectures at various Local, Regional, National & International Scientific Conferences
- National Faculty for “Certificate Course in Evidence Based Diabetes Management (CCEBDM)” – IDF affiliated venture for training in Diabetes for MBBS doctors
- National Faculty for “National Diabetes Education Program (NDEP)” – IDF affiliated venture for training in Diabetes FOR Non MBBS doctors
- Worked as an Organizing secretary, Joint Organizing Secretary, Member of advisory Board in multiple National and Local Conferences

- Invited Judge for the Poster and Oral Research work presentation of Medical Students, Resident Doctor and Fellow Members at the Annual Meeting of American College of Physicians to be held at Washington DC from 5th May 2016

Social Welfare and Community Services

- Regular Economic Donor and Contributor to American Diabetes Association, UNICEF, CRY for the help of the needy.
- Formed Peoples/Patients Club for Diabetes, Hypertension and Cardiac Ailments Awareness and Education at Dahisar, Mumbai; Maharashtra, INDIA by the name of Association of Dahisar Diabetics (ADD) and conducted over 250 public awareness and education programs at various destinations since 1995.
- Regularly conducting Parents/Teachers – Teens/Young Adults awareness programs and session at various large schools and colleges on Diabetes Prevention, Obesity Prevention, Dangers of Drugs and Alcohol Addictions, Exercise and Lifestyle, Other Psycho-social issues since 1995.
- Conducted Television Talk Shows on Diabetic Foot and Diabetes Awareness.
- Regularly Writing in Multiple Local and National News Papers on Diabetes Awareness, Misconceptions in Diabetes, and related Health issues
- Conducted and participated in many Charitable Public Health Programs through various organizations like Rotary Club, Lion's Club
- Worked relentlessly and offered free of Cost services to the society and nation during the Social and Natural Calamities and tragedies like Earthquakes, Floods, Bomb Blasts, Methyl Alcohol Poisoning
- Donated blood more than 40 times for needy people, most of them were my own patients.

List of the Publications

1. Association of Physicians of India: Position Statement on Role of Chirally Pure Molecules in Clinical Practice

Nadkar MY, **Tiwaskar M**, Kalra S, Shah SN, Bansode BR, Dutta A, Bajaj S, Aggarwal S, Balhara YPS, Das AK, Dhamija P, Gupta YK, Jacob J, Mishra S, Narasingan SN, Ponde CK, Prabhoo R, S B, Sahay M, Sahay RK, Sathyamurthy I, Tiwaskar S, Vora A.

J Assoc Physicians India. 2017 Dec; 65(12):49-60.

PMID: 29327523

2. A Multicenter Real-Life Study on the Effect of Flash Glucose Monitoring on Glycemic Control in Patients with Type 1 and Type 2 Diabetes.

Anjana RM, Kesavadev J, Neeta D, **Tiwaskar M**, Pradeepa R, Jebarani S, Thangamani S, Sastry NG, Brijendra Kumar S, Ramu M, Gupta PPK, Vignesh J, Chandru S, Kayalvizhi S, Jagdish PS, Uthra SCB, Lovelena M, Jyoti S, Suguna Priya S, Kannan A, Mohan V, Unnikrishnan R.

Diabetes Technol Ther. 2017 Sep; 19(9):533-540.

PMID: 28930495

3. Recommendations for Vaccination against Seasonal Influenza in Adult High Risk Groups: South Asian Recommendations.

Muruganathan A, Guha S, Munjal YP, Agarwal SS, Parikh KK, Jha V, Jha AK, Abeywicreme I, **Tiwaskar M**, Nadkar MY, Pal J, Arafat SM, Prakash A, Panda J, Ramasubramanian V, Kumari S, Saha B, Chakraborty S, Somusundaram, Jain, Ghosh MK, Koul PA.

J Assoc Physicians India. 2016 Jul; 64(7):3-11.

PMID: 28805048

4. Indian College of Physicians Position Statement on Anemia in Metabolic Syndrome.

Sahay M, Kalra S, **Tiwaskar M**, Ghosh S, Badani R, Bantwal G, Das AK, Dhorepatil B, Jeloka T, Khandelwal D, Nadkar MY, Saboo B, Sahay R, Unnikrishnan AG, Aggarwal S, Agrawal N, Bajaj S, Baruah MP, Chadha M, Das S, Dhamija P, Julka S, Mehta P, Shah SN, Sharma B, Muruganathan A.

J Assoc Physicians India. 2017 Jun; 65(6):60-73. No abstract available.

PMID: 28782315

5. Medication Counseling for Thyroxine.

Kalra S, Unnikrishnan AG, **Tiwaskar M**, Sahay R, Saboo B, Negalur V, Khandelwal D, Gupta P, Ghosh S, Das AK, Bantwal G, Bajaj S, Agarwal S, Aggarwal R, Agarwal N.

Indian J Endocrinol Metab. 2017 Jul-Aug; 21(4):630-631. doi: 10.4103/ijem.IJEM_91_17.

PMID: 28670549 Free PMC Article

6. The Double Trouble: PVD and Peripheral Neuropathy in Diabetes.

Tiwaskar M.

J Assoc Physicians India. 2017 May; 65(5):11-13. No abstract available.

PMID: 28598041

7. Patient-centered Management of Hypothyroidism.

Kalra S, Agarwal N, Aggarwal R, Agarwal S, Bajaj S, Bantwal G, Das AK, Ghosh S, Gupta P, Khandelwal D, Negalur V, Saboo B, Sahay R, **Tiwaskar M**, Unnikrishnan AG.

Indian J Endocrinol Metab. 2017 May-Jun; 21(3):475-477. doi: 10.4103/ijem.IJEM_93_17.

PMID: 28553608 Free PMC Article

8. Diabetes and Anemia: International Diabetes Federation (IDF) - Southeast Asian Region (SEAR) position statement.

Sahay M, Kalra S, Badani R, Bantwal G, Bhoraskar A, Das AK, Dhorepatil B, Ghosh S, Jeloka T, Khandelwal D, Latif ZA, Nadkar M, Pathan MF, Saboo B, Sahay R, Shimjee S, Shrestha D, Siyan A, Talukdar SH, **Tiwaskar M**, Unnikrishnan AG.

Diabetes Metab Syndr. 2017 Dec; 11 Suppl 2:S685-S695. doi: 10.1016/j.dsx.2017.04.026. Epub 2017 Apr 28. Review.

PMID: 28483426

9. Indian College of Physicians (ICP) Position Statement on Pharmacovigilance.

Dhamija P, Kalra S, Sharma PK, Kalaiselvan V, Muruganathan A, Balhara YPS, Badani R, Bantwal G, Das AK, Dhorepatil B, Ghosh S, Jeloka T, Khandelwal D, Nadkar MY, Patnaik KP, Saboo B, Sahay M, Sahay R, **Tiwaskar M**, Unnikrishnan AG.

J Assoc Physicians India. 2017 Mar; 65(3):63-66. PMID: 28462545

10. Significance of BP Control in Reducing Stroke Events: Role of Amlodipine in an Indian Perspective.

Muruganathan A, **Tiwaskar M**.

J Assoc Physicians India. 2016 Sep; 64(9):49-52.

PMID: 27762516

11. Hypertension Control in India: Are we there Yet? OR Uncontrolled and Resistant Hypertension: The Indian Perspective.

Tiwaskar M.

J Assoc Physicians India. 2016 Jul;64(7):11-12. No abstract available.

PMID: 27759336

12. Acenocoumarol: A Review of Anticoagulant Efficacy and Safety.

Trailokya A, Hiremath JS, Sawhney J, Mishra YK, Kanhere V, Srinivasa R, **Tiwaskar M**.

J Assoc Physicians India. 2016 Feb; 64(2):88-93.

PMID: 27730796

13. API Recommendations for the Management of Typhoid Fever.

Upadhyay R, Nadkar MY, Muruganathan A, **Tiwaskar M**, Amarapurkar D, Banka NH, Mehta KK, Sathyaprakash

BS.

J Assoc Physicians India. 2015 Nov; 63(11):77-96. No abstract available.

PMID: 27608792

14. Amlodipine in the Era of New Generation Calcium Channel Blockers.

Tiwaskar M, Langote A, Kashyap R, Toppo A

J Assoc Physicians India. 2018 Mar;66(3):59-64.

15. Hypertension and Hyperuricemia: A Compelling Correlation.

Tiwaskar M.

J Assoc Physicians India. 2018 Jan;66(1):11-12. No abstract available.

PMID: 30341838

16. Diagnosis and Management of Hypothyroidism: Addressing the Knowledge-Action Gaps.

Kalra S, Das AK, Bajaj S, Saboo B, Khandelwal D, **Tiwaskar M**, Agarwal N, Gupta P, Sahay R, Aggarwal S, Ghosh S, Negalur V, Unnikrishnan AG, Bantwal G, Aggarwal R, Chaudhari H, Mulgaonkar N.

Adv Ther. 2018 Oct;35(10):1519-1534. doi: 10.1007/s12325-018-0744-7. Epub 2018 Aug 31. Review.

PMID: 30171491