

## Dr Khushboo Saxena

MBBS, DNB, FCCP(USA), PDCC Sleep Medicine, FSM (ISDA), MNAMS 10+ Years Experience

Dr Khushboo Saxena is a top Pulmonologist in Bhopal at Apollo Sage Hospitals . Book appointment online with Dr Khushboo Saxena at Ask Apollo.

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## Overview

Dr. Khushboo Saxena is a highly skilled Pulmonology Respiratory Medicine Specialist based in Bhopal, Madhya Pradesh. With over a decade of experience in the field, she has established herself as a trusted physician dedicated to the diagnosis and treatment of respiratory disorders. Dr. Saxena's qualifications are impressive, holding an MBBS, DNB in Pulmonary Medicine, FCCP from the USA, FSM from the Indian Society of Critical Care Medicine, and she is a Member of the National Academy of Medical Sciences (MNAMS). Her educational background and continuing commitment to professional development enable her to provide cutting-edge treatment options for her patients.

Fluent in both English and Hindi, Dr. Saxena is able to communicate effectively with a diverse patient base. She emphasizes a compassionate approach to healthcare, ensuring that her patients feel understood and supported throughout their treatment journeys. Dr. Saxena is known for her meticulous attention to detail and her ability to develop personalized care plans that meet the unique needs of each patient.

As part of the Apollo Group, she leverages the extensive resources and technology available to provide the highest quality of care. While she does not currently display any awards, her dedication to her patients and commitment to staying abreast of the latest advancements in pulmonology speak volumes about her capabilities. If you're seeking expert respiratory care in Bhopal, Dr. Khushboo Saxena is an excellent choice for your healthcare needs.

## Experience

- DNB Pulmonary Medicine, Yashoda Superspeciality Hospital, Somajiguda, Hyderabad (India) 2016-2019
- Senior Resident, Department of Pulmonary, Critical Care and Sleep Medicine, Sanjay Gandhi Post Graduate Institute of Medical Sciences, Lucknow (India) 2019-2020
- Senior Resident Department of Pulmonary, Critical Care and Sleep Medicine and PDCC Sleep Medicine fellow in All India Institute of Medical Sciences, Bhopal 2020-2021
- Senior Resident, Department of Respiratory Medicine, Regional Institute of Respiratory Diseases and Gandhi Medical College Bhopal
- Consultant and Director, Oxycare Lung and Sleep Clinic, Bhopal 2021 till date

## Membership

- Fellow of American College of Chest Physicians (FCCP)
- Fellow Sleep Medicine (ISDA)
- PDCC Sleep Medicine (AIIMS Bhopal)
- Advanced Interventional Pulmonology, Yashoda Hospital Hyderabad
- Member of National Academy of Medical Sciences
- Pleural and Lung ultrasound
- Fellow and Member of American College of Chest Physicians
- European Respiratory Society
- American Thoracic Society
- American Academy of Sleep Medicine
- Indian Chest Society
- Indian Sleep Disorder Association

## Awards

- Invited Faculty – ENCORE Presentation, Annual Meet, American College of Chest Physicians, New Orleans, USA (2019)
- Selected for Oral Paper Presentation at the World Chest Congress, Bangkok, Thailand (2019)
- Best Paper Award – South East Asian Academy of Sleep Medicine (2018)
- Invited Faculty – NAPCON 2022, Varanasi

## Research and Publication

- Saxena K, Maturu VN, Reddy PNS, Hafizuddin Ahmed FZR. Prevalence of Positional OSA and its Correlation with Anthropometric Indices in South-Indian Population. *Chest*. 2019 Apr 1 ;155(4):312A.
- Hafizuddin Ahmed FZR, Maturu VN, Reddy PNS, Saxena K. The Prevalence and Polysomnographic Features of REM-Sleep Disordered Breathing in South Indian Population. *Chest*. 2019 Apr 1 ;155(4):313A.
- Khushboo Saxena, V. Nagarjuna Maturu. Comparative Study of Safety and Efficacy of Intrapleural Fibrinolysis with Streptokinase and Urokinase in Management OF Loculated Pleural Effusion. *Indian Journal of Medical Research* (accepted in Cureus Medical journal)
- Saxena K, Kar A, Goyal A. COVID 19 and OSA: exploring multiple cross-ways. *Sleep Med*. 2021 Mar;79:223. doi: 10.1016/j.sleep.2020.11.013. Epub 2020 Nov 11. PMID: 33243588; PMCID: PMC7657027.
- Goyal, A., Kar, A. & Saxena, K. COVID Eyes: REM in COVID-19 Survivors. *Sleep Vigilance* (2021).
- Khushboo Saxena, Avishek Kar, Abhishek Goyal, Abhijit Pakhare, Alkesh Khurana, Saurabh Saigal. Association of Obstructive Sleep Apnea and severity of COVID-19: A hospital based observational study
- Goyal A, Saxena K, Kar Av et al. Obstructive sleep apnea is highly prevalent in COVID 19 survivors: findings of level 1 polysomnography in a tertiary care hospital. Goyal A, Saxena K, Kar A, Khurana A, Bhagtana PK, Sridevi CSKR, Pakhare A. Obstructive sleep apnea is highly prevalent in COVID19 related moderate to severe ARDS survivors: findings of level I polysomnography in a tertiary care hospital. *Sleep Med*. 2021 Jun 19:S1389-9457(21)00350-6. Doi: 10.1016/j.sleep.2021.06.015. Epub ahead of print. PMID: 34246548; PMCID: PMC8214316.
- Goyal A, Saxena K et al. Sleep EEG signatures in COVID 19 survivors. Goyal, A., Saxena, K., Kar, A. et al. Sleep EEG Signatures in COVID-19 Survivors. *Sleep Vigilance* (2021).

<https://doi.org/10.1007/s41782-021-00174-0>

- Kar A, Saxena K, Goyal A. Post Graduate Textbook of Internal medicine: Jaypee publications; 2021. Chapter 65, Respiratory sleep disorders;
- Actively enrolled COVID patients in a multicenter trial, COLDSTER
- Registered under clinicaltrials.gov.in.
- Saxena, K., Goyal, A. Rebuttal to “Sleep EEG Signatures in COVID-19 Survivors: A Facemask/COVID-19-Induced Comment”. Sleep Vigilance (2022).
- Rajkrishnan Somanpillai.; Abhishek Goyal; Abhijit Pakhare; Alkesh Khurana; Khushboo Saxena. Under publication in Sleep and breathing journal.
- Reliability of polysomnography study at the time of discharge from hospital among COPD-AE patients: A longitudinal feasibility study.
- Dr Vishwas Gupta, Dr Sourabh Jain, Dr Khushboo Saxena, Dr Lokendra Dave, Dr Vikas Mishra, Dr. Nishant Shrivastava. A study to establish correlation between various stages of HIV and clinical and radiological findings of Multi Drug Resistance Tuberculosis.
- Reviewed various manuscripts for prestigious journals.

## **Frequently Asked Questions**

### **1. Where does Dr. Khushboo Saxena practice?**

Dr. Khushboo Saxena's medical practice is located at Apollo Sage Hospitals. This hospital is part of the Apollo Hospitals network, renowned for its healthcare services and experienced specialists.

### **2. Who is Dr. Khushboo Saxena?**

Dr Khushboo Saxena is a renowned Pulmonologist with over 10 years of experience. She practices in Bhopal at Apollo Sage Hospitals. Dr Khushboo Saxena holds a degree in MBBS, DNB, FCCP(USA), PDCC Sleep Medicine, FSM (ISDA), MNAMS. She provides treatments including Bronchoscopy, Pulmonary Function Tests, Oxygen Therapy. She specializes in treating conditions like Pleural Disease, Respiratory Disorders, Respiratory Tract Infection.

### **3. What is Dr. Khushboo Saxena's specialization?**

Dr Khushboo Saxena specializes in Pulmonology. She has expertise in treating conditions such as Pleural Disease, Respiratory Disorders, Respiratory Tract Infection. Her key treatments include Bronchiectasis Treatment, Bronchial Asthma Treatment, Pneumonia Treatment.

## **4. What are Dr. Khushboo Saxena's medical qualifications?**

Dr Khushboo Saxena holds MBBS, DNB, FCCP(USA), PDCC Sleep Medicine, FSM (ISDA), MNAMS, reflecting her comprehensive education in the field of Pulmonology.

## **5. How many years of experience does Dr. Khushboo Saxena have?**

Dr. Khushboo Saxena has 12 years of experience in pulmonology. Her professional history provides a strong background in respiratory care.

## **6. What is a Pulmonologist?**

A pulmonologist is a physician specializing in the diagnosis and treatment of respiratory diseases and conditions affecting the lungs.

## **7. What respiratory conditions do Pulmonologists treat?**

Pulmonologists specialize in diagnosing and treating various respiratory illnesses, including asthma, bronchitis, pulmonary hypertension, emphysema, lung cancer, chronic obstructive pulmonary disease (COPD), cystic fibrosis, tuberculosis, and obstructive sleep apnea. These specialists provide comprehensive respiratory care and management.

## **8. When should I see a Pulmonologist?**

Consult a pulmonologist if you experience: persistent cough; shortness of breath; difficulty breathing during exercise; unexplained weight loss with cough (over 4 weeks); bloody or pus-filled mucus; or if you are a smoker. These symptoms may indicate underlying respiratory issues requiring specialist care.

## **9. What tests will a Pulmonologist perform during a checkup?**

A pulmonologist typically recommends pulmonary function tests (PFTs), which may include spirometry, lung volume tests, arterial blood gas analysis, lung diffusion capacity assessment, and pulse oximetry. Chest X-rays or CT scans may also be ordered, depending on the patient's specific needs. These tests help evaluate lung health and function.

## **10. What is the difference between a Pulmonologist and a Chest Surgeon?**

Chest surgeons specialize in surgical procedures of the lungs and heart. Pulmonologists diagnose and treat lung diseases, sometimes using minimally invasive procedures like bronchoscopy to obtain lung samples, but they do not perform surgery.