



## Dr Usha Ayyagari

MBBS, MRCP(UK), MRCP (Edin), CCT (UK), FRCP (London) 25+ Years Experience

Dr Usha Ayyagari is a top Endocrinologist in Chennai at Apollo Speciality Hospitals O M R . Book appointment online with Dr Usha Ayyagari at Ask Apollo.

### Hospitals

Apollo Speciality Hospitals, OMR, Chennai ,

Doctor's Working  
Weekdays  
Mon - Sat

Doctor's Working  
Hours  
09:00 -13:00



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Book Appointment

## Overview

Dr. Usha Ayyagari is a highly experienced Endocrinologist based in Chennai, Tamil Nadu, with over 25 years of expertise in managing hormonal disorders and metabolic diseases. As a dedicated healthcare professional, Dr. Ayyagari holds multiple prestigious qualifications including MBBS, MRCP (UK), MRCP (Edin), CCT (UK), and FRCP (London), which highlight her commitment to excellence in the field of endocrinology.

Fluently speaking Tamil, English, Hindi, and Telugu, Dr. Ayyagari ensures effective communication and a comfortable environment for her diverse patient base. She is well-versed in diagnosing and treating a wide range of endocrine diseases, including diabetes, thyroid disorders, and adrenal conditions, tailoring her approach to meet the unique needs of each patient.

As a female endocrinologist, Dr. Ayyagari is passionate about empowering her patients through education and personalized care strategies, helping them manage their health and achieve optimal outcomes.

Known for her compassionate demeanor and thorough attention to detail, she has earned the trust of many families in her community.

Dr. Usha Ayyagari is committed to advancing the field of endocrinology and stays updated with the latest medical research and technologies, ensuring her patients receive the highest standard of care. Whether you require a routine check-up or specialized treatment, Dr. Ayyagari is here to support you on your health journey.

## Experience

- I am trained in diabetes and endocrinology at the Oxford University Hospitals NHS Trust, Oxford, U.K.
- I am currently working as a Consultant in Diabetes, Endocrinology and Metabolic Medicine in Chennai. I worked as a full time consultant in U.K. in Diabetes, Endocrinology and General Medicine until August 2014. I have broad experience covering the fields of diabetes, endocrinology, metabolic and obesity medicine.
- I have a specialist interest in antenatal diabetes and endocrinology, insulin pumps, PCOS, reproductive endocrinology, obesity medicine, including medical, pre- and peri-operative management of obesity.
- I was clinical lead for the Young Adult Diabetes services at the Buckinghamshire NHS Trust, U.K  
medical lead for the MDT bariatric clinic at the Royal Berkshire NHS Foundation Trust, U.K.

### **Out-patient clinics:**

- Diabetes and endocrine antenatal clinics
- Type 2 diabetes, insulin pump clinics, GLP-1 clinics, Young Adult Diabetes clinics, Type 1 diabetes, diabetes foot clinics, renal diabetes clinics, diabetes education Thyroid clinics, PCOS clinics, Metabolic bone disease and osteoporosis clinics, HRT clinics, CAH clinics, Turner's syndrome clinics, Pituitary clinics, Neuroendocrine tumour clinics, Transgender clinics
- Lipid clinics
- Bariatric clinics

## Membership

- General Medical Council of UK
- registration Diabetes UK
- Society for Endocrinology (British Endocrine Society)
- Endocrine Society (USA)
- British Obesity & Metabolic Surgery Society (BOMSS)

# Awards

- Secured rank of 9th in osmania area and 12th in Andhra pradesh post graduate entrance exams
- Secured multiple prizes during post graduate period in competitions
- Secured 3rd prize for poster presentation conducted by Indian menopause society

# Research and Publication

## Research Experience

- At Oxford University, U.K. I was a NIHR (National Institute for Health Research) and EFSD (European Foundation for the Study of Diabetes) clinical research fellow working in clinical diabetes research.
- I was also a sub-investigator in numerous multicentre, and multinational trials in both diabetes and endocrinology. During this period I gained experience in performing physiological studies including insulin-glucose clamp studies, DEXA scans, and anthropometry, writing grant applications and research protocols, setting up clinical trials, applying for ethics, R&D and MHRA approval, patient screening and recruitment to clinical trials, and staff recruitment.
- We undertook a pilot study of the n-of-1 methodology in type 1 diabetes, a series of single-subject, randomised, crossover studies, where patients serve as their own control, comparing efficacy, tolerability and acceptability of interventions. They provide evidence for personalised therapeutic choices. Patients served as their own control comparing two basal insulin analogues. Patient satisfaction (primary outcome) with the n-of-1 methodology was assessed by qualitative measures (visual analogue scales, free text boxes, semi-structured interview). Secondary outcomes were ?PAID, ?ITSQ, ?WHO-5, ?HbA1c, ?GRADE. As a part of this study we used CGMS to determine patient glucose profiles to titrate insulin therapy and for patient education.
- As part of the systems biology investigation of glucose metabolism and beta cell function, we proposed to study the effect of Sitagliptin on glucose response in non-diabetic and type 2 diabetic individuals using a eu- and 3-step hyperglycaemic clamp in a randomised double blind cross-over study. The Phenotypic Characteristics in Type 2 diabetes as Indices of Beta-cell Failure study aimed to understand the factors influencing the rate of beta cell failure, to analyse the association between beta cell failure and phenotypic, anthropometric, biochemical and radiological characteristics, to identify individual and clusters of characteristics in those who fail fast and those who fail slowly, and to undertake hypothesis testing of these characteristics to develop a risk assessment model for fast vs. slow failure.

## International Publications

## **Book chapters**

- Matthews DR, Ayyagari U, Dyson P. "Clinical features, lifestyle management, and glycaemic targets in type 2 diabetes mellitus." Oxford Textbook of Endocrinology and Diabetes. New York,
- NY: Oxford University Press Matthews DR, Ayyagari U. "The role of antidiabetic agents and new perspectives" Birth, life, failure and rescue of the pancreatic Beta-cell in human type 2 diabetes. John Wiley & Sons, 2009.

## **Papers**

- The effect of glibenclamide on insulin secretion at normal glucose concentrations. Riefflin A, Ayyagari U, Manley SE, Holman RR, Levy JC. Diabetologia. 2015 Jan;58(1):43-9.
- Thyrotoxic Cardiomyopathy. H Surchi, U Ayyagari. Endocrine Abstracts(2014) 34 P408  
DOI:10.1530/endoabs.34.P408 Addition of Exenatide to insulin therapy in individuals with type 2 diabetes in UK routine clinical practice. Price HC, Gorst C, Ayyagari U, Levy J and Holman RR. Practical Diabetes 2012 How best to control diabetes Ayyagari U, Dyson P, Matthews DR. Dialogues in Cardiovascular Medicine, 2009.
- Collaborator Quality of life in adults with congenital adrenal hyperplasia relates to glucocorticoid treatment, adiposity and insulin resistance: United Kingdom Congenital adrenal Hyperplasia Adult Study Executive (CaHASE). Han TS, et al; United Kingdom Congenital adrenal Hyperplasia Adult Study Curriculum Vitae U. Ayyagari Page 5 of 8 Executive (CaHASE). Eur J Endocrinol. 2013 May 3;168(6):887-93. doi: 10.1530/EJE-13-0128. Print 2013 Jun.
- Glucocorticoid treatment regimen and health outcomes in adults with congenital adrenal hyperplasia. Han TS, et al; United Kingdom Congenital adrenal Hyperplasia Adult Study Executive (CaHASE). Clin Endocrinol (Oxf). 2013 Feb;78(2):197-203. doi: 10.1111/cen.12045.
- Health status of adults with congenital adrenal hyperplasia: a cohort study of 203 patients. Arlt W, et al; United Kingdom Congenital Adrenal Hyperplasia Adult Study Executive (CaHASE). J Clin Endocrinol Metab. 2010 Nov;95(11):5110-21. doi: 10.1210/jc.2010-0917. Epub 2010 Aug 18.

## **National and International Poster presentations:**

- SfE BES Annual Conference (Society for Endocrinology British Endocrine Society) (2014): A case of severe Thyrotoxic cardiomyopathy
- Diabetes UK Annual Professional Conference (2011): Poster presentation "n-of-1 studies in diabetes"
- Diabetes UK Annual Professional Conference (2009): Poster presentation "Addition of Exenatide to insulin treatment I individuals with type 2 diabetes"
- Diabetes UK Annual Professional Conference (2009): Poster presentation "Addition of Exenatide to oral glucose lowering treatment I individuals with type 2 diabetes"

- Royal Society of Medicine Clinical Case Update (2008): Poster presentation “A Case of Primary Amenorrhoea”

## Frequently Asked Questions

### 1. Where does Dr. Usha Ayyagari practice?

Dr. Usha Ayyagari currently practices at Apollo Speciality Hospitals O M R, located in Chennai.

### 2. Who is Dr. Usha Ayyagari?

Dr. Usha Ayyagari is a highly experienced Endocrinologist with 25 years of expertise in the field. She is known for providing exceptional patient care and advanced medical treatments.

### 3. Why do patients choose Dr. Usha Ayyagari?

Patients trust Dr. Usha Ayyagari for her expertise, patient-centric approach, and commitment to providing the highest standard of care. She is well-versed in the latest medical advancements and ensures personalized treatment for every patient.

### 4. What is Dr. Usha Ayyagari's specialization?

Dr. Usha Ayyagari specializes in Endocrinology, with expertise in Type 1 Diabetes Treatment.

### 5. What are Dr. Usha Ayyagari's medical qualifications?

Dr. Usha Ayyagari holds prestigious qualifications, including MBBS, MRCP(UK), MRCP (Edin), CCT (UK), FRCP (London).

### 6. How many years of experience does Dr. Usha Ayyagari have?

Dr. Usha Ayyagari has 25 years of experience in the medical field, treating various conditions related to Endocrinology.

### 7. How can I book an appointment with Dr. Usha Ayyagari?

You can book an appointment with Dr. Usha Ayyagari through: Online: Visit

[<https://www.apollohospitals.com/book-doctor-appointment/>](<https://www.apollohospitals.com/book-doctor-appointment/>) to schedule an appointment.