

Dr. Sweta Budyal, MBBS, MD, DM (Endocrinology)
Consultant Endocrinologist, Fortis Hospital, Mulund, Mumbai.

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Education and Training and Work Experience:

- MBBS from Lokmanya Tilak Medical College, Mumbai (2000-2005)
- MD in Pediatrics from Seth G.S. Medical College, Mumbai (2006-2009)
- DM in Endocrinology from Seth G.S. Medical College, Mumbai (2010-2013)
- Super-specialty Medical Officer in the Department of Endocrinology, Seth G.S. Medical College and KEM Hospital, Mumbai (October 2013- Feb 2015)
- Clinical Fellowship, Bariatric Medicine, Division of Endocrinology, The Ottawa Hospital, University of Ottawa, Ottawa, Canada (July 2015- August 2016)
- Ex-consultant Endocrinologist, Bombay Hospital and Medical research Centre, Mumbai (September 2016- February 2017)
- Consultant Endocrinologist, Fortis Hospital, Mulund (March 2017- current)

Honors and Awards:

- Secured first rank in the University at the exit exam of DM in Endocrinology, conducted by Maharashtra University of Health Sciences, Nashik.
- Three Distinctions in undergraduate career: Biochemistry, Otorhinolaryngology and Ophthalmology.
- Nominated for 'Best Resident Doctor Award' from the batch 2010-2013 by Department of Endocrinology, Seth G. S. Medical College, Mumbai (January 2013)
- Certificate of Appreciation for Active Participation in Flood Relief Efforts in the city of Mumbai as a part of Disaster Management Team 2005.

Publications in Peer Reviewed Journals: (18)

1: **Budyal S**, Jadhav SS, Kasaliwal R, Patt H, Khare S, Shivane V, Lila AR, Bandgar T, Shah NS. Is it worthwhile to screen patients with type 2 diabetes mellitus for subclinical Cushing's syndrome? *Endocr Connect*. 2015 Dec;4(4):242-8. doi: 10.1530/EC-15-0078. Epub 2015 Sep 29. PubMed PMID: 26420669; PubMed Central PMCID: PMC4621608.

2: Khadilkar KS, **Budyal SR**, Kasaliwal R, Lila AR, Bandgar T, Shah NS. HRPT2- (CDC73) RELATED HEREDITARY HYPERPARATHYROIDISM: A CASE SERIES FROM WESTERN INDIA. *Endocr Pract*. 2015 Sep;21(9):1010-6. doi: 10.4158/EP15648.OR. Epub 2015 Jun 29. PubMed PMID: 26121439.

- 3: Khadilkar KS, **Budyal SR**, Kasaliwal R, Sathe PA, Kandalkar B, Sanghvi BV, Parelkar SV, Lila AR, Bandgar T, Shah NS. OVOTESTICULAR DISORDER OF SEX DEVELOPMENT: A SINGLE-CENTER EXPERIENCE. *Endocr Pract*. 2015 Jul;21(7):770-6. doi: 10.4158/EP15606.OR. Epub 2015 Mar 18. PubMed PMID: 25786559.
- 4: Bukan AP, Dere HB, Jadhav SS, Kasaliwal RR, **Budyal SR**, Shivane VK, Lila AR, Bandgar TR, Shah NS. The performance and reproducibility of late-night salivary cortisol estimation by enzyme immunoassay for screening cushing disease. *Endocr Pract*. 2015 Feb 1;21(2):158-64. doi: 10.4158/EP14186.OR. PubMed PMID: 25297662.
- 5: Kale S, **Budyal S**, Kasaliwal R, Shivane V, Raghavan V, Lila A, Bandgar T, Shah N. A novel gross indel in the growth hormone releasing hormone receptor gene of Indian IGHD patients. *Growth Horm IGF Res*. 2014 Dec;24(6):227-32. doi: 10.1016/j.ghir.2014.07.003. Epub 2014 Aug 7. PubMed PMID: 25153028.
- 6: Kasaliwal RR, Kakade H, **Budyal S**, Lila AR, Bandgar T, Shah N. Posterior reversible encephalopathy syndrome due to ectopic Cushing's syndrome: an uncommon presentation of a rare disease. *Indian J Pediatr*. 2015 Mar;82(3):294-5. doi: 10.1007/s12098-014-1516-2. Epub 2014 Jul 3. PubMed PMID: 24986194.
- 7: Jadhav S, Kasaliwal R, Shetty NS, Kulkarni S, Rathod K, Popat B, Kakade H, Bukan A, Khare S, **Budyal S**, Jagtap VS, Lila AR, Bandgar T, Shah NS. Radiofrequency ablation, an effective modality of treatment in tumor-induced osteomalacia: a case series of three patients. *J Clin Endocrinol Metab*. 2014 Sep;99(9):3049-54. doi: 10.1210/jc.2013-4515. Epub 2014 Jun 24. PubMed PMID: 24960541.
- 8: Khare S, Goroshi MR, **Budyal S**, Bandgar T, Lila A, Shah N. Wolcott Rallison syndrome: a rare inherited diabetes mellitus. *Indian J Pediatr*. 2014 Nov;81(11):1225-7. doi: 10.1007/s12098-014-1422-7. Epub 2014 Apr 8. PubMed PMID: 24710710.
- 9: Kakade HR, Kasaliwal R, Khadilkar KS, Jadhav S, Bukan A, Khare S, **Budyal SR**, Goel A, Lila AR, Bandgar T, Shah NS. Clinical, biochemical and imaging characteristics of Cushing's macroadenomas and their long-term treatment outcome. *Clin Endocrinol (Oxf)*. 2014 Sep;81(3):336-42. doi: 10.1111/cen.12442. Epub 2014 Mar 27. PubMed PMID: 24576201.
- 10: Jadhav S, Kasaliwal R, Lele V, Rangarajan V, Chandra P, Shah H, Malhotra G, Jagtap VS, **Budyal S**, Lila AR, Bandgar T, Shah NS. Functional imaging in primary tumour-induced osteomalacia: relative performance of FDG PET/CT vs somatostatin receptor-based functional scans: a series of nine patients. *Clin Endocrinol (Oxf)*. 2014 Jul;81(1):31-7. doi: 10.1111/cen.12426. Epub 2014 Mar 12. PubMed PMID: 24528172.
- 11: Kasaliwal R, Sarathi V, Pandit R, **Budyal SR**, Bukan A, Kakade H, Jagtap VS, Lila AR, Bandgar T, Menon PS, Shah NS. Pheochromocytoma and tetralogy of fallot: a rare but potentially dangerous combination. *Endocr Pract*. 2014 May;20(5):e80-5. doi: 10.4158/EP13408.CR. PubMed PMID: 24449673.

12: Khare S, Jagtap VS, **Budyal SR**, Kasaliwal R, Kakade HR, Bukan A, Sankhe S, Lila AR, Bandgar T, Menon PS, Shah NS. Primary (autoimmune) hypophysitis: a single centre experience. *Pituitary*. 2015 Feb;18(1):16-22. doi: 10.1007/s11102-013-0550-9. PubMed PMID: 24375060.

13: Kakade HR, Kasaliwal R, Jagtap VS, Bukan A, **Budyal SR**, Khare S, Lila AR, Bandgar T, Menon PS, Shah NS. Ectopic ACTH-secreting syndrome: a single-center experience. *Endocr Pract*. 2013 Nov-Dec;19(6):1007-14. doi: 10.4158/EP13171.OR. PubMed PMID: 24013993.

14: **Budyal S**, Lila AR, Jalali R, Gupta T, Kasaliwal R, Jagtap VS, Bandgar T, Menon P, Shah NS. Encouraging efficacy of modern conformal fractionated radiotherapy in patients with uncured Cushing's disease. *Pituitary*. 2014 Feb;17(1):60-7. doi: 10.1007/s11102-013-0466-4. PubMed PMID: 23381232.

15: Vimal MV, **Budyal S**, Kasaliwal R, Jagtap VS, Lila AR, Bandgar T, Menon P, Shah NS. Vanishing tumor in pregnancy. *Indian J Endocrinol Metab*. 2012 Nov;16(6):1043-6. doi: 10.4103/2230-8210.103038. PubMed PMID: 23226664; PubMed Central PMCID: PMC3510938.

16: Muranjan MN, **Budyal SR**, Shah HR. Are Indian parents of children with Down syndrome engaged in the blame game? *Indian J Pediatr*. 2013 Jul;80(7):560-4. doi: 10.1007/s12098-012-0888-4. Epub 2012 Oct 19. PubMed PMID: 23080267.

17: Kasaliwal R, Sankhe SS, Lila AR, Budyal SR, Jagtap VS, Sarathi V, Kakade H, Bandgar T, Menon PS, Shah NS. Volume interpolated 3D-spoiled gradient echo sequence is better than dynamic contrast spin echo sequence for MRI detection of corticotropin secreting pituitary microadenomas. *Clin Endocrinol (Oxf)*. 2013 Jun;78(6):825-30. doi: 10.1111/cen.12069. Epub 2013 Apr 6. PubMed PMID: 23061773.

18: Jagtap VS, Acharya SV, Sarathi V, Lila AR, **Budyal SR**, Kasaliwal R, Sankhe SS, Bandgar TR, Menon PS, Shah NS. Ectopic posterior pituitary and stalk abnormality predicts severity and coexisting hormone deficiencies in patients with congenital growth hormone deficiency. *Pituitary*. 2012 Jun;15(2):243-50. doi: 10.1007/s11102-011-0321-4. PubMed PMID: 21667124.

Book:

Chapter: 'Management of adults with congenital adrenal hyperplasia' in ESI (Endocrine Society of India) Textbook of Endocrinology, second edition, Published by Jaypee Brothers Medical Pub (p) Ltd.

Reviewer:

Peer reviewed journal "Hormone Research and Metabolism".

Presentations:

1. Presented research paper “Encouraging efficacy of modern conformal fractional radiotherapy in patients with persistent Cushing’s syndrome” in the Award Paper Session in 41st Annual Conference of Endocrine Society of India, ESICON 2011, 1st-3rd December 2011, Pune, Maharashtra.
2. Presented Poster of research paper “Novel signal peptide deletion of GHRHR gene in four patients with growth hormone deficiency” in 42nd Annual Conference of Endocrine Society of India, ESICON 2012, 13th -15th December 2012, Kolkata.
3. Presented Poster of research paper “Clinical profile and genotype of patients with MEN1: Case series” in 13th International Workshop on Multiple Endocrine Neoplasia 2012 at Liege, Belgium.
4. Presented research paper “Does the presence of Metabolic Syndrome affect weight loss in response to controlled dietary regimen?” in Resident day research meeting of The Ottawa Hospital, Ottawa, Canada.

Courses, workshops, seminars attended:

1. Attended CME Lecture Series in Research Methodology from 19th September 2013 to 13th November 2013, by the Department of Nephrology, , Seth G. S. Medical College and K.E.M. Hospital, Mumbai.
2. Successfully completed the ‘Workshop on Thyroid Ultrasound’ in the 42nd ESICON (Annual Conference of Endocrine Society of India), 13-15 December 2012.
3. Participated in 8th Annual Meeting of Indian Thyroid Society ITSCON 2011, 5th and 6th March 2011, Mumbai.
4. Participated in 4th Canadian Obesity Summit, April 28 to May 2, 2015, Toronto, Canada.
5. Successfully completed The Advanced Course in Thyroid Disorder Management conducted by Indian Thyroid Society in 2011.
6. Conference of Androgen Excess Disorders During Infancy and Adolescence organized by Androgen Excess and PCOS Society in collaboration with Department of Endocrinology and Metabolism, All India Institute of Medical Sciences, New Delhi on 29th and 30th August 2011.
7. Actively participated as delegate in the Endocrine Update Neuroendocrinology: Expanding Horizon hosted by Department of Endocrinology, Seth G. S. Medical College, Mumbai on 24th and 25th March 2012 at Mumbai.

8. Attended Postgraduate Workshop in Clinical Endocrinology organized by Department of Endocrinology and Diabetes, Amrita Institute of Medical Sciences, Kochi, Kerala, India on 18th and 19th May 2012.
9. Participated in the Workshop on Statistics and Research Methodology organized by Research Society, Seth G.S. Medical College, Mumbai on 29th and 30th August 2012 at Mumbai.
10. Participated in CME lecture series in Research Methodology conducted between 9th August to 25th October 2012 organized by the Department of Neonatology, Seth G.S. Medical College and K.E.M. Hospital, Mumbai.
11. Actively participated in Ambassador Exchange Program of The Endocrine Society, Seth G.S. Medical College, Mumbai India and University of Michigan Health System, Michigan, USA (23rd January to 1st February 2013).
12. Participated in “Adrenal Mass: Redefining Horizons” organized by Department of Endocrinology, Seth G. S. Medical College, Mumbai on 4th February 2013 at Mumbai.
13. Successfully completed Provider Course in Pediatric Advanced Life Support certified by Indian Academy of Pediatrics, September 2007 at Mumbai.
14. 41st Annual Conference of Endocrine Society of India, ESICON 2011, 1st-3rd December 2011, Pune, Maharashtra
15. 42nd Annual Conference of Endocrine Society of India, ESICON 2012, 13th -15th December 2012, Kolkata.
16. 13th International Workshop on Multiple Endocrine Neoplasia 2012 at Liege, Belgium.
17. 43rd Annual Conference of Endocrine Society of India, ESICON 2013, 18th- 20th October 2013, Bhopal.

Membership of Professional Societies-

1. Endocrine Society, USA
2. Indian Society of Pediatric and Adolescent Endocrinology
3. Canadian Obesity Network

Experience at the University of Ottawa:

I worked as a Clinical Fellow in Bariatric Medicine, Division of Endocrinology and Metabolism at the University of Ottawa from July 2015 to August 2016.

The Bariatric Medicine and Weight Management Clinic (WMC) at The Ottawa Hospital (TOH) is an active, academic, tertiary care service in the Departments of Medicine (Division of

Endocrinology and Metabolism) and Surgery (Division of General Surgery). It has been providing world-class care to patients working to achieve their weight management goals since 1992. The WMC at TOH has been designated as a Bariatric center of excellence by Ontario Bariatric Network (OBN) and it is fully funded by the Ministry of Health and Long-Term Care, Canada. It is one of the first medically supervised programs in Canada and has supported over 20,000 patients work towards improving health and wellness through weight reduction and increased physical activity. The center performs 425 bariatric surgical procedures each year and has more than 500 patients participate in medical weight management programs.

The Weight Management Clinic (WMC) has a diverse interdisciplinary team with experts in weight management from many different health care professions. The team consists of surgeons, internal medicine physicians/Endocrinologists trained in Bariatric Medicine, a psychiatrist, a psychologist, nurse practitioners, registered nurses, registered dietitians, social workers, behaviourists, exercise specialists, administrative clerks, a clinical manager. It is a “patient-centred” clinic, offering care that is based on best-practices in the area of obesity to ensure that patients are receiving the highest standard of care. The Clinic also consults with other departments within TOH (Cardiology, Thrombosis and Anesthesiology) when a more specialized assessment is needed for our patients. The team meets routinely to review cases, work on quality improvement projects, and review the latest research to ensure the highest standards of care are being met.

Medical programs offered at WMC are:

1. Lifestyle program: Behavioral program consisting for biweekly sessions led by dietitians/behaviorists for 26 weeks
2. CORE program: 26 weeks program consisting of weekly behavioral session and 12 weeks of Optifast @900 meal replacement for 12 weeks followed by gradual transition to food.
3. One to one program for patients who cannot participate in group format due to certain barriers
4. TWIG program: for patients awaiting organ transplant who need to lose weight to qualify for surgery

Surgical program:

The Bariatric Surgical Program provides comprehensive pre-operative, peri-operative, and post-operative surgical care led by an interdisciplinary team. The focus of this program is the treatment of obesity and obesity-related health conditions, safe weight management, and healthy lifestyle changes. The surgeries that are offered by WMC are RNY gastric bypass and sleeve gastrectomy.

Skills acquired:

1. Baseline assessment and evaluation of patients to determine drivers and barriers of obesity and to stratify cardiovascular risk
2. Counselling of patients about health hazards of obesity, potential benefits of weight loss and help them make informed choice about available medical or surgical programs
3. Weekly medical supervision of patients participating in low calorie meal replacement programs and monthly medical supervision of patients participating in Lifestyle program
4. Long term follow up of patients
5. Judicious use of medications for weight loss
6. Monitoring and treatment of metabolic co-morbidities

7. Selection, evaluation and counselling of patients for bariatric surgery
8. Perioperative care of patients undergoing bariatric surgical procedure
9. Long term follow up of post bariatric surgery patients including nutritional follow up
10. Evaluation and management of post bariatric surgery complication

Clinical Rotations in:

1. Pediatric Obesity at Centre for Healthy active living at the 'Children's Hospital of Eastern Ontario', Ottawa, Canada
2. Sleep Clinic, Division of Respiriology, Civic Hospital, Ottawa, Canada
3. Eating disorders clinic at Regional Centre for Eating Disorders, General Hospital, Ottawa, Canada
4. Weekly academic sessions, journal clubs, grand rounds and case discussions meetings at Division of Endocrinology and Metabolism, The Ottawa Hospital, Ottawa, Canada

Personal Details:

Date of Birth : September 12, 1982

Gender : Female

Nationality : Indian

Marital Status : Married

Languages Known : English, Hindi, Marathi, and Kannada

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Email : swetabudyal@gmail.com

References:

1) Judy Shiau,

Assistant Professor and Program Director, Bariatric Medicine, Division of Endocrinology and Metabolism, Department of Medicine, University of Ottawa, Ottawa, Canada.

jshiau@toh.ca

2) Dr. Nalini Shah,

Professor and Head, Department of Endocrinology, Seth GS Medical College and KEM Hospital, Mumbai. India.

nalinishah@gmail.com

3) Dr. Padma Menon,

Former Professor and Head, Department of Endocrinology, Seth GS Medical College and KEM Hospital, Mumbai. India. Consultant Endocrinologist at Jupiter Hospital, Thane, Maharashtra, Mumbai

padmavathimenon@gmail.com

4) Dr. Tushar Bandgar,

Additional Professor, Department of Endocrinology, Seth GS Medical College and KEM Hospital, Mumbai. India.

drtusharb@gmail.com

Declaration:

I hereby declare that the above information is correct to the best of my knowledge and I bear the responsibility for the correctness of the above mentioned particulars.

Place: Mumbai.

Dr. Sweta Budyal

Date: October 15, 2018.