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| Dr. Varghese THOMas  MBBS, MS (General Surgery), MCh (Endocrine surgery), MRCS (Edinburgh)  Assistant Professor Gr 1, Dept. of Endocrine surgery, Christian Medical College, Vellore. | |
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| CONTACT Phone icon +91-9787473723  Email icon varghese999@yahoo.com  Address:  Dr. Varghese Thomas  Department of Endocrine Surgery, Paul Brand Building  CMC Hospital  Vellore  Tamil Nadu - 632004 | | | PROFILE Date of Birth: 01st November 1983 Place of Birth: Trivandrum, India Nationality: Indian Gender: Male  Marital status: Married | | |
| EDUCATIONMCh Endocrine Surgery 2016-2019  Christian Medical College, Vellore  Affiliated to Dr. MGR Medical University, Chennai  (1st in the university and Gold medal winner) MRCS 2015  Royal College of Surgeons, Edinburgh MS General Surgery 2010-2013  Govt. Tirunelveli Medical College  Affiliated to Dr. MGR Medical University, Chennai MBBS 2002-2007  Govt. TD Medical College, Alleppey, Kerala  Affiliated to Kerala University | | | EXPERIENCEAssistant Professor Gr. I, Dept. of Endocrine Surgery, Christian Medical College, Vellore, India. September 2019- till date. Senior PG Registrar, Dept. of Endocrine Surgery, CMC, Vellore August 2016- July 2019 Junior consultant, Kerala Health Services on deputation to IG Medical College, Trivandrum, Kerala February 2016 - June 2016 Asst. Professor, Dept. of Upper GI and General Surgery, Christian Medical College, Vellore March 2015 - September 2015 Senior Resident, Dept. of Upper GI and General Surgery, Christian Medical College, Vellore March 2014 – March 2015  Junior Consultant, General Surgery, NIMS Hospital, Trivandrum, Kerala  April 2013 – February 2014  Medical Officer , CHC ,Ezhumatoor, Kerala  March 2009 - Sep 2009  Compulsory Rotatory Internship  February 2008 – February 2009 | | |
| ProfessionalMembershipsIndian Medical AssociationAssociation of Surgeons of IndiaIndian Association of Endocrine surgeonsRoyal college of surgeons, Edinburgh | | | Presentations Presented Poster on **TKI’s as Induction therapy in Medullary Thyroid Cancer** at ISOPES and ISTS conference 2019 – Lucknow, India  Presented Paper on **‘Role Of MIBG in diagnosis and treatment of neuroendocrine tumors’** at Annual research day, CMC Vellore, 2019.  Presented Paper on **‘Role Of MIBG in diagnosis and treatment of neuroendocrine tumors’** at IAES conference -2018, Tirupati, India  Presented Paper on **‘Spontaneous Adrenal Hemorrhage –A mixed bag: 18 cases from a single Institution’** at ASICON 2018, Jaipur, India  Presented Paper on **‘Spontaneous Adrenal hemorrhage–A mixed bag: 18 cases from a single Institution’** at 16th Biennial Congress Asian Association of Endocrine Surgeons 2018 – New Delhi, India | | |
| AREAS OF INTEREST  * Thyroid diseases * Parathyroid diseases * Adrenal diseases * Pancreatic Neuro Endocrine tumors * Benign Breast diseases * Breast cancers * Surgeon performed ultrasound and USG guided FNACs | | | Conferences 4th International Thyroid NOTES conference ,Bangkok –May 2019  Biennial meeting of ‘International Society of Oncoplastic Endocrine Surgeons’ and 4th Annual meeting of ‘Indian Society of Thyroid surgeons’ February 2019 at Lucknow.  19th annual conference of ‘Indian Association of Endocrine Surgeons’ September 2018 at Tirupati.  16th Biennial conference of ‘Asian Association of Endocrine Surgeons’ March 2018 at New Delhi.  77th Annual conference of ‘Association of Surgeons of India’ (ASICON) December 2017 at Jaipur.  2nd National conference of Indian Society of Thyroid Surgeons’ November 2017 at Vellore.  ‘13th PG course in Endocrine surgery and International workshop in aesthetic thyroid surgery‘ August 2017 at Lucknow.  71st ‘ASICON’ December 2011 at Kochi.  ‘Association of Breast Surgeons of India’ conference 2011 at Bengaluru.  TN ASI conference 2011 at Madurai. | | |
|  | | | RESearch activity A case series on ‘Spontaneous adrenal haemorrhage -18 cases from a single institution.’  A prospective study on ‘Somatic RET mutation in sporadic MTC: clinicopathological correlation and prognostic significance’(Ongoing)  A retrospective analysis on ‘Role of I-131 Meta Iodo Benzyl Guanidine in the diagnosis and management of neuroendocrine tumors’  A retrospective analysis on ‘Tyrosine Kinase Inhibitors in Medullary Thyroid Cancer as primary therapy - Experience from a tertiary care Centre in South India’  A retrospective analysis on ‘Clinico – Pathological profile of Papillary Thyroid Microcarcinoma - Experience from a Tertiary Care Centre’ | | |

* Areas of interest

1. Thyroid diseases: Benign multinodular goiters, graves’ disease, toxic nodules, well differentiated thyroid cancers, Medullary thyroid cancer , Poorly differentiated and Anaplastic thyroid cancer. Retrosternal goiters locally advanced infiltrative thyroid cancers. Treatment of familial thyroid cancers including MEN 2 syndrome and genetic testing and screening. Total and hemi thyroidectomies, cervical lymph nodal dissection and resection of trachea, RLN and esophagus for advanced malignancy. Video assisted thoracoscopy for mediastinal goiters. Trans oral endoscopic thyroidectomy –vestibular approach for suitable patients.
2. Parathyroid diseases: Parathyroid adenomas and carcinomas. MEN syndrome and other familial syndromes. Focused parathyroidectomy (minimally invasive) under local anesthesia or GA and cervical exploration with parathyroidectomy and cervical thymectomy. Auto transplantation, IOPTH, frozen section.
3. Adrenal diseases: laparoscopic / retroperitoneoscopic/open adrenalectomy for adrenal tumors like conns, cushings adenomas and pheochromocytoma, paragangliomas , adrenal myelolipoma, ganglioneuromas or adreno cortical cancer.
4. Pancreatic neuro endocrine tumors: Treatment of insulinomas or other NETS requiring pancreatic resection / enucleation .
5. Benign breast diseases: spectrum of benign breast diseases including ANDI, idiopathic granulomatous mastitis, periductal mastitis, breast abscess, phyllodes tumors (benign and malignant), hamartomas, cyclical mastalgia. Wire localization and excision of screen detected breast lesions.
6. Breast cancers including early, locally advanced, metastatic requiring breast conservation / mastectomy with sentinel lymph nodal dissection, low level sampling or axillary clearance,laparoscopic oophorectomies. Management of familial breast cancers (eg: BRCA mutations).
7. Reoperative surgeries for thyroid, parathyroid diseases, breast cancers, lymph nodal recurrences in thyroid carcinoma etc.

* 8. Surgeon performed ultrasound and usg guided fnacs.