

## Professor Ambrish Mithal

Endocrinologist, Chairperson & Head of Endocrinology & Diabetes,  
Max Healthcare, Pan-Max, New Delhi, & APCO Committee member, INDIA

Professor Ambrish Mithal has made a pioneering contribution to the field of endocrinology in India, from an academic, clinical, and social perspective, and played a key role in placing Indian endocrinology on the global map.

He is Chairperson and Head of Endocrinology and Diabetes at Max Healthcare, New Delhi, India, and a Committee member of the [Asia Pacific Consortium on Osteoporosis \(APCO\)](#), comprising 46 experts from 20 countries and regions in the Asia Pacific, charged with developing tangible solutions to the substantive challenges involving osteoporosis management in the world's most populated and fastest growing region.

Prof Mithal commenced his professional career working at Apollo Hospital, New Delhi, and Sanjay Gandhi Post Graduate Institute of Medical Sciences, Lucknow. Subsequently, he worked at the Apollo Hospital, New Delhi (1998-2009) and then served as the Chairman, Division of Endocrinology and Diabetes, at Medanta the Medicity from 2009 - 2019. Following this, he moved to his present assignment at Max Healthcare, as Head of Endocrinology and Diabetes, in December 2019.

He was awarded the 2021 Laureate, International Excellence in Endocrinology Award, from the Endocrine Society US for his outstanding contribution to the field of endocrinology.

In 2019, Prof Mithal was nominated to the Governing Council of the National Health Authority, the apex body involved in implementing the Indian government's ambitious population health coverage plan. He was also appointed (honorary) President, All India Institute of Medical Sciences, Gorakhpur, in 2019.

Prof Mithal has won many other prestigious awards, including the International Osteoporosis Foundation (IOF) President's award in March 2016, and the BC Roy Award in March 2017, bestowed by the President of India, for his contribution to the country's development of endocrinology. He was further honoured by the Government of India in 2015, with Padma Bhushan – the third-highest Indian civilian award – for his outstanding contribution to the field of medicine. He has also been appointed (honorary) President, All India Institute of Medical Sciences, Gorakhpur.

Prof Mithal completed his MBBS (1980) and MD (1984) from Kanpur University, Uttar Pradesh, India, and then secured his Master's degree (DM-1987) in Endocrinology from All India Institute of Medical Sciences. He was also a Fogarty fellow at Harvard Medical School 1993-94.

According to Prof Mithal, an osteoporotic fracture occurs every three seconds worldwide.<sup>1</sup> With more than 50 per cent of the world's hip fractures expected to occur in the Asia Pacific (AP) region over the next two decades,<sup>2</sup> APCO has launched a Bone Health Audit and QI Tool Kit to promote quality improvement (QI) of osteoporosis care.

“The 2018 Asian Federation of Osteoporosis Societies (AFOS) study predicted the number of hip fractures in India would more than double, from approximately 332,000 in 2018, to 792, 000 in 2050.<sup>3</sup>

“The likelihood of successfully creating change to stem this bone health crisis will rest largely upon healthcare professionals' success in engaging others to work towards shared goals. Articulating the benefits of the APCO Bone Health QI activity can help promote engagement and cooperation,” said Prof Mithal.

“The critical factors to success include having a supportive organisational culture, good design and planning, and follow through on results, ensuring the data collection is meaningful and achievable.

“Data collected through the audit should be used to benchmark practice against the standards recommended by The APCO Framework. This will show stakeholders that the audit was worth the effort, and that it contributed to tangible change,” Prof Mithal said.

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## **MEDIA CONTACT & INTERVIEWS**

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### **References**

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3. Cheung, C.-L., et al., An updated hip fracture projection in Asia: The Asian Federation of Osteoporosis Societies study. *Osteoporosis and sarcopenia*, 2018. 4(1): p. 16-21.