

**Dr. HMM Herath (MBBS, MD, MRCP, FRCP, FCCP)**

Senior Lecturer and Honorary Consultant Physician  
 Department of Medicine, Faculty of Medicine, Galle, Sri Lanka  
 Teaching Hospital, Karapitiya, Galle



- Passed the Final MBBS Examination with **First Class Honours**.
- Passed the Third MBBS Examination in 1997 with Second Class Upper Division Honours.
  - Passed the Second MBBS Examination with **First Class Honours**

**Scholarship, Fellowships and Grants:**

- Scholarship- Commonwealth Scholarships tenable in the United Kingdom-2006
- Peninsula health Fellowship
  - To undergo Clinical training at Peninsula Health, Victoria, Australia 2007
- TURIS Project- University Grant commission of Sri Lanka in 2011
  - Research project on glycemic index of Sri Lankan foods on the development of glycemic abnormalities

**Position held**

2014-2015	President, Ruhuna Faculty Medical Teachers Association (RFMTA)
1/2/2013- 10/11/2015t	Head, Department of Pharmacology, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
2012- 2014	Secretory of Galle Medical Association (GMA)

2013- 2015	Student councilor, Faculty of Medicine, University of Ruhuna, Galle, Sri Lanka
2013- 2014	Coordinator, IT section University Development Grant, University of Ruhuna, Galle, Sri Lanka
2012- 2014	Secretary Galle Medical Association (GMA)
2010- 2012	Post graduate coordinator of Galle Medical Association (GMA)
2016-2017	Member, board of study in Family Medicine, Post Graduate Institution of Medicine

### **Professional Membership**

2005	Member of Ceylon Collage of Physician (CCP)
2006	Member of Galle Medical Association
2010	Member of Sri Lanka Medical Association (SLMA)
2010	Member, American diabetic association

### **Books published**

- Aid to History Taking -2011, **HMM Herath**, TP weerarathna
- Aid to Single Best Response Questions- 2013, TP weerarathna **HMM Herath**

### **Publications**

1. HMM Herath, NP Weerasinghe, H Dias, TP Weerarathna Knowledge, attitude and practice related to diabetes mellitus among the general public in Galle district in Southern Sri Lanka: a pilot study. *BMC public health* 17 (1), 535
2. Herath HM, Weerarathna TP, Fonseka CL , Vidanagamage AS, Targeting postprandial blood sugar over fasting blood sugar: A clinic based comparative study *Diabetes Metab Syndr.* 11 (2), 133-136
3. Herath HM, Weerarathna TP, Dahanayake MU, Weerasinghe NP. Use of HbA1c to diagnose type 2 diabetes mellitus among high risk Sri Lankan adults. *Diabetes Metab Syndr.* 2016 Aug 23. 1871-4021(16)30175-8.

4. Meththananda Herath H, Weerarathna T, Weerasinghe N. Is risk factor-based screening good enough to detect gestational diabetes mellitus in high-risk pregnant women? A Sri Lankan experience. *International Journal of Preventive Medicine* 2016;7:99.
5. Mudiyansele MHH, Weerasinghe NP, Pathirana K, Dias H. Misdiagnosis of cerebral malaria initially as acute psychotic disorder and later as human rabies: a case report. *BMC Research Notes*. 2016;9:400. doi:10.1186/s13104-016-2211-3.
6. H.M.M. Herath<sup>1</sup>, T.P. Weerarathna, R.B.A.T. Dulanjalee, M.R. Jayawardhana, U.P. Edirisinha, M. Rathnayaka. Association of Risk Estimates of Three Different Cardiovascular Risk Assessment Tools with Carotid Intima Media Thickness in Patients with Type 2 Diabetes. *Journal of Clinical and Diagnostic Research*, 2016.
7. Herath HMM, Weerarathna TP, Umesha D. Cardiovascular risk assessment in type 2 diabetes mellitus: comparison of the World Health Organization/International Society of Hypertension risk prediction charts versus UK Prospective Diabetes Study risk engine; *Vascular Health and Risk Management*, Volume 2015:11 Pages 583—589
8. Herath HMM, Priyantha T Weerarathna, Umesha D. Is non-fasting glucose challenge test sensitive enough to diagnose gestational diabetes mellitus? *Int Arch Med* 2015;8:1-8.
9. Weerarathna TP, Liyanage PLGC, Herath HMM. Association of Male Gender and Younger Age at Diagnosis of Type 2 Diabetes with more Atherogenic Lipid Profile; *Int Arch Med* 2015; 8: 171-6
10. P. G. C. J. Nanayakkara , T. P. Weerarathna, HMM Herath, A. G. T. A. Kariyawasam, V. R. Ganegoda. Value of testing glycated hemoglobin in non-diabetic patients presenting with acute coronary syndrome; *Sri Lanka Journal of Diabetes Endocrinology and Metabolism*: 5 (1):4-7
11. HMM Herath, Novel Risk Factors in cardiovascular disease. A review Article. *Journal of Galle Medical Association* 2006 76-77.