



Dr Jyotish R Nair

MBBS, MD (General Medicine), PG Diploma(Diabetology) 22+ Years Experience

Dr Jyotish R Nair is a top Internal Medicine Physician in Cochin at Apollo Adlux Hospital . Book appointment online with Dr Jyotish R Nair at Ask Apollo.

Hospitals

Apollo Adlux Hospital ,

Doctor's Working
Weekdays
Sun - Sat

Doctor's Working
Hours
08:30 -17:00



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Overview

Dr. Jyotish Nair is a highly skilled General Physician and Internal Medicine Specialist based in Ernakulam, Kerala. With over 22 years of extensive experience in the field, Dr. Nair has built a reputation for providing compassionate and comprehensive healthcare to his patients. He holds a prestigious MBBS degree along with an MD in General Medicine and a Postgraduate Diploma in Diabetology, making him well-equipped to diagnose and treat a wide range of health conditions.

Dr. Nair is fluent in multiple languages, including English, Hindi, and Malayalam, allowing him to communicate effectively with a diverse patient population. His dedication to staying updated with the latest advancements in medicine ensures that he provides the best possible care tailored to each patient's individual needs.

Affiliated with Apollo Hospitals, Dr. Nair is committed to upholding the highest standards of medical practice and emphasizes preventive care. He believes in involving patients in their treatment plans, which fosters trust and better health outcomes.

Whether you need a routine checkup, management of chronic illnesses, or guidance on lifestyle modifications, Dr. Jyotish Nair is an excellent choice for patients seeking reliable and expert medical care. His passion for medicine and patient well-being shines through in every consultation.

Experience

- 5yr Short Service Commission Officer in Army Medical Corps
- 2000-2005 Sr Lecturer, Medical College, KKD
- 2010-2011 Consultant Physician& Diabetologist, KG Hospital, Angamaly, Kerala
- 2011- 2017 Consultant, Dr Mohan's Diabetes Specialities Centre, Kochi
- 2017-2020 Consultant, Adlux-Apollo Hospital, Kochi
- Present (Since May 2020) Secretary, IMA Madhya Kerala
- 2015-2017 Secretary, IMA-AMS Madhya Kerala Br President, Sevabharathi, Angamaly

Frequently Asked Questions

1. Who is Dr. Jyotish R Nair?

Dr Jyotish R Nair is a renowned Internal Medicine Specialist with over 22 years of experience. He practices in Cochin at Apollo Adlux Hospital. Dr Jyotish R Nair holds a degree in MBBS, MD (General Medicine), PG Diploma(Diabetology). He provides treatments including Hypertension Control Therapy, Diabetes Management, Thyroid Hormone Replacement. He specializes in treating conditions like Urinary tract infection, Wilson Disease, Gonococcal Infection.

2. Why do patients choose Dr. Jyotish R Nair?

Patients seek Dr. Jyotish R Nair's expertise in diabetic ulcer treatment, hypertriglyceridemia management, and diabetic diet counseling.

3. What is Dr. Jyotish R Nair's specialization?

Dr Jyotish R Nair specializes in Internal Medicine. He has expertise in treating conditions such as Urinary tract infection, Wilson Disease, Gonococcal Infection. His key treatments include Abdominal Pain Treatment, Preventive Treatment, Alcohol De Addiction Treatment.

4. What are Dr. Jyotish R Nair's medical qualifications?

Dr Jyotish R Nair holds MBBS, MD (General Medicine), PG Diploma(Diabetology), reflecting his comprehensive education in the field of Internal Medicine.

5. What is Dr. Jyotish R Nair's experience?

Dr. Jyotish R Nair has 22 years of experience in diabetology.

6. What is patient feedback for Dr. Jyotish R Nair?

Dr. Jyotish R Nair has received positive feedback from 4 patients, including 3 detailed patient stories. These testimonials highlight his expertise and patient care.

7. Who is a diabetologist?

A diabetologist is a specialist doctor who diagnoses, manages, and treats diabetes and its related complications. Diabetologists are endocrinologists with expert knowledge in diabetes and its association with other conditions such as hypertension. While endocrinologists address hormonal imbalances, diabetologists possess specialized expertise in diabetes care.

8. When should I consult a diabetologist?

Consult a diabetologist if your blood glucose levels are elevated beyond normal ranges, or if you experience diabetes symptoms like frequent urination, excessive thirst and hunger, weakness, weight loss, slow-healing wounds, and recurring fungal infections. A family history of diabetes or episodes of low blood sugar also warrant a consultation with a diabetologist. Early diagnosis and management are crucial for diabetes care.

9. Are diabetologists and dieticians the same?

No, diabetologists and dieticians are distinct healthcare professionals. Diabetologists, specializing in diabetes management, diagnose the condition and prescribe treatment. They may recommend consultation with a dietician. A registered dietician, focusing on nutrition, creates personalized dietary plans to manage diabetes, aid weight loss, and support overall health goals based on individual medical reports.

10. Should I consult a diabetologist for weight loss?

Diabetologists primarily manage diabetes. If your weight loss goals are unrelated to diabetes, consult a weight-loss specialist or dietitian instead. However, a diabetologist's expertise is crucial for weight management in individuals with diabetes, offering guidance on diet, exercise, and referral to registered dietitians. Unexpected weight loss while managing diabetes warrants immediate consultation with your

diabetologist.