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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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| CONTACTPhone icon +91-9787473723Email icon varghese999@yahoo.com Address:Dr. Varghese Thomas Department of Endocrine Surgery, Paul Brand BuildingCMC HospitalVelloreTamil Nadu - 632004 | PROFILEDate of Birth: 01st November 1983Place of Birth: Trivandrum, IndiaNationality: IndianGender: MaleMarital status: Married |
| EDUCATIONMCh Endocrine Surgery2016-2019Christian Medical College, VelloreAffiliated to Dr. MGR Medical University, Chennai(1st in the university and Gold medal winner)MRCS2015Royal College of Surgeons, EdinburghMS General Surgery2010-2013Govt. Tirunelveli Medical CollegeAffiliated to Dr. MGR Medical University, ChennaiMBBS2002-2007Govt. TD Medical College, Alleppey, KeralaAffiliated 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, VelloreAugust 2016- July 2019Junior consultant, Kerala Health Services on deputation to IG Medical College, Trivandrum, Kerala  February 2016 - June 2016Asst. Professor, Dept. of Upper GI and General Surgery, Christian Medical College, Vellore March 2015 - September 2015Senior Resident, Dept. of Upper GI and General Surgery, Christian Medical College, VelloreMarch 2014 – March 2015Junior Consultant, General Surgery, NIMS Hospital, Trivandrum, KeralaApril 2013 – February 2014Medical Officer , CHC ,Ezhumatoor, KeralaMarch 2009 - Sep 2009Compulsory Rotatory InternshipFebruary 2008 – February 2009 |
| ProfessionalMembershipsIndian Medical AssociationAssociation of Surgeons of IndiaIndian Association of Endocrine surgeonsRoyal college of surgeons, Edinburgh | PresentationsPresented 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, IndiaPresented 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
 | Conferences4th International Thyroid NOTES conference ,Bangkok –May 2019Biennial 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 activityA 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.