

Dr. Ajit Tharakan

MBBS, MD (Med) DM (Gastro)



Designation:

Specialist Gastroenterologist

Amber Clinics

Gulf Healthcare International

Dubai, United Arab Emirates

Dr Tharakan obtained his MBBS and MD (internal medicine) from the prestigious Kasturba Medical College in India. Subsequently had his DM (Gastroenterology) training from GB Pant Hospital, Maulana Azad Medical College, New Delhi.

Dr Tharakan is one of the leading gastroenterologists with special interest in hepatology. He has to his credit a number of research publications and also has co-authored chapters in several text books.

Dr Tharakan is the founding secretary of the Indian Society of Gastroenterology - Middle East Chapter. He is the immediate past secretary of the Emirates Gastroenterology Society.

A keen academician and an astute physician, Dr Tharakan is a well-known figure in the academic circles in UAE and India, who has delivered several lectures in various forums.

Speaker

PEG – How I do it ISG	ISG-Kerala Chapter Annual Conference, Alleppy
LFT- How to interpret	Dubai AKMG Monthly CME
Aphthous Ulcers	Emirates Gastro Society Fujairah Study Day
Hepatitis B: What I know & What U should Know	Sharjah AKMG 3 rd One day CME
Colorectal Cancer Screening	Sharjah AKMG 4 th One day CME
Approach to Dysphagia	Emirates Gastro Society Sharjah Study Day
GERD: Current Concepts & Controversies	Global Pharma Symposium, Kaula Lumpur, Malaysia
Management of Refractory Ulcerative Colitis	6 th Emirates Gastroenterology & Hepatology Conference 2010
H Pylori & GERD to treat or not to treat?	Sharjah AKMG 5 th One day CME
GERD: From Bench to Bedside	Fujairah AKMG One day CME
Endoscopy Beyond 2011	4 th 1-Day CME Sharjah Medical District, June 2011
Diseases of the Duodenum	European Association Gastroenterology PG Course, Feb 2011
Coagulopathy: How I manage it	Annual Conference of INASL March 2011
Opportunistic Infections in IBD	European Crohn's Colitis Organization Workshop, April 2011
H Pylori & GERD to treat or not to treat?	Emirates Gastro Society Abu Dhabi Study Day April 2011
ESLD: Perspectives from UAE	International Liver Symposium 2011, New Delhi
Statin Hepatotoxicity: Fact or Fiction?	Emirates Gastro Society RAK study Day Oct 2011
ESLD: Can we prevent it?	AKMG Dubai CME Dec 2011
Fibromyalgia: Current Concepts	5 th 1-Day CME Sharjah Medical District, Jan 2012
H Pylori: Current Concepts & Controversies	Advances in Gastroenterology & Hepatology, March 2012
Statin Hepatotoxicity: Fact or Fiction?	Cardiology Society of India, UAE Chapter, April 2012
Endoscopy Interventions that changed GI Practice Therapeutic Interventions	Sharjah AKMG 2 day CME, April 2012
Eosinophilic Esophagitis	EAGEN Post Graduate Course, Dubai, May 2012
PPIs: Myths & Realities	Acino Symposium, Nov 2012
IBS – Current Concepts	Gastro Update 2012, Abu Dhabi, Nov 2012
H Pylori Eradication: Has it lost Steam?	ISGCON 2012, Jaipur, Nov 2012
UGI Bleed	Sharjah AKMG 6 th One day CME Dec 2012
GI Manifestations of Endocrine Disorders	Ajman AKMG Two day CME, Jan 2013

Statin Hepatotoxicity: Fact or Fiction?	Ajman AKMG Two day CME, Jan 2013
Eosinophilic Esophagitis	Arab Health Conference 2013, Dubai, Jan 2013
NAFLD: Is it an independent CVS risk Factor?	Cardiology Update Ras Al Khaimah Feb 2013
Approach to Dysphagia	AKMG Dubai Update in Gastroenterology Feb 2013
HCC in HCV	World Digestive Health Day, Abu Dhabi, May 31, 2013
What is the best treatment for IBS	Gastro Update 2013, Abu Dhabi, Oct 2013
Endoscopic Pancreatic Necrosectomy	Update in Upper GI Surgery Dec 2013
NAFLD: Look beyond the Liver	Sharjah AKMG 7th One day CME Dec 2013
Gut Microbiota in health & Disease	Indian Society of Gastroenterology- Middle East Chapter Jan 2014
NAFLD: From Science to Practice	AKMG Lifestyle Diseases CME May 2014
NAFLD: Look beyond the Liver	Gastro Update 2014 Oct 2014
HBV Reactivation	2 nd Gulf Liver Summit, March 2015
GERD: Evidence Based Management	World Digestive Health Day May 2015

Moderator

Hepatitis B Clinical Case Capsule Emirates Gastro Society Sharjah Study Day
 Acute Abdomen Clinical Case Capsule ISG-ME Study Day
 International Hepatopancreatobiliary Endoscopy Workshop AIG, Hyderabad, 2012

Panelist

Clinics in Gastroenterology – Annual Conference of Indian Society of Gastroenterology 2008, Bangalore
 Clinics in Gastroenterology – Annual Conference of Indian Society of Gastroenterology 2009, Kolkata

Chairperson

Annual Conference of Society of Gastrointestinal Endoscopy of India 2008, Hyderabad
 Arab Health Gastroenterology Conference 2009
 Annual Conference of Society of Gastrointestinal Endoscopy of India 2010, Chennai
 Annual Conference of Indian Society of Gastroenterology 2010, Hyderabad
 Annual Conference of Society of Gastrointestinal Endoscopy of India 2011, Mumbai
 Annual Conference of Indian Society of Gastroenterology 2011, Coimbatore
 Annual Conference of Indian Society of Gastroenterology 2012, Jaipur
 Annual Conference of Indian Society of Gastroenterology 2013, Ahmedabad
 Gastro Update 2014, Abu Dhabi
 Annual Conference of Indian Society of Gastroenterology 2014, Mumbai

Quiz Master

International Hepato-Pancreato-Biliary Association Conference, Cochin 2000
 International Pancreatology Conference, Cochin 2011

PUBLICATIONS

1. Percutaneous ethanol injection in hepatocellular carcinoma. **Tharakan A**, Venkitakrishnan L, Francis, Ramesh G.N., Philip M, Augustine P. Indian Journal of Gastroenterology, Vol.14 (Suppl.) 1995.
2. Endoscopic tumour necrolysis (ETN) with absolute alcohol as palliation in Esophagogastric malignancies – Francis J, Venkitakrishnan L, **Tharakan A**, Ramesh GN, Philip M, Augustine P. Indian Journal of Gastroenterology, Vol..14 (Suppl.1) 1995
3. Crohn's disease analysis of 26 patients – Venkatakrishnan L, **Tharakan A**, Francis J, Ramesh G.N., M. Philip, Augustine P. Indian Journal of Gastroenterology. Vol. 14 (Suppl.) 1996
- 4 Laser therapy in solitary rectal ulcer syndrome – Augustine P, **Tharakan A**, Francis J, Mukkada R, Philip T, Ramesh GN, Philip M. Indian Journal of Gastroenterology. Vol.15 (Suppl.) 1996.
- 5 Comparative study of Laser Vs. Alcohol lumenisation in obstructing esophageal cancers. Philip M, Augustine P, **Tharakan A**, Ramesh G.N., Francis J, Mukkada R, Philip T. Indian journal of Gastroenterology. Vol. 15(Suppl.) 1996.

- 6 Comparative study of Portal biliopathy in patients with portal hypertension due to different etiologies – Chandra R, **Tharakan A**, Kapoor D, Sarin SK. Dept. Of Gastroenterology, G.B. Pant Hospital, New Delhi. Ind. J Gastroenterol 1997, 16 (Suppl 2) A59
- 7 Demographic, biochemical and serological profile of incidentally detected asymptomatic HBsAg positive subjects. Agarwal SR, , Kapoor D, **Tharakan A**, Sarin SK. Dept. Of Gastroenterology, G.B. Pant Hospital, New Delhi. Ind. J Gastroenterol 1999, 18(Suppl 2) A12
- 8 Demographic profile and risk behaviour of incidentally detected HBV carriers. Chandra R, **Tharakan A**, Agarwal SR, Sarin SK. Dept. Of Gastroenterology, G.B. Pant Hospital, New Delhi. Ind. J Gastroenterol 1998, 17 (Suppl 2) A
- 9 Risk factors for HCV infection in a tertiary referral Centre in India. Gupta R, chawla A, **Tharakan A**, Sarin SK. Dept. Of Gastroenterology, G.B. Pant Hospital, New Delhi. Ind. J Gastroenterol 1999, 18 (Suppl 2) A85
- 10 Treatment of peptic ulcer disease in the Helicobacter pylori era. Augustine P, **Tharakan A**. Ind J Gastroenterol 2000; 19 (Suppl.1): S20-S24.
- 11 Gastric Varices. **Tharakan A**, Sarin S K. Endoscopic Therapy, Ed M.Bhutani, R K Tandon
- 12 Diagnosis of chronic pancreatitis. **Tharakan A**, Augustine P. Asian J Surg 2001; 24:93-102
- 13 Portal Biliopathy. Chandra R, Kapoor D, **Tharakan A**, Chaudhary A, Sarin SK. J Gastroenterol Hepatol 2001

Papers Presented:

1. Alcohol Vs. Laser Luminisation in Esophageal Cancers Annual Conference of Kerala Chapter ISG 1995, at Cochin. Was selected as the **best paper** in the free paper session.
2. Cyanoacrylate Glue Therapy in Gastroesophageal and Ectopic Varices Annual Conference of Kerala Chapter ISG 1996 at Trivandrum.
3. Is Hepatitis “A” rare in Adults? Annual Conference of Kerala Chapter of API 1995, at Trichur.

Prizes and Awards:

1. Stood **first** in total marks in Pathology at the University Examination held in the month of January 1987 in Kasturba Medical College, Mangalore.
2. Stood **first** in total marks in Microbiology at the University Examination held in the month of January 1987, in Kasturba Medical College, Mangalore.
3. Stood **first** total marks in Forensic Medicine at the University Examination held in the month of July 1987 in Kasturba Medical College, Mangalore.
4. Stood **first** in total marks in Obstetrics & Gynecology at the University Examination held in the month of July 1988 in Kasturba Medical College, Mangalore.