

DR. SAPNA WAGHMARE

Consultant - Obstetrics & Gynaecology

Qualification

M S OBG from KIMS Bangalore, RGUHS | MBBS from JNMC Belgaum, RGUHS

Overview

Dr. Sapna Waghmare is an experienced gynaecologist in Bangalore, currently practising as a Consultant - Obstetrics and Gynaecology at Manipal Hospital Millers Road. With over 8 years of clinical practice, Dr. Sapna provides comprehensive care to women in all stages of life. She is skilled in diagnosing and treating a wide range of gynaecological and obstetric conditions like PCOS, endometriosis, and ovarian cysts, ensuring a patient-centred approach that prioritises women's health and well-being. Her expertise extends to managing high-risk pregnancies, menstrual disorders, reproductive health issues, and family planning. She is the Best Gynaecologist in Millers Road, Bangalore. Dr. Sapna Waghmare earned her MBBS from JNMC Belgaum and completed her MS - Obstetrics and Gynaecology at KIMS, Bangalore. Throughout her career, she has specialised in prenatal and postnatal care, gynaecological surgeries, and advanced procedures like hysteroscopy and fibroid removal. She is highly proficient in conducting gynaecological exams, including Pap smears, pelvic ultrasounds, and breast exams, along with performing successful deliveries, including high-risk cases. She has assisted in over 300+ major gynaecological surgeries, including caesarean sections, abdominal, vaginal, and laparoscopic hysterectomies and myomectomies. Dr. Sapna Waghmare is particularly focused on patient education and counselling women on family planning, contraception, and reproductive health to ensure informed decision-making. Her approach to patient care is collaborative, often leading multidisciplinary teams consisting of obstetricians, paediatricians, and nurses to ensure comprehensive maternal care. She is committed to evidence-based practices and personalised care, which has earned her the trust and confidence of her patients. In addition to her clinical work, Dr. Sapna has contributed to medical research, presenting researched articles and papers at national conferences and participating in various CME programs. Her journal titled "Comparison of Pap Smear, Colposcopy and Colposcopic directed Biopsy in the Evaluation of Unhealthy Cervix", March 2015, JEMDS, discusses the various methodologies used in detecting gynaecological cancers. Some of her presented papers include: "Colposcopic Evaluation Of Cervix With Persistent Inflammatory Pap Smear: A Prospective Analytical Study", "Placental Chorangioma: A Case Report", and "Laparoscopic Management of a large androgen-secreting tumour in an adolescent girl with an indigenous method of specimen extraction."

Fellowship & Membership

- Certificate Course on Contraception in Clinical Practice by UNFPA and FOGSI

Field of Expertise

- Conduct comprehensive gynaecological exams, including Pap smears, pelvic ultrasounds, and breast exams.
- Performed successful deliveries, including high-risk cases, ensuring the safety and well-being of both mothers and infants.
- Managed a variety of gynaecological conditions such as PCOS, endometriosis, and ovarian cysts.

- Performed hysteroscopies
- Provided patient education on family planning, contraception, and reproductive health
- Led a multidisciplinary team of obstetricians, paediatricians, and nurses in the delivery of comprehensive maternal care

Languages Spoken

- Kannada
- Hindi
- Marathi
- English