



## Dr. Jithin Mathew

**Qualification:** MD, DM (Clinical Immunology & Rheumatology)PGI, Chandigarh

**Department:** Rheumatology

**Designation:** Consultant Rheumatology

**Languages:** English, Hindi, Tamil, Malayalam

**Experience:** 5 yrs

### About the Doctor

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Dr. Jithin Mathew, Consultant Rheumatology at Yashoda Hospitals, Hitec City, brings a wealth of experience and expertise to the field of Rheumatology. With extensive training in Internal Medicine and Critical Care, followed by super-specialization in Immunology and Rheumatology at PGIMER, Chandigarh, Dr. Jithin Mathew is adept at evaluating, diagnosing, and managing both routine and complex autoimmune rheumatic diseases. He is proficient in the use of biologics and related treatment modalities, ensuring comprehensive care for his patients. He adopts a holistic approach to patient management, emphasizing preventive measures, lifestyle modifications, management of comorbid conditions, vaccination, and collaboration with other specialties to ensure optimal patient outcomes.

### Educational Qualifications

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- 2023: EULAR Certificate Course - Musculoskeletal Ultrasound
- 2021: DM Clinical Immunology and Rheumatology, PGI Chandigarh
- 2017: MD Internal Medicine, JIPMER Pondicherry
- 2011: MBBS, JIPMER Pondicherry

### Experience

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Currently working as a Consultant Rheumatology at Yashoda Hospitals, Hitec City

## Services Offered

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- Diagnostic and Therapeutic Arthrocentesis and Intra-Articular Injections (Blind or USG Guided)
- Local Injections for Soft Tissue Rheumatism (Plantar Fasciitis, Achilles Tendinitis, Carpal Tunnel Syndrome, Tenosynovitis, etc.)
- Diagnosis and Management of
  - Common and Rare Autoimmune Conditions
  - Rheumatoid Arthritis
  - Ankylosing Spondylitis
  - Psoriatic Arthritis
  - Gout
  - Juvenile Idiopathic Arthritis
- Connective Tissue Diseases (Systemic Lupus Erythematosus (SLE), Sjogren's Syndrome, Inflammatory Myositis, Mixed Connective Tissue Disease, Systemic Sclerosis)
- Systemic Vasculitis (Takayasu Arteritis, Giant Cell Arteritis, Polymyalgia Rheumatica, Polyarteritis Nodosa, ANCA Associated Vasculitis)
- IGG4 Related Disease
- Sarcoidosis
- Undiagnosed Cases of Pyrexia of Unknown Origin
- Primary or Secondary Immunodeficiency

## Awards and Achievements

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- Academic Achievements During MD
- Dr. SC Mitra and Mrs. Geetha Mitra Award 2020 for the highest marks in the final University MD General Medicine examination
- Dr. D Bisht Endowment Prize in Cardiology, 2019, for the highest marks in the Cardiology Medal Exam (Clinical Skills and Theory)
- Dr. S Chandrasekhar Endowment Prize, 2019 for the highest marks in the Neurology Medal Exam in the final year of postgraduate studies
- Dr. Krishnamoorthy Memorial Certificate in Medicine, Best Postgraduate in General Medicine (Batch 2017-2019)
- During MBBS (Endowment Prizes & Gold Medals)
- Dr. MK Ramanathan Memorial Prize (Biochemistry)
- Dr. SC Mitra and Mrs. Geetha Mitra Endowment Prize (Anatomy)
- Dr. MM Cooper Merit Award 2013 (Anatomy), Association of Anatomists of Tamil Nadu
- Mr. Ajay J Mathews Memorial Prize, Best Student of the First Year of MBBS
- Dr. BN Ghosh Memorial Prize (Pharmacology)

Prize for Pathology at the 21st Annual Conference of the Association of Pathologists and Microbiologists

- Batch of 1981 Alumni Prize (Forensic Medicine)
- Sri Sudhir Chandra Bhattacharya Memorial Endowment Prize, Best Student of Second Year MBBS
- JIPMER 1987 Batch Endowment Trust Award, Outstanding Academic Performance, Second Year of MBBS (2013)
- Dr. Vijay Kumar Moorthy Endowment Prize (Orthopedics)
- Dr. KGS Nanda Endowment Prize (Neurology)
- MOH Hassan Kuthoose Marikar Endowment Prize (Cardiology)
- Dr. V Udayaraj Gold Medal (Internal Medicine)
- Other Achievements
- First Place in Spondyloarthritis Section for Oral Presentation, Clinical Rheumatology Conference, KIMS, Hyderabad, April 2022
- First Place, Epilepsy Quiz for Postgraduates 2019, JIPMER, Pondicherry
- First Place, Neurocon Quiz 2019, Sri Manakula Vinayagar College and Hospital, Pondicherry
- First Place, Dr. SD Deodhar All India Rheumatology Quiz for Postgraduates 2018 (St. Johns, Bangalore) South Zone
- First Place, Dr. SD Deodhar All India Rheumatology Quiz for Postgraduates 2018 (Gauhati) Nationals Final Round

## Professional Membership

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- Life Member, Indian Rheumatology Association
- AYR (Asia-Pacific League Against Rheumatism-Young Rheumatologists)

## Research & Publications

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- Mathew J, Kopp C, Sharma SK, et al OP0240. A Randomized Controlled Trial to Compare the Efficacy of Tacrolimus with Mycophenolate Mofetil in Patients with Systemic Sclerosis - Interstitial Lung Disease (INSIST TRIAL). Annals of Rheumatic Diseases 2023;82:160.
- Sharma S, Mathew J, Kopp C, Dhir V, Dhooria S, Sinha A, Jain S. A. Randomized Controlled Trial to Compare the Efficacy and Safety of Tacrolimus with Mycophenolate Mofetil in Patients with Systemic Sclerosis – Interstitial Lung Disease (INSIST TRIAL) [abstract]. Arthritis Rheumatol. 2023; 75 (suppl9)
- Mathew J, Jain S, Susngi T, Naidu S, Dhir V, Sharma A, Jain S, Sharma SK. Predictors of COVID-19 severity and outcomes in Indian patients with rheumatic diseases: a prospective cohort study. Rheumatol Adv Pract. 2023 Feb 28;7(1)
- Mathew J, Gnanaraj J, Basavarajegowda A, Venkateswaran R. Plasmapheresis in lethal yellow phosphorus poisoning: a scope for recovery. BMJ Case Rep. 2021 Apr 21;14(4):e239676. doi: 10.1136/bcr-2020-239676
- Mathew J, Grayson PC, Sharma A. VEXAS Syndrome. In: Sharma A, editors:

Textbook of Systemic Vasculitis, 2nd ed. Jaypee; 2023

- Mathew J, Vohra M, Sharma A. Animal Models in Rheumatoid Arthritis. In: Handa R, Sharma A, editors. Rheumatology Clinics: Rheumatoid Arthritis. Evangel Publishing; 2022.
- Mathew J. Cytopenias in Rheumatic Diseases. In: Handa R, Sharma A, editors. Rheumatology Clinics: Clinical Scenarios. Evangel Publishing; 2023
- Ramu R, Mathew J, Venkateswaran R. An Unusual Course of Weakness in Neurotoxic Snake Bite. J Assoc Physicians India. 2021 Aug;69(8):11-12. PMID: 34472821.
- J Sankar, Mathew J, Jain S, Dhir V. Toxic epidermal necrolysis as a manifestation of acute cutaneous lupus erythematosus, Rheumatology, Volume 61, Issue 9, September 2022, Page e295.
- J Sankar, Prasad CB, Mathew J, Dhir V, Jain S. Arthritis Mutilans: An Unusual Presentation of Chronic Tophaceous Gout. QJM. 2022 Nov 14;hcac257.
- Sankar J, Prasad CB, Mathew J, Dhir V, Jain S. Erosive hand osteoarthritis. QJM. 2023 Oct 23;116(10):871-872. doi: 10.1093/qjmed/hcad114.
- Sankar J, Mathew J, Jain S, Dhir V. 'Ray Pattern' of Hand Joint Involvement. Mediterr J Rheumatol. 2023 Mar 31;34(1):108-109.

Profile URL: <https://www.yashodahospitals.com/doctor/hitec-city/rheumatology/dr-jithin-mathew/>

