



DR. SHASHIKALA KSHEERASAGAR

Consultant – Obstetrics & Gynaecology

Qualification

MBBS | DGO | MRCOG | FRCOG | FRM

Overview

Dr. Shashikala Ksheerasagar is a highly esteemed consultant obstetrician and gynaecologist practising at Millers Road in Bangalore. Since 2009, Sge has offered top-notch healthcare services. Regarding her medical qualifications, she got a Diploma in Obstetrics and Gynaecology after graduating from the reputed Karnataka Institute of Medical Sciences in Hubli. The esteemed membership of the Royal College of Obstetricians and Gynaecologists (FRCOG) is another significant achievement she has earned. She has impressive 19 years of expertise in the industry that established her as one of the most respected doctors in India. Being a member of the prestigious Royal College of Obstetricians and Gynaecologists in London further demonstrates her dedication to upholding the highest standards and promoting the profession. These alone are sufficient to demonstrate her field knowledge. Dr. Ksheerasagar possesses extensive experience in handling high-risk pregnancies and managing complex conditions. Systemic lupus erythematosus (SLE), rheumatoid arthritis, diabetes, hypertension, convulsions, and severe anaemia are among the illnesses in which she specialises. She boldly handles these difficult instances because of her extensive training and abundance of experience, ensuring the good health of the mother and the newborn. Dr. Ksheerasagar also knows about various gynaecological techniques, such as hysteroscopy, dilatation and curettage (D&C), polycystic ovary syndrome (PCOS), premature ovarian failure, and primary and secondary amenorrhea. Thanks to her considerable training, she has the knowledge and abilities to offer her patients complete assistance and tailored treatment regimens. Dr. Shashikala is the best gynaecologist in Millers Road, Bangalore. Dr. Ksheerasagar has received several awards and certificates for her exceptional performance. In July 1996, she received a certificate of excellence for her outstanding work in forensic medicine. She has also been honoured by King Fahad Hospital in Saudi Arabia Kingdom as the best professional of the month, highlighting her devotion to her field and drive for perfection. Dr. Ksheerasagar has also contributed significantly to the field through her talks and publications. She has written articles highlighting her knowledge and has given captivating speeches on various topics. She wrote a paper for India's Journal of Obstetrics and Gynaecology on "Breast Cancer in Pregnancy." Her dedication to staying current with medical research and disseminating her knowledge to colleagues and the medical profession is admirable. Because of her wealth of knowledge, commitment to providing outstanding care for patients, and contributions to the discipline of obstetrics and gynaecology, Dr. Shashikala Ksheerasagar is a well-respected medical professional. Her dedication to upholding high standards, a wide range of specialities, and a sympathetic approach to patient care guarantee that her patients get the best care and have successful outcomes. Dr. Ksheerasagar continues to profoundly affect her patients' lives due to her constant dedication to quality and enthusiasm for her line of work.

Fellowship & Membership

- FRCOG, MRCOG, Fellowship Reproductive Medicine

Field of Expertise

- High risk pregnancy
- Adolescent Gynaecology
- Reproductive Endocrinology & Subfertility treatment
- Contraception Counselling
- Hormone Replacement Therapy

Languages Spoken

- English
- Kannada
- Hindi
- Telugu
- Marathi
- Arabic

Awards & Achievements

- Awarded certificate of merit for excellent performance in Forensic medicine (July 1996, MBBS PHASE II)
- Certificate of appreciation from King Fahad Hospital, Kingdom of Saudi Arabia, as Best employee of month from OBG Department.
- Certificate of appreciation for excellence in the field of Reproductive Medicine by Dr.Kamini A Rao, Medical director BACC Healthcare Pvt.Ltd and Chairperson IIRRH

Talks & Publications

- 1. Ksheerasagar, Shashikala et al. "Breast Cancer in Pregnancy." Journal of obstetrics and gynaecology of India vol. 67,6 (2017): 442-444. doi:10.1007/s13224-017-0973-8
- 2. Ksheerasagar, Shashikala et al. "Pregnancy in Budd Chiari Syndrome-A Case Report." Journal of obstetrics and gynaecology of India vol. 69,Suppl 1 (2019): 17-19. doi:10.1007/s13224-018-1138-0
- 3. Ksheerasagar, Shashikala et al. "Pregnancy in a Rare Case of Intracranial Rosai Dorfman Disease (RDD)". J Obstet Gynaecol India. 2020 Feb;70(1):78-80. doi: 10.1007/s13224-019-01254-y. Epub 2019 Aug 2. PMID: 32030010; PMCID: PMC6982614
- 4. Authored chapter on Breastfeeding in Women with Diabetes in the book titled Diabetes and Women The Untold Story edited by Ashok Kumar Das published by MICRO labs limited, 27 Race course road, Bangalore 560001.
- Paper and Poster Presentations
 - 1) Presented paper on "uterine adnexal torsion : pathologic & ultrasonographic correlation " @ 19th KSCOGA conference 2007 on 30.12.2007 @ Hubli Karnataka India
 - 2) E-POSTER presentation @cutting edge 2010 Bangalore on "use of veress needle in creation of neovagina"
 - 3) Free paper presentation on 08/01/2011@ 54th All India Congress of Obstetrics and Gynaecology, Hyderabad, India on "vaginocutaneous fistula in association with vaginal atresia"
 - 4) Presented paper titled 'Dengue fever in pregnancy' at Gnanavarsha conducted by BSOG on 26,27 Feb 2011 in young talent promotion programme.
 - 5) Poster titled 'Caesarean myomectomy' in International congress on emergencies in obstetrics July 29-31

2011, Bangalore.

- 6) Presented a paper at 22nd KSOGA conference at Manipal Karnataka India on November 5th 2011 titled "A rare case of isolated extraneural cysticercosis in pregnancy"
- 7) Poster presented on 'Reproductive outcome after uterine septoplasty with the comparison between mechanical and electrical methods' at
- Life conference, at Bangalore, November 1st 2015.
- Teaching programmes
- 1. Participated as faculty in RCOG programme- Basic Practical Skills in Obstetrics and Gynaecology at Bharatabhoomi Medical Academy, India twice, i.e, 4-6 January 2013 and 27-28 December 2014.
- 2. Was a teaching Faculty at CREST (Centre for Reproductive Education and Specialist Training) Clinical & Embryology Courses at IIRRH and coordinated One Clinical Training Programme in May 2016 as part of training in Fellowship in Reproductive Medicine, BACC HEALTHCARE PVT.LTD.
- 3. Delivered lecture on Women Wellness for Degree students on 9th March 2017 at St.Anne's First Grade College For Women, Bengaluru.
- 4. Participated as teaching faculty in High Risk Pregnancy workshop during the 62nd All India Congress Of Obstetrics and Gynaecology, held on 8th January 2019 in Bengaluru.
- Articles in Newspapers and Magazines
- 1. Article on Preeclampsia in Prajavani Kannada Newspaper on Saturday 25/05/2019 edition.
- 2. Coverage of Management of Intracranial Rosai Dorfman Disease in Pregnancy in Telugu Newspaper E-Nadu Newspaper on Wednesday 30/01/2020.
- 3. Article on Delayed Puberty in Prajavani Kannada Newspaper on Wednesday 26/02/2020 edition.
- 4. Article on Prepregnancy Counselling in Stayfit Magazine March 2020 edition.
- 5. Online article on Nutrition During Pregnancy in Doctor NDTV 02/09/2020.
- <https://doctor.ndtv.com/pregnancy/national-nutrition-week-2020-10-diet-tips-to-eat-healthy-during-pregnancy-2288924>
- 6. Article on PCOS in Kannada Prabha Newspaper on 10/09/2020 edition.
- 7. Article on Cervical cancer in Prajavani Kannada Newspaper on 30/01/2021 edition