



Dr Anish Aggarwal

**MBBS (AFMC), MD, PGD-PCR (England)
Sr. Consultant Rheumatologist**



Introduction



Biography:

He is an alumnus of AFMC, Pune, and KMC, Manipal.

He did his Rheumatology training at the University of Bath, England.

Position:

Director, Institute of Rheumatology and Pain, Brij Medical Centre, Ghaziabad.

Senior Consultant Rheumatologist: NMH - Mohan Nagar, NCR, and CHC - Dehradun.

Skills:

Uniquely positioned as a dual specialist in Rheumatology and Pain Management, he brings over three decades of clinical and research expertise to provide comprehensive management of Musculo-Skeletal diseases.

Activities:

A pioneer in digital health, he established one of the region's earliest dedicated web consultation portals, arthritiscare.co.in, in 2002.

Backed by a meticulous quarter-century repository of patient data, he regularly presents real-world evidence globally.

His landmark 15-year cohort study on high-molecular-weight Visco-supplementation in knee osteoarthritis was recently published in the peer-reviewed Journal of Cartilage & Joint Preservation.

His extensive publications span Bone Mineral Density (BMD) analysis, osteoporosis, joint preservation, and multimodal analgesia.

He has presented many papers and lectures throughout India and abroad. He is a regular speaker for CME programs.



www.arthritiscare.co.in



dranishaggarwal@gmail.com



+91 9810073795



<https://orcid.org/0009-0001-9867-5991>



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Past Positions & Activities

Education:

Higher education:	PGD-PCR University of Bath, England	2001
Masters:	MD KMC - Kasturba Medical College, Mangalore	1993
Graduated:	MBBS AFMC - Armed Forces Medical College, Pune	1989
Schooling:	The Doon School, Dehradun	1981



Position:

Director:

Institute of Rheumatology and Pain	
Brij Medical Centre - Ghaziabad.	Since - Feb 2001
A dedicated Rheumatology, pain, and rehabilitation facility certified by the QCI.	



Senior Consultant in Rheumatology:

Narinder Mohan Hospital and Heart Centre - Mohan Nagar, NCR	Since - Mar 2016
CHC – Dehradun	Since - Jan 2024



[Registration no: MCI 8988](#)

Affiliations:

Life membership	IRA	ISBMR	IOF	IMA	SOAR
Registration no	LM654	108/05	627	GZB/L0006	LM-122

Past Positions:

Sr. Consultant Rheumatologist:

Combined Medical Centre, Dehradun	2002-2024
Pushpanjali Medical Centre, Delhi	2005-2021
Pushpanjali Crossley Hospital, NCR	2012-2016
Fortis Hospital, Noida	2004-2014
Kailash Hospital, Noida	2003-2005
Prakash Hospital, Noida	2002-2004
Specialist	
Ministry of Health, King Fahad Hospital, Saudi Arabia	1999-2000
Asst. Professor	
Santosh Medical College, Ghaziabad	1998-1999
Vice President	
ISA - U.P. State	1999-2000
Director	
Brij Hospital, Ghaziabad	1993-1999

Activities:

Attending Conferences & CMEs: Regular attendee and presenter at national and international Conferences:

ACR	- American College Of Rheumatology Conference >10 times Attendee
EULAR	- Annual European Congress of Rheumatology > 10 times Attendee
APLAR	- Asia Pacific League against Rheumatism > 8 times Attendee
IRACON	- Indian Rheumatology Association Conference > 25 times Attendee

Hosting Group Therapy and Patient Education: Public and patient education programs are regularly conducted at the Institute of Rheumatology and Pain, Brij Medical Centre, Ghaziabad. Group therapy sessions for patients and their relatives, and Rheumatology treatment camps are also conducted regularly.

Advisory board position: have been on the advisory board of many companies and a regular speaker in their Doctor, professional, Patient & Public education, and awareness programs: – Bioventus, Eli Lilly, Pfizer, Novartis, Janssen, Aventis, LG, Dr Reddy's, Zydus, Cadila, Cipla, IPCA, Intas Pharmaceuticals, Torrent, Lupin, Emcure, Alkem Laboratories & RPG.



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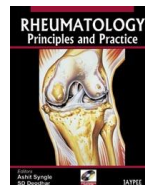
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Papers & Publications - 1

Book Chapters:

- **PAIN MANAGEMENT IN RHEUMATIC DISEASES**
RHEUMATOLOGY – PRINCIPLES AND PRACTICE



International Journal publication:

- **Anish Kumar Aggarwal, Nakul Aggarwal, Jane Fitzpatrick, Very-high-molecular-weight vs High-molecular-weight hyaluronic acid injections show long-term sustained benefits in the treatment of osteoarthritis of the knee: a 15-year Indian cohort study,**
Journal of Cartilage & Joint Preservation, Volume 4, Issue 4, 2024, 00213, ISSN 2667-254
<https://doi.org/10.1016/j.jcjp.2024.100213>.
<https://www.sciencedirect.com/science/article/pii/S2667254524000490>



Papers Published:

- REAL-TIME OUTCOME OF VERY HIGH MOLECULAR WEIGHT IAHA AFTER INTRA-ARTICULAR GLUCOCORTICOID ON THE PROGRESSION OF JOINT SPACE NARROWING IN KOA
[Aplar-25 | Fukuoka | Japan](#)
- LONG-TERM SUSTAINED BENEFITS OF VISCOSUPPLEMENTATION WITH DIFFERENT MOLECULAR WEIGHT INTRA-ARTICULAR HYALURONIC ACIDS IN THE TREATMENT OF OSTEOARTHRITIS OF THE KNEE. HAV-OAK. A RETROSPECTIVE INDIAN COHORT STUDY OF MORE THAN 15 YEARS
[COA Annual Conference 24 | Halifax, Nova Scotia, Canada](#)
[CASEM Annual Symposium 24 | Niagara Falls, Canada](#)
[WCO-IOF-ESCEO 24 | London, UK](#)
- AB1192 - RESPONSE TO VISCOSUPPLEMENTATION WITH DIFFERENT TYPES OF INTRA-ARTICULAR HYALURONIC ACIDS IN OSTEOARTHRITIS OF THE KNEE – A RETROGRADE INDIAN COHORT STUDY OF MORE THAN 15 YEARS LONGITUDINAL DATA.
[EULAR-23 | Milan, Italy](#)
- AB1028 - REGRESSIVE BONE MINERAL DENSITY TRENDS SEEN WITH DELAY IN FOLLOW-UP OF DENOSUMAB TREATMENT DUE TO THE PANDEMIC-INDUCED LOCKDOWN - A SINGLE-CENTRE INDIAN EXPERIENCE.
[EULAR-22 | Copenhagen, Denmark](#)
- AB1015 - SUSTAINED SYNERGISTIC EFFECT ON BONE MINERAL DENSITY TREND WITH SHORT-TERM COMBINATION OF TERIPARATIDE AND DENOSUMAB FOLLOWED BY DENOSUMAB ALONE IN POSTMENOPAUSAL WOMEN - A SINGLE INDIAN CENTRE EXPERIENCE.
[EULAR-22 | Copenhagen, Denmark](#)
- AB0852 – LONG-TERM FOLLOW-UP OF VISCOSUPPLEMENTATION WITH DIFFERENT TYPES OF INTRA-ARTICULAR HYALURONIC ACID IN OSTEOARTHRITIS OF THE KNEES
[EULAR-20 | Frankfurt, Germany](#)
- TREATMENT OUTCOME BY MEASURING THE TREND OF BMD VERSUS BMC BY DUAL-ENERGY X-RAY ABSORPTIOMETRY (DXA) OF THE SPINE.
[IOF-Regional, 7th Asia-Pacific Osteoporosis Conference 2018 | Sydney, Australia](#)
- TIME TAKEN FOR SIGNIFICANT CHANGES IN SERIAL BONE MINERAL DENSITY ANALYSIS AFTER TREATMENT WITH BISPHOSPHONATES AND PARATHYROID HORMONE.
[APLAR 2016 - Shanghai, China. & EULAR 2017 | Madrid, Spain](#)
- PERIPHERAL BMD TESTING FOR OSTEOPOROSIS SCREENING - A BANE THAT SHOULD BE BANNED.
[APLAR 2016 | Shanghai, China](#)



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Papers & Publications - 2

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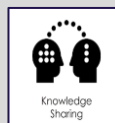
Papers Published (continued):

- DATA ANALYSIS OF BONE MINERAL DENSITY CHANGES AFTER ONE YEAR OF ZOLEDRONIC ACID 5 MG INFUSION.
IRACON 2013 - Kolkata, India.
- DATA ANALYSIS OF BONE MINERAL DENSITY CHANGES AFTER ONE YEAR OF TERIPARATIDE 20 UG/DAY THERAPY.
IRACON 2013 - Kolkata, India.
- DISCORDANCE BETWEEN DIAGNOSIS OF OSTEOPOROSIS USING SPINE AND HIP BONE DENSITOMETRY IN MALES AS COMPARED TO FEMALES.
ESCEO13-IOF - Rome, Italy. April 17-20, 2013.
- LONG TERM (1YR) EFFICACY AND SAFETY OF A SINGLE 6 ML INJECTION OF HYLAN G-F 20 IN INDIAN PATIENTS WITH SYMPTOMATIC KNEE OA.
EULAR 2012 - Berlin, Germany.
- EVALUATION OF THE EFFICACY OF DIACEREIN VS GLUCOSAMINE SULPHATE IN OA OF THE KNEES.
ACR 2008 - San Francisco, USA.
- EVALUATION OF THE EFFICACY OF IA VES WITH HYLAN GF 20 AFTER JOINT PREPARATION IN OA OF THE KNEES.
EULAR 2007 - Barcelona, Spain.
- EVALUATION OF THE EFFICACY OF DIACEREIN VS GLUCOSAMINE SULPHATE IN OA OF THE KNEES.
EULAR 2007 - Barcelona, Spain.
- PAIN IN OSTEOARTHRITIS OF THE KNEE EVALUATION BY 'PAIN-DETECT'
IRACON 2007 - Khajuraho, India.
- PULSE THERAPY FOR SPA
IRACON 2007 - Khajuraho, India.
- EVALUATION OF THE EFFICACY OF INTRA-ARTICULAR VISCO-ELASTIC SUPPLEMENTATION WITH HA AFTER JOINT PREPARATION IN OSTEOARTHRITIS OF THE KNEE.
APLAR 2006 - Kuala Lumpur, Malaysia.
- INTRA-ARTICULAR VISCO-ELASTIC SUPPLEMENTATION AFTER JOINT PREPARATION IN OSTEOARTHRITIS OF THE KNEE.
IRACON 2005 - Hyderabad, India.



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Speaker Programs - 1

Recent International Talks:-

- 2024 June 13 The Pursuit of Joint Preservation: Impact of Very High Molecular Weight (>10kDa) and Delay Time to TKR.
[Lunch Symposium – C0A – Halifax, Canada](#)
- 2024 June 07 HA In the Treatment of OA. My Experience
[German Bioventus Team Education, Webinar, Germany](#)
- 2024 June 06 New Insights of HA in Knee OA Management
[Bournemouth Vitality Stadium, Bournemouth, UK](#)
- 2024 June 05 New Insights of HA in Knee OA Management
[MedEd - Bristol Harbor Hotel Bristol, UK](#)
- 2024 June 05 HA In the Treatment of OA. My Experience
[Internal - UKI Bioventus Team Education - Bath, Somerset, UK](#)
- 2024 May 29 The Pursuit of Joint Preservation: Impact of Very High Molecular Weight (>10kDa) and Delay Time to TKR.
[Lunch Symposium – CASEM – Niagara Falls, Canada](#)
- 2024 Apr 19 Discussion on IAHA
[Lunch Meeting – Bioventus – London, UK](#)
- 2023 July 21 Use of IA-HA in OA Outcome of Long-term Follow-up & the way forward
[International Panel Discussion - Bioventus](#)

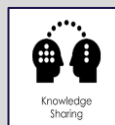
Recent Speaker Programs & CMEs :-

- 2026 Sep 24 Secukinumab in Psoriatic Disease – Skin, Joint & Beyond: Expert Insights
[Expert Insights - Cipla - Webinar](#)
- 2026 Aug 01 Tailoring prescription to best fit the pain type in OA - The Pain Escape framework
[SOARCON 2026 – Hyderabad](#)
- 2026 Jun 27 S ETODOLAC - The NSAID 'Grand Slam Winner' in Arthritis
Resolving the 'Enigma' of IA-HA in OA, Outcome of long-term follow-up
[JPSS Advisory Board Meeting, Emcure – Mumbai](#)
- 2025 Sep 20 HIGH-JAK-ING Arthritis – The role of JAKi in RA, AS & PsA
[#uRApriority webinar – Alkem - Webinar](#)
- 2025 Aug 10 HIGH-JAK-ING RA
[CME – Dehradun](#)
- 2025 Aug 06 Redefining PsA management in India with Guselkumab
[IL Lustrate -Johnson & Johnson - Webinar](#)
- 2025 Aug 02 Evidence to Experience with JAKi & TNFi
[Immunology Masterclass – Pfizer - Webinar](#)
- 2025 July 18 Management of Osteoporosis & Bone Health
[A public awareness Initiative – Zydus – Facebook live](#)
- 2025 June 24 Conquering PsA
[Patient Education Program – Pfizer - Webinar](#)
- 2025 June 15 BMD trends in young SpA patients on TNFi and Denosumab
[Rheumatology Expert Forum, Indore](#)
- 2025 Feb 25 Evolving Trends in RA and JAKi in RA treatment paradigm
[Immunology Masterclass - Pfizer - Webinar](#)
- 2024 Oct 29 JAKi in Psoriatic Arthritis
[Immunology Masterclass - Pfizer - Webinar](#)
- 2024 July 12 JAKi in AS – Evidence to Experience with JAK inhibitors
[Immunology Masterclass - Pfizer - Webinar](#)
- 2024 July 12 Smooth Moves; Hyaluronan's Role in Knee OA
[SOARCON 2024 – Gift City, Gujarat](#)



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Speaker Programs - 2

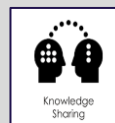
Speaker Programs & CMEs II:-

- 2024 June 26 Secukinumab – Long-term efficacy and safety in AS
[Bridge meeting – Cipla - Webinar](#)
- 2024 June 22 Pain and Multimodal analgesia.
Dinner Symposium – Torrent – CME, Dehradun
- 2024 Apr 29 Ankylosing Spondylitis - Biologics
[EMpowerMent – J&J - Webinar](#)
- 2024 Mar 15 Efficacy, Safety, and Drug Survival Benefits with long-term use of Etanercept in AS
[Immunology Masterclass - Pfizer - Webinar](#)
- 2024 Jan 14 The Enigma of BMD Analysis and Beyond
AIIR – Osteoporosis Dialogue – Kolkata
- 2023 Dec 21 Etanercept therapy in Rheumatic diseases
Panel discussion – Cipla - Webinar
- 2023 Nov 28 Conquering Ankylosing Spondylitis
[Patient Education Program – Pfizer- Webinar](#)
- 2023 Nov 05 Inflammatory Back pain – Spondyloarthropathy
AARCON – Patna
- 2023 Oct 01 IA-HA in Knee OA - Outcome of long-term follow-up
SOARCON 2023 – Agra
- 2023 Sep 09 GALS locomotor screening in MSK diseases
CME - WPD – Pratyaksh - Ghaziabad
- 2023 Sep 09 DXA Analysis – Decoding the Enigma
CME - WPD – Pratyaksh - Ghaziabad
- 2023 Aug 20 Enigma of BMD resolved
OP Symposium - Mumbai
- 2023 Aug 18 Metabolic OA – Met OA
CME – Pulse Pharma - Webinar
- 2023 June 17 LBP-SpA Early Treatment & Role of Anti TNF
ESI- Jhilmil - J&J - Delhi
- 2023 July 04 Conquering Ankylosing Spondylitis
Patient Education Program - Pfizer - Webinar
- 2023 Apr 11 Conquering Ankylosing Spondylitis
Patient Education Program - Pfizer - Webinar
- 2023 Jan 17 Conquering Ankylosing Spondylitis
Patient Education Program - Pfizer - Webinar
- 2022 Nov 08 Conquering Ankylosing Spondylitis
Patient Education Program – Pfizer - Webinar
- 2022 Aug 22 Advantages of Etanercept
Panel discussion - Lupin - Goa
- 2022 Jul 22 Conquering Rheumatoid Arthritis
Patient Education Program – Pfizer - Webinar
- 2022 May 07 S ETODOLAC - The NSAID 'Grand Slam Winner' in Arthritis
CME – Noida Orthopaedic Association – Noida
- 2022 Mar 05 Biologic Response Modifiers
GOFCON – Patna
- 2022 April 05 Conquering Rheumatoid Arthritis
Patient Education Program - Pfizer - Webinar
- 2022 Feb 20 Role of Oral Vitamin D in the Treatment RA
Advisory Board Meeting – Pulse Pharma - Mumbai



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Speaker Programs - 3

Speaker Programs & CMEs 2021 and before:- CME Topics and Multiple Speaker Programs

- PsA – Case-Based Management - June 21 (Novartis)
- S- Etodolac - The NSAID 'Grand Slam Winner' in Arthritis – Jun & July 21 (6 Sessions) (Emcure)
- HiJAKing Covid - May 21 (MSD)
- Osteoporosis - The Anabolic Arsenal - May 21 (Cipla)
- Conquering PsA - Apr 21 (Pfizer)
- Avoiding Renal Casualties in the War against Pain – Mar 21 (Janssen)
- Celecoxib – The NSAID 'Grand Slam Winner' in Arthritis – Mar 21 (Pfizer)
- Advisory Board – Rituximab Consensus – Jan 21 (Dr Reddy's)
- PsO to PsA – Dec 20 (Novartis)
- EULAR updates – Impact on PsA Management – Derma perspective – Dec 20 (Novartis)
- SpA – Pathology & Therapeutic Targets – Oct 20
- Use of IA-HA in OA Outcome of long-term follow-up – Sep 20 (Cipla) – Nov 20 (Dr Reddy's)
- Baricitinib clinical case presentation – July 20 (Eli Lilly)
- Neuropathic pain in chronic low back pain Diagnosis and Management – Apr 20 (Pfizer)
- SpA – Therapeutic approaches – Apr 20 (2 sessions)
- Target Pain 'The Arsenal' – Apr 20 (Emcure)
- Baricitinib: A RA-volution in Treatment Rheumatology, Forum – Srinagar Oct 18
- Osteoporosis – The Growing Armamentarium – Denosumab – Ortho. Association, Agra – Sep 18, Ortho Club, Gr Noida – Nov 18, EDGA, Delhi – Oct 18, Dehradun – Feb 20
- Arthritis – New Guidelines and JAK inhibitors Tofacitinib – Ortho Club, Delhi – Jul 18, ESI, East Delhi – Apr 18, ESI, J Colony, Delhi – Feb 18
- Risks and Benefits of Commonly used Pain medicines in Indian Settings – Pain Management in Chronic diseases CME, Lucknow – Dec 18
- Pain Management in Rheumatic Diseases – Orthopedic Club and API, Patna – Apr 17
- Osteoporosis – Diagnosis and Management – UPICON-2016, Bareilly – Nov 16
- Arthritis – The way forward – Ortho. Club, Patna – Oct 19, IMA, Hathras – Jul 18, Ortho Club, Gzb – Jul 16, Ortho. Asso., Agra – Aug 13, Ortho Soc., Bareilly – May 12
- Visco supplement in OA – IV Bone Art Con 2016, Vietnam – Oct 16, Orthopaedic Club, Dehradun – Mar 16, Agra Orthopaedic Club – Dec 12
- Osteoporosis – BMD Enigma Resolved – IV Bone Art Con 2016, Vietnam – Oct 16, Ortho Gr., Sohna – Oct 16 & Jun 16, III Bone Art Con 2015, Cyprus – Oct 15, Agra – Sep 15
- Osteoporosis – Diagnostic Dilemma & The Missing Link – API, Moradabad, Aug 15
- Rheumatoid Arthritis – Diagnosis & Management – EDPA, Delhi – Feb.17, Ortho. Club & API, Aligarh - Aug.15
- Inflammatory LBP-Spondylo-arthropathies - Ortho. Asso., GGN - Aug 18, Family Phy, Delhi - Aug 18, IMA - East Delhi - May.16, Jhansi - Feb 16, M.Bad Jul 15, Bareilly - Sep 15, ESI Hospital, Delhi - Jul 15, IMA, Aligarh - June 15, 8th Annual National Conf. - MFS, New Delhi - Mar 15, IMA- Dehradun - Feb 15
- Fibromyalgia - Management - Multispecialty Pfizer Initiative, Delhi -Oct 16
- Biologic Response Modifiers in Rheumatology - Ortho Assoc., Gr Noida - Sep.19, Mathura - Jun 17, Aligarh Apr 16, API, D.Dun – Apr 17, ESI Jalandhar - May 16, Rheumatology Update 2015 - Delhi - Aug 15, EDPA Delhi - Jun 14, IMA Varanasi - Aug 14
- The Enigma of Spondylo-arthritis resolved - IMA Ghaziabad - Feb 14
- Deconstructing the 2012 ACR Gout Management Guidelines -PCCON 2013 - Nov13