

## CURRICULUM VITAE

**Dr. P.A.MAHESH MBBS., DTCD.,DNB(Resp.Diseases)**  
**1397, IV cross, Krishnamurthypuram, Mysore**  
**Ph: 0821-2331546, 2332533, 9448044003(mobile)**

### **MEDICAL TRAINING**

Kasturba Medical College, University of Mangalore, India , 1987 – 1992.  
Degree-**MBBS**

1992- 93 - Rotary Internship, Combined teaching Hospitals, University of Mangalore, Karnataka, India

1994 – 96 – **Diploma in Tuberculosis and Chest Diseases (DTCD)** ,  
Medical College, Trivandrum, University of Kerala, India

1996 – 97 **Diplomate of National Board (Respiratory Diseases)**,  
Medical College Trivandrum, University of Kerala, India

### **TEACHING EXPERIENCE**

**Includes Undergraduate Medical , Dental and Postgraduate teaching**

1997-1998 Tutor – Department of Medicine J.S.S. Medical College, Mysore

1998-1999 Lecturer- Department of Chest and Tuberculosis, J.S.S. Medical College, Mysore

1999 - 2006 - Assistant Professor, - Department of Chest and Tuberculosis, J.S.S. Medical College, Mysore

2007 - Continuing - Associate Professor, - Department of Chest and Tuberculosis, J.S.S. Medical College, Mysore

### **MEMBERSHIPS AND ASSOCIATIONS**

Member - Indian Chest Society

Member – Indian College of Allergy Asthma and Applied Immunology

Member – Indian Academy of Allergy

Member – Academy of Pulmonary and Critical Care

Member – Asthma Foundation of India

Member – Association of physicians of India (Mysore chapter)

International affiliate member- American College of Allergy, Asthma and Immunology

Member – American Academy of Allergy Asthma and Immunology

Member – European Academy of Allergy Asthma and Immunology

## **INTERNATIONAL COMMITTEES**

Member – Asia Pacific Regional Committee of the American Academy of Allergy Asthma and Immunology

Member – International Health Care Delivery Committee of the American Academy of Allergy Asthma and Immunology

Member – EUROPREVALL, General Assembly on Food Allergy

## **NATIONAL REVIEWING COMMITTEE**

**Member of the National Reviewing Committee** of Associations of Physicians of India for “Treatment guidelines for Asthma in India”

Member of the **Task Force for Pediatric Allergy and Asthma** of the Indian Academy of Allergy

Member of the **Task force for Allergic Rhinitis** of the Indian Academy of Allergy

## **POSTS HELD**

1. **Secretary** of the Indian Academy of Allergy
2. **Editor**, Journal of the Indian Academy of Allergy
3. **Project Manager** – For the translation of Asthma Quality of Life Questionnaires (AQLQ) into Indian Languages for MAPI, France

## **AWARDS AND HONOURS**

**(1) “Young Scientist Award” “Sundaramma Award”**  
35<sup>th</sup> National Conference Of The Indian College Of Allergy, Asthma And Applied Immunology – Trivandrum 2001

**(2) Raju Award For The Best Research Paper By An Allergist For The Year 2002-** 36<sup>th</sup> National Conference Of The Indian College Of Allergy, Asthma And Applied Immunology – Chennai 2002

**(3) Second Prize – National Level Essay Writing Competition For Postgraduates** ‘National Level’ Under The Auspices Of Indian Medical Association. ‘Need For Geriatric Specialty In India’ - 1996

**(4) Honoured By The Rotary, Hunsur For Rendering Medical Social Service – July, 2001**

**(5) Received Travel Grant From The World Allergy Organization For The Paper Presented At Munich, Wao Congress 2005**

## **International Presentations**

### **1. Allergy Profile In Patients With Urticaria**

P.K.Vedanthan, Pa Kushalappa, Amrutha D Holla, **P.A.Mahesh**

American College Of Asthma, Allergy And Immunology

Nov. 3-8, 2000 Seattle, Wa,

**2.Comparison Of Allergy Profile Among Urban, Semiurban And Rural Patients With Allergy In South India**

Amrutha D Holla, **P.A.Mahesh**, P.K.Vedanthan, Prashanth D Holla  
American College Of Asthma, Allergy And Immunology  
Nov 16-20, 2001 Orlando, Florida, Usa

**3.Influence Of Endotoxin Exposure On Atopy And Asthma Prevalence In South India**

P.K.Vedanthan, **P.A.Mahesh**, Amrutha D Holla, Rajesh Vedanthan, Ah Liu  
Aaaai Conference, Mar 1-6, 2002 New York, Usa

**4. Autologous Serum Testing In Chronic Idiopathic Urticaria**

**P.A.Mahesh**, P.K.Vedanthan, Amrutha D Holla, Pa Kushalappa, Suhrutha D Holla  
Third Congress On Allergy And Immunology, Malaysia  
Jan 25-27,2002

**5. Paradoxical Effect Of Cow Dung Exposure On Childhood Atopy In Rural And Urban Children In South India.**

P.K.Vedanthan, **P.A.Mahesh**, Amrutha D Holla, R Vedanthan, Ah Liu.  
Aaaai Conference, March 2003, Denver, Usa

**6. Clinical Significance Of Autologous Serum Testing In Patients With Chronic Urticaria**

P.K.Vedanthan, P.A.Mahesh, Amrutha D Holla,  
Aspen Conference, July 2003

**7. Predictive Effects Of Autologous Serum Testing In The Management Of Chronic Urticaria**

P.K.Vedanthan, **P.A.Mahesh**, Amrutha D Holla, Pa Kushalappa  
AAAAI Conference, March 2004, San Francisco, Usa

**8. Comparison Of Quality Of Life In Asthmatic Patients Receiving Different Inhaled Steroids**

P.A.Mahesh, Parthasarathy G, Sabin Thomas, Shilpa Palaksha  
American Thoracic Society Conference, May 2004, Orlando, Usa

**9. Factors Predicting Medication Adherence In Patients Receiving Immunotherapy**

P.K.Vedanthan, P.A.Mahesh, Amrutha D Holla, Giridhar B  
Aspen Meeting, July 2004

**10. Comparison of Quality of life assessment in asthmatic patients receiving fluticasone compared with equipotent doses of beclomethasone or budesonide.** Vedanthan PK, Sabin Thomas, Gurumurthy Parthasarathi, Shilpa Palaksha, Jayaraj BS, Mahesh P.A.  
American Thoracic Society, 2004

**11. Secular trends in the prevalence of allergic rhinitis and asthma in Mysore**

**P A Mahesh**, PK Vedanthan, Amrutha D Holla, Praveen.

Trans Pacific Allergy and Immunology Society meeting, Nov, 2004

**12. Feasibility of allergy practice in India**

**P A Mahesh**

Workshop, International Update on Recent Advances in Asthma at JIPMER

Pondicherry, Jan 1, 2005

**13. long acting beta agonists and ics in asthma**

**P A Mahesh**

CME, International update organized by JIPMER

Pondicherry, Jan 2, 2005

**14. Baseline and transitional dyspnea indices as an outcome measure for asthma**

**P A Mahesh**, Parthasarathy G, Sabin Thomas, Jayaraj BS

International Conference of Integrated Health Systems, Feb 25-26, 2005, Mysore

**15. Is fluticasone superior to budesonide**

Sabin Thomas, Parthasarathy G, **P A Mahesh**

**International Conference of Integrated Health Systems, Feb 25-26, 2005, Mysore**

**16. Limitations of reversibility of fev1 during spirometry for the diagnosis of asthma**

**P A Mahesh**, Parthasarathy G, Sabin Thomas, Jayaraj BS, Vedanthan PK

World Allergy Congress, Munich 2005, June 26- July 1

**17. Missing doses as a predictor of poor medication adherence in patients receiving specific immunotherapy**

**P A Mahesh**, Vedanthan PK, Amrutha DH, Giridhar BH, Parthasarathy G

World Allergy Congress, Munich 2005, June 26- July 1

**18. Normogram for autologous serum testing**

Vedanthan PK, **Mahesh PA**, Amrutha DH, Ajay Sharma, Prabhakar AK

ACAAI meeting, November 2005

**19. Reproducibility of missing doses as a predictor of noncompliance in patients receiving specific immunotherapy**

**P A Mahesh**, Vedanthan PK, Amrutha DH, Rajesh , Prabhakar AK. AAAAAI meeting, Miami, Florida, March 2006

**20. Prevalence of Allergic Rhinitis and Asthma in rural Bangalore**

Vedanthan PK, Rudraprasad, Parasuramulu BG, **PA Mahesh**, Prabhakar AK

ACAAI meeting, 2006

**21. Prevalence and factors affecting Asthma and Allergic Rhinitis among adolescent children in Mysore, South India**

**P A Mahesh**, Bharath R, AD Holla, AK Prabhakar, PK Vedanthan , AAAAI 2007

**22. Choosing an Inhaled Corticosteroid, Making an informed decision**  
**P A Mahesh**, Parthasarathy G, Sabin Thomas, Jayaraj BS, European Respiratory Society meeting, Stockholm, 2007

**23. Comparison of various devices for delivering inhaled medications**  
Parthasarathy G, Savitha, **P A Mahesh**, European Respiratory Society meeting, Stockholm, 2007

### **International Publications**

**Anaphylaxis Caused By The Ingestion Of Pomegranate, Identification Of The Allergen As Mannitol.** Venkatesh L. Hegde, **P.A.Mahesh**, Yeldur.P.Venkatesh  
Published 2002, Jan  
Allergy And Clinical Immunology International  
(Official Organ Of The World Allergy Organisation)

**Choosing An Inhaled Steroid, Making An Informed Decision**  
Gurumurthy Parthasarathi, Sabin Thomas, **PA Mahesh**  
In Letter to the Editor,  
Journal of Pharmacy Practice and Research, Volume 34, No.3,  
September 2004  
(Official Journal of the Society of Hospital Pharmacists of Australia)

**Lower Prevalence Of Atopy And Asthma In Rural Children In India Is Associated With Animal Contact And Microbial Exposures**  
Vedanthan PK, **Mahesh PA**, Amrutha DH, Rajesh Vedanthan, Andy Liu  
Annals of Allergy Asthma and Immunology, April 2006

### **National Presentations**

**Quality Of Life In Copd Patients Receiving Theophylline, Ipratropium Or Both**  
**P.A.Mahesh**, G Parthasarathy, Jayaraj Bs, Sabin Thomas Napcon 2000, Kanpur

**Prevalence Of Food Allergy, Oral Allergy Syndrome, Food Intolerance And Asymptomatic Sensitisation Among Allergic Subjects**  
**P.A.Mahesh**, P.K.Vedanthan, Amrutha D Holla, Venkatesh L Hegde, Yeldur P.Venkatesh

**Chronic Obstructive Pulmonary Disease And Obstructive Sleep Apnea** **P.A.Mahesh** Icaai 2001, Trivandrum

**Interpretation Of Health -Related Quality Of Life In Copd Patients Using Simple And Relative Difference Methods**  
Sabin Thomas, G Parthasarathy, Jayaraj Bs, **P.A.Mahesh**  
Indian Pharmaceutical Congress 2001, Delhi

**Validity And Responsiveness Of St. George's Respiratory Questionnaire In COPD Patients**

Sabin Thomas, G Parthasarathy, Jayaraj Bs, **P.A.Mahesh**, Indian Pharmaceutical Congress 2000, Hyderabad.

**Role of suppressive antibiotics in suppurative lung diseases – an evidence based approach**

**PA Mahesh**

Mid term conference of the Academy of Pulmonary and Critical Care Medicine, Alleppey, Oct, 2004

**Role of specific immunotherapy in the management of allergic diseases**

**P A Mahesh**

CME organized by the Indian Academy of Allergy and Child Trust Hospital, Chennai, Dec 16, 2004

**Allergy practice in india**

**P A Mahesh**

CME organized by CIPLA, Hyderabad, Jan 20, 2005

**Skin prick testing**

**P A Mahesh**

Workshop, National conference of the Indian Academy of Allergy Vishakapatnam, Jan 21-23, 2005

**Immunotherapy, role in allergic diseases**

**P A Mahesh**

Workshop, National conference of the Indian Academy of Allergy Vishakapatnam, Jan 21-23, 2005

**Workshop on allergy testing**

**P A Mahesh**

Workshop, National Conference of Respicare held at CMC Vellore, Aug 15<sup>th</sup> 2006

**NATIONAL PUBLICATIONS**

**Mahesh P A**, Parthasarathi G, Sabin Thomas, Jayaraj B S, Shilpa Palaksha. Assessment and comparison of Quality of Life in COPD Patients receiving Ipratropium and Sustained Release Theophylline (2001) Lung India Vol. XIX (2); 9-14.

Sabin Thomas, Parthasarathi G, **Mahesh P.A**, Jayaraj B.S Interpretation of health-related quality of life in COPD patients using simple and relative difference methods. Pulmon Vol4 (1) Jan –April 2002; 17-22.

Sapna Gore, Parthasarathi G, **Mahesh P.A**, Sabin Thomas, Jayaraj. B.S, Basavana Gowda H. Impact of Patient education on Inhalation technique in Obstructive Airways Disease. Pulmon 2003; 5; 389-98.

**PA Mahesh**, PK Vedanthan, Amrutha D Holla, Kushalappa PA. House dust mite is a factor in chronic urticaria. Indian Journal of Dermatology, Venereology and Leprology, Nov 2004

Sabin Thomas, Gurumurthy Parthasarathi, Shilpa Palaksha, Jayaraj BS, Basavana Gowda H, **Mahesh P.A**. Quality of life assessment in asthmatic patients receiving fluticasone compared with equipotent doses of beclomethasone or budesonide. Lung India 2005; 22: 86-91

### **Funded Projects Involved With**

1. Effectiveness Of Different Inhaled Steroids, Its Bioavailability And Systemic Side Effects

University Grants Commission , India

2. An investigation of the effects of fava, dolichos biflorus lectin and potato lectin on the cells of the immune system

DEPARTMENT OF SCIENCE AND TECHNOLOGY, INDIA

3. Investigation on the cross reactive allergen profellin - evaluation as an allergen in allergic rhinitis and asthma

DEPARTMENT OF SCIENCE AND TECHNOLOGY, INDIA.

4. Quality of Life in Asthma patients receiving different long acting beta 2 agonists.

FEDERATION OF INTERNATIONAL PHARMACY, NETHERLANDS

5. Prevalence of COPD and associated factors in rural population in India  
Indian Council of Medical Research

6. Prevalence of Asthma in adults in urban and rural population in Mysore  
Indian Council of Medical Research

### **CONTRIBUTION TO TEXT BOOK**

Chapter on medication adherence – In: Text Book of Clinical Pharmacy: Concepts and Methods

### **Principles and Interpretation of Chest X-rays**

Mahesh PA, Vidyasagar B, Jayaraj BS

Orient Longman Publishers, Chennai

(First Edition Indian 2006)

(First Edition International 2006)

## **CLINICAL RESEARCH EXPERIENCE**

1. Phase-II trial, on Asthma (2004Feb to 2005Jan)
2. Phase-III Clinical Research on COPD (2005 Mar to 2005 May).
3. Phase-III Clinical Research on Asthma (2005 June to 2005Nov)
4. Phase-III trial on Asthma patients (2005 June to 2005Nov)
5. Phase-III trial, on Asthma patients (2005 Aug to 2006 Jan).
6. Phase-IV trial, on Asthma patients. (2006 Feb to 2006 July).
7. Phase-III trial on Asthma patients (2006 Feb to 2006 aug)
8. Phase-III trial on Asthma patients (2006 aug to 2006 dec)
9. Phase-IV trial, on Asthma patients. (2006 nov to apr 2007)
10. Phase-III Clinical Research on COPD (2006 nov to till date) .

### **ICH/GCP workshops attended:**

**Workshop at Singapore ICH/GCP workshops attended:**

**Preceding the above-mentioned ICH/GCP studies.**