

Curriculum Vitae

Thilak Priyantha Weeraratna

2020

Curriculum vitae

Name : Thilak Priyantha Weeraratna

Date of Birth : 19th September 1963

Nationality : Sri Lankan

Civil status : Married

Children : Two

Postal address

Office : Department of Medicine, Faculty of Medicine, Galle, Sri Lanka

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Current Post – : Senior Professor in Medicine,
Honorary Consultant Physician, University Medical Unit
Teaching Hospital, Galle, Sri Lanka

Education – : School- Richmond College, Galle,
University – University of Peradeniya &
University of Ruhuna

Educational Qualifications: MBBS Hon. (Ruhuna) 1990,
MD (Colombo) 1996

Fellowships : Fellow of the Ceylon College of Physicians
Fellow of the American College of Physicians
Fellow of Royal College of Physicians Edinburgh

Fields of Specialization and Interest – General Medicine,
Diabetes and Endocrinology

Distinctions & Awards

School – Sneeeth Medal for the Best student in Bio Science stream in Advance Level 1981.

University –

- Distinctions in Anatomy, Physiology, Biochemistry, Parasitology, Microbiology, Pathology, Pharmacology, Community Medicine, Surgery and Medicine.
- First Class in the Second MBBS (1984)
- First Class in Third MBBS (1986)

- Second Class (Upper division) in Final MBBS (1990)
- Professor Lionel award for the best performance in Pharmacology 1986.
- Jayanthi Sriya Rasaputhraum Award for best performance in Third MBBS 1986.
- CIC award for best performance in Third MBBS 1986.
- Sir Ernest De Silva Gold Medal for the most outstanding Medical graduate in 1990.
- Caroline Mohotti Gold Medal for the Medical graduate with the highest aggregate at the final MBBS in 1990.
- Wijewardhana Gold Medal for the Medical graduate with the highest marks for Medicine in 1990.
- P.R. Anthony's Gold Medal for the Medical graduate with highest marks for Surgery in 1990.
- The first in the all Island ranking of Medical graduates -1990.
- The first in the all Island ranking of successful candidates of MD Medicine Part I -1993.
- E Wijerama Award for the best paper presented at the Annual Academic Sessions of the Ceylon College of Physicians 2005
- Henry Rajarathnam award for the best paper in Endocrinology and Diabetes presented at the Annual Academic Sessions of the Ceylon College of Physicians 2005.
- Award for the best paper presented at the Annual academic sessions of the Galle Medical Association September 2006, 2008, 2010 and 2013
- Award for the best poster presented at the Annual Academic sessions of the Ruhuna University 2006
- Award for the best oral presentation at the annual academic sessions of the Sri Lanka Heart Association 2015
- Commonwealth Academic Staff Fellowship – 2007

Professional Experience

- 1991 - 1992 – House Officer in the Professorial Medical and Surgical Units in the National Hospital of Sri Lanka,
- 1992 –1998 – Lecturer in Medicine Faculty of Medicine, Galle
Registrar and Senior Registrar in Medicine in the University Medical Unit, Teaching Hospital, Galle.
- 1998 – 1999 – Registrar in Endocrinology in the University Medical Unit
Fremantle Hospital, Perth, Western Australia,
- 1999 –2007 – Senior Lecturer in Medicine, Department of Medicine, Faculty of Medicine,
- 2007 July- Dec - Commonwealth Fellow at the University of Newcastle upon Tyne, UK
- 2008 Sept - March 2014 - Head, Department of Medicine, Faculty of Medicine, Galle
- 2007 June to 2017 – Professor in Medicine
- 2017 – to date - Senior Professor in Medicine

Positions Held

- President – Sri Lanka College of Internal Medicine 2019
- Head, Department of Medicine, Faculty of Medicine, University of Ruhuna (2008-2014)
- Chairman of the Board of Study in Medicine, Faculty of Medicine, Galle (2015 to 2017)
- Member of the Board of Study in Medicine, Post Graduate Institute of Medicine, University of Colombo. (2007-2015)
- Member of the Board of Management, Post Graduate Institute of Medicine, University of Colombo. (2013-2014)
- Member of Senate, University of Ruhuna (2008- to date)
- Council Member, Diabetes Association of Sri Lanka (2013- to date)
- Co- Editor- Sri Lankan Journal of Diabetes and Endocrinology (2012- to date)
- Member, Editorial Committee – Journal of Ceylon College of Physicians (2014- to date)
- Member of the Advisory committee for Endocrine training in the Postgraduate Institute of Medicine, University of Colombo (2005- 2008)
- Member of the SLMA Task force on the Prevention of Diabetes in Sri Lanka (2005 – to date)
- Life member in the Sri Lanka Medical Association, Ceylon College of Physicians, Galle Medical Association and Endocrine Society of Sri Lanka
- Member of the Professional section of the American Diabetes Association (2009 to date)
- Clinical and Theory examiner at the MD Medicine examination in Postgraduate Institute of Medicine, University of Colombo, Sri Lanka

Invited Lectures & Orations at Professional Associations

1. Management of Oral Hypoglycemic Failure in Type 2 Diabetes - Joint Academic session of the Sri Lanka Medical Association with the Ruhuna Clinical Society – 2000.
2. When is Diabetes, Diabetes? - Academic sessions of the Ruhuna University School Medical Alumni Association – 2001.
3. Hazards of Blood Transfusions - Academic sessions of Galle Medical Association and Sri Lanka College of Anesthesiologists – 2002.
4. Diabetes and Infections - Annual Scientific sessions of the Sri Lanka College of Microbiologists in – 2003.
5. Sub Clinical Thyroid disease- Controversies revisited, College Lecture at the Ceylon College of Physicians – 2004.
6. Management of Anaphylactic Shock - Regional Meeting of the Sri Lanka Dental Association – 2004.
7. Medical Emergencies in Dentistry - Annual Academic sessions of the Sri Lanka Dental Association – 2004.

8. Management of Diabetes in the Primary Care Setting, Joint academic sessions of Galle Medical Association with Balapitiya Clinical Society – 2004.
9. Gestational Diabetes- What's new in the Management? - Medicine update with the Galle Medical Association and Ceylon College of Physicians – 2004.
10. Prevention of Diabetes- Where are we now? Post Congress session of the Annual Academic Sessions of the Galle Medical Association September 2005.
11. Metabolic Syndrome; Why bother? Joint Academic sessions of the Sri Lanka Medical Association and Ruhuna Clinical Society in December 2005
12. Insulin therapy; Joint Academic session of the Endocrine Society of Sri Lanka with Ceylon College of Physicians, March 2006
13. Profile of patients who require early insulin therapy within two years of clinical diagnosis of Type 2 diabetes. Asian Diabetes Conference, Cairo, Egypt, March 2006.
14. Macro vascular disease in Diabetes. Joint meeting of the Ceylon college of Physicians, Endocrine Society of Sri Lanka with the Anuradhapura Clinical Society June 2006.
15. Insulin therapy. Joint meeting with Chilaw Clinical Society & Endocrine Society of Sri Lanka June 2006
16. Metabolic syndrome. Post Congress of the Annual academic sessions of the Galle Medical Association September 2006.
17. Differentiating Type 1 from Type 2 diabetes. An approach in the limited resource setting. Diabetes Day. Organized by the Sri Lanka Medical Association and Diabetes Prevention Task force in Sri Lanka. 27. 09. 2006.
18. Common Errors in Diabetes Care. Ruhuna Clinical Society meeting. 27. 10. 2006
19. Dos & Don'ts in Primary Diabetes Care. Hambantota Clinical Society meeting 02.04.2009.
20. Prevention of CAD in Diabetes. Diabetes Day organized by the ESSL 2009
21. Management of Diabetes in the critically ill. Annual sessions of the ESSL 14th Aug 2009.
22. Optimal use of Oral Hypoglycemic therapy- Annual Academic sessions of ESSL 2010
23. Statins – Myths and Facts- Annual Academic Sessions of Kandy Society of Medicine 2011
24. Recent Advances in Statin Therapy – International Cardio metabolic forum, Philippines 2011
25. Managing Lipids in Diabetes; Annual Academic Sessions Ruhuna Clinical Society 2011
26. Prevention of Diabetes: SLMA & GMA joint sessions in Galle 2012
27. Individualizing therapy in Diabetes – Diabetes Update – Endocrine Society of Sri Lanka 2012
28. Patient Centered therapy in Diabetes – Diabetes Association of Sri Lanka 2013
29. Current Issues in the management of Diabetic Dyslipidemia – Joint academic sessions of the Ceylon College of Physicians and Hambantota Clinical Society May 2013
30. Diabetic Dyslipidemia in South Asians – SAARC Diabetes Congress – Oct 2013 in Colombo
31. What is new in Insulin therapy – AAS – Ruhuna Clinical Society 2014
32. Targeting Low HDL-C; Are We Chasing a Mirage? – AAS – Galle Medical Association 2014

33. Metabolic syndrome- Is it clinically relevant? – AAS ESSL 2014 – October
34. Starting Research – From Research concept to objectives – Post Congress AAS GMA 2015
35. Lipid lowering therapy; what is new? – AAS of Kurunegala Clinical Society November 2015
36. Mid-life Crisis – Don't be a victim – AAS 2016 Rathnapura Clinical Society
37. Management of Chronic complications of Diabetes – AAS Ruhuna Clinical Society DEC 2105
38. Diabetes and Fatty Liver – AAS SLMA 2017
39. Should everyone be on Statin? – AAS Ceylon College of Physicians 2017
40. Resistant Hypertension – Inaugural AAS of SLSIM 2017
41. Novel anti-diabetic drugs – SLPA Regional meeting , Galle 2018
42. Thyroid dysfunction during pregnancy – SLSIM AAS Colombo 2018
43. Subclinical Thyroid disease – to treat or not to treat , SLCIM – GMA Joint meeting 2019
44. Targeting Triglycerides, Why, When and How? - RCS – SLCIM
45. New Oral Hypoglycemic AGENTS; Have they delivered as promised? Colombo North Clinical Society inaugural Academic sessions 2020 February

Orations

1. Galle Medical Association Oration 2005 – A Closer look at the Diabetes Epidemic.
2. E. V. Peris memorial Oration 2006. Annual Academic sessions of the Ceylon College of Physicians - Redefining the role of metabolic syndrome for Sri Lankans
3. Henry Rajarathnam Oration 2012. Diabetic Dyslipidemia, Annual Academic sessions of the Endocrine Society of Sri Lanka
4. P.B. Fernando memorial Oration 2015. Unraveling the Cardiovascular risks in Type 2 Diabetes. Foundation Sessions of Ceylon College of Physicians

Research and Publications

Conference Proceedings as Abstracts

1. Mohideen MR, Weerathna T. P. The level of serum cholesterol and prevalence of hypercholesterolemia in an urban locality Galle, Abstract, 52nd Annual Academic Sessions of the Galle Medical Association - September 1993.
2. Stuccio G, Davis WA, WeerathnaTP, Bruce DG, Davies TME. Ethnic differences in prevalence, progression and treatment of diabetic dyslipidemia in type 2 diabetes: The Fremantle Diabetes Study, abstract presented at the forth-International Diabetes Federation Western pacific region Congress, Sydney, August 1999.
3. Davies WA, Weerathna TP, Bruce DG, Davies TME, Prevalence and progression of dyslipidemia in type 2 diabetes: The Fremantle Diabetes Study abstract presented at the European Association for the Study of Diabetes. 35th Annual Scientific meeting, Brussels September 1999.

4. Weerathna TP, Prabhath API, Wijesinha MACC. Study of indication for hospital admission and Quality of Self Care in diabetic subjects admitted to the Teaching Hospital Karapitiya, abstract presented at the Annual Academic Sessions of the Galle Medical Association - September 2000.
5. Weerathna TP, Liyanage PLGC, Basnayake LS, Prevalence of Post prandial Hyperglycemia and value of assessing post prandial blood glucose in an out patient clinic. Abstract presented at the 63rd Annual Academic Sessions of the Galle Medical Association – September 2004.
6. Weerathna TP, Liyanage PLGC, Basnayake LS. Prevalence and Pattern of Diabetic dyslipidemia among newly diagnosed patients with type 2 diabetes under the age of 40 years Abstract presented at the 63rd Annual Academic Sessions of the Galle Medical Association – September 2004.
7. Weerathna TP, Dissanayake AS, Risk Stratification of Newly diagnosed young patients with Type 2 Diabetes. 4TH World Congress on prevention of Complications of Diabetes, Chennai, India, February 2005.
8. Dissanayake AS, Weerathna TP. Prevalence of Insulin Resistance among newly diagnosed young patients with Type 2 Diabetes. 4TH World Congress on prevention of Complications of Diabetes, Chennai, India, February 2005.
9. Bodhinayaka CK, Weerathna TP, Basnayaka S, Liyanage G. Value of C- reactive protein in predicting adverse outcomes in Dengue fever, Academic sessions of the Ruhuna University, December 2004
10. Weerathna TP, Hettihewa LM, Jayasinha SS, Gunasekara SW, Palangasinha S, Imendra KG, Prevalence of Insulin Resistance Syndrome (IRS) in patients with Type 2 Diabetes according to criteria used by the American College of Endocrinologists (ACE) and their validity against indices of insulin resistance. 118TH Anniversary Academic sessions of the Sri Lanka Medical Association, March 2005
11. Weerathna TP, Dahanayaka NJ, Premawardhana NP, Comparison of Validity of different screening tools in detecting Diabetic Peripheral Neuropathy (DPN) among Sri Lankan Patients. 25th Anniversary academic session of the Post Graduate Institute of Medicine, Faculty of Medicine, Colombo in July 2005.
12. Weerathna TP, Dahanayaka NJ, Premawardhana NP, How much of Peripheral Vascular Disease (PVD) in Diabetes goes undiagnosed with Clinical Assessment alone? 25th Anniversary academic session of the Post Graduate Institute of Medicine, Faculty of Medicine, Colombo in July 2005
13. Weerathna TP, Dissanayake AD. Estimation of Burden of Diabetes in a Medical Ward in a Tertiary Care Hospital, Sri Lanka. 25th Anniversary academic session of the Post Graduate Institute of Medicine, Faculty of Medicine, Colombo in July 2005
14. Weerathna TP, Perera PDN. Can addition of Pioglitazone avoid the need for Insulin in Patients with Type 2 Diabetes (T2DM) taking Maximal Doses of Conventional Oral Hypoglycemic Agents (OHA)? 25th Anniversary academic session of the Post Graduate Institute of Medicine, Faculty of Medicine, Colombo in July 2005
15. Weerathna T.P, Aflar Sadikeen. Prevalence of Metabolic syndrome in non diabetic individuals and its impact on the management and mortality from their first acute vascular event, Abstract presented at Annual Academic Sessions of the Galle Medical Association September 2005

16. Somasiri KG, Weeraratna TP, Does the compliance to drug therapy affect the self reported Quality of Life in patients with Type 2 Diabetes Abstract presented at the Annual Academic Sessions of the Galle Medical Association September 2005
17. Niwunhella K, Perera PDN, Weeraratna TP, Prevalence and Profile of patients with Isolated Postprandial Hyperglycemia in the Hospital setting Abstract presented at the Annual Academic Sessions of the Galle Medical Association, September 2005
18. Weeraratna TP, Hettihewa LM, Imendra KG. How sensitive are the criteria for Metabolic Syndrome of the Adult Treatment Panel III (ATPIII) in detecting Sri Lankan diabetic subjects with Insulin Resistance? Abstract presented at the Annual academic Sessions of the Ceylon College of Physicians in September 2005
19. Hettihewa LM, Weeraratna TP, Imendra KG. Effects of different regimes of Oral Hypoglycemic Agents on Indices of Insulin Resistance in patients with Type 2 Diabetes. Abstract presented at the Annual academic Sessions of the Ceylon College of Physicians in September 2005
20. Dahanayake NJ, Weeraratna TP, Premawardhana P, Value of Clinical Scoring System [CSS] and Monofilament Testing [MFT] compared to the Vibration Perception Threshold [VPT] in detecting high-risk diabetic feet for ulceration in Sri Lankan setting. Abstract presented at the Annual academic Sessions of the Ceylon College of Physicians in September 2005
21. Dissanayake AS, Weeraratna TP. Value of assessment of Total Cholesterol against Fasting lipid profile as a screening tool in detecting Diabetic Dyslipidemia among newly diagnosed patients with Type 2 Diabetes. Abstract presented at the Annual academic Sessions of the Ceylon College of Physicians in September 2005
22. Weeraratna TP, Kannangara S, Navarathna D. Burden of drug defaulting among patients with Non Communicable Diseases in a tertiary care hospital. Annual academic sessions of the Ruhuna Clinical Society December 2005
23. Weeraratna TP, Herath HMM Correlation of Body Mass Index with other Indices of Obesity in a healthy Sri Lankan Cohort. 3rd Annual Academic Sessions of the Ruhuna University 29th January 2006
24. Herath HMM, Weeraratna TP, Kannangara SU. Prevalence of Metabolic Syndrome among the healthy diabetic offspring. 3rd Annual Academic Sessions of the Ruhuna University 29th January 2006
25. Weeraratna TP, Weeraratna AC. In search of an ideal weight or waist? Annual Academic sessions of the Galle Medical Association September 2006.
26. Weeraratna TP, Kariyawasam I, Welgama T. Profile of diabetic foot disease detected at annual standard screening at a tertiary care center. Annual Academic sessions of the Galle Medical Association September 2006.
27. Herath HMM, Weeraratna TP. Kariyawasam I, Welgama. An audit on Aspirin therapy among diabetic subjects attending to a tertiary care center. Annual Academic sessions of the Galle Medical Association September 2006
28. Herath HMM. Weeraratna TP. An audit on the delivery of care to patients with diabetes at a tertiary care center. Annual Academic sessions of the Galle Medical Association September 2006.
29. Weeraratna TP, Kariyawasam I, Welgama. Prevalence and associations of Peripheral Arterial Disease among patients screened at a foot clinic. Annual academic sessions of the Ceylon College of Physicians September 2006.

30. Herath HMM, Weeraratna. The Validity of a diabetic risk score in opportunistic screening of individuals. Annual academic sessions of the Ceylon College of Physicians September 2006
31. Weeraratna TP, Kariyawasam I, Welgama Site to site variation of the sensitivity of monofilament test in detecting diabetic peripheral neuropathy. Annual academic sessions of the Ceylon College of Physicians September 2006
32. Weeraratna TP, Herath HMM. Prevalence of metabolic syndrome according to three different criteria among healthy Sri Lankans. Annual academic sessions of the University of Ruhuna 2006
33. Weeraratna TP, Herath HMM. Prevalence of conventional risk factors for diabetes among newly diagnosed you patients with diabetes in Sri Lanka. Annual academic sessions of the University of Ruhuna 2006.
34. Weeraratna TP, Dissanayake AS. Progression of clinical and biochemical abnormalities among diabetic subjects with and without metabolic syndrome. World Diabetes Congress in Cape town South Africa December 2006
35. Weeraratna TP. Predictors of early need for insulin among young patients with clinical diagnosis of type 2 diabetes. World Diabetes Congress. South Africa. December 2006
36. GJ Pradeepan, DBYN de Silva, Weeraratna TP. How accurate is the clinical diagnosis of stroke in this CT era? Presented at the Annual academic sessions of the Galle Medical Association 27th September 2008
37. Siriwardhana ID, Ginige AP, Weeraratna TP, Pathirana C Comparison of American Diabetes Association and World Health Organization Criteria for Screening and Diagnosis of Type2 Diabetes Mellitus. Presented at the Annual academic sessions of the Galle Medical Association 27th September 2008
38. Weeraratna TP, Hettiarachchi M, Herath HMM Gender difference between the association of obesity and glucose tolerance Presented at the Academic sessions of Galle Research Network (GARNET) December 2008
39. Weeraratna TP, Hettiarachchi M. Vascular risk factor profiles of individuals with impaired fasting glucose and normoglycemia. Presented at the Annual Academic sessions of the Sri Lanka Medical Association March 2009
40. Weeraratna TP, Senevirathna N. Prevalence and associations of non compliance of prescribed medications for major non communicable diseases – Annual Academic Sessions of the Galle Medical Association 2010
41. Liyanage P L G C, Lekamwasam S, T P Weeraratna. Prevalence of autonomic neuropathy among diabetics attending medical clinics in Teaching Hospital Karapitiya. Annual Academic Sessions of the Galle Medical Association 2011
42. Liyanage P L G C, Lekamwasam S, Weeraratna T P. Validity Of Diabetic Neuropathy Symptom (DNS) And Diabetic Neuropathy Examination (DNE) Scores As Screening Tools Of Diabetic Neuropathy. Annual Academic Sessions of the Galle Medical Association 2011.
43. Saranapala, M, Muthukuda, D, Senevirathna S, Lamahewa T, Weeraratna TP Clinical utility of addition of Glitazone therapy in patients with type 2 diabetes with suboptimal glycaemic control with maximal dual therapy. Annual academic sessions of Endocrine Society of Sri Lanka
44. TP Weeraratna, PLGC Liyanage, MHB Ariyaratne. Prevalence and predictors of High Density Lipoproteins (HDL) levels among individuals with Type 2 diabetes (T2DM) Presented at the 125th Annual Academic Sessions of the Sri Lanka Medical Association in July 2012

45. TP Weerathna, PLGC Liyanage, HMM Herath, MHB Ariyaratne. Variations in the Modifiable Cardiovascular risk factors in different phenotypes of Type 2 Diabetes (T2DM) Presented at the 125th Annual Academic Sessions of the Sri Lanka Medical Association in July 2012
46. Weerathna TP, Fonseka L, Lamahewa T. Non Albuminuric Chronic Kidney Disease In Type 2 Diabetes; Prevalence And Associations. Presented at the Annual Academic Sessions of the Ceylon College of Physicians in September 2012
47. Weerathna TP, Dissanayake AS. Utility of clinical/laboratory markers of vascular disease in predicting risk of cardiovascular events in type 2 diabetes (T2DM). Presented at the Annual Academic Sessions of the Ceylon College of Physicians in September 2012
48. Weerathna TP, Chamika PWG, Dilrukshi MDSA Mohotti S P. Control of modifiable cardiovascular risk factors among pre and post menopausal females with Type 2 diabetes . Presented at the Annual Academic Sessions of the Perinatal Society of Sri Lanka in August 2012
49. Weerathna TP, Chamika PWG, Dilrukshi MDSA C Mohotti S P. Gender differences in the prevalence of metabolic syndrome and its associations with menopausal state among individuals with type 2 diabetes. Presented at the Annual Academic Sessions of the Perinatal Society of Sri Lanka in August 2012
50. Dilrukshi MDSA. Mohotti SP, Chamika PWG M, Liyanage PGCG. Weerarthne TP Association of indices of obesity with predicted cardiovascular risk among individuals with type 2 diabetes. Presented at the AAS of the Galle Medical Association 2012
51. Dilrukshi MDSA. Mohotti SP, Chamika PWG M, Liyanage PGCG. Weerarthne TP Gender disparities in the control of cardiovascular risk factors among individuals with type 2 diabetes Presented at the AAS of the Galle Medical Association 2012
52. Weerathna TP, Jayasinhae SS, De Silva CM, Waduge PM, Muthukumarana TGW Does the World Health Organization (WHO) Cardiovascular Risk (CVD) cut-off levels adequately address the adverse lipids in newly diagnosed Type 2 Diabetes (T2DM)? Annual Academic Sessions of Ceylon College of Physician 2013 September Colombo
53. Weerathna TP, Herath HMM, Liyanage PLGC, Kariyawasam AGTA, Ganegoda VR Prevalence and determinants of abnormalities in the resting electrocardiogram in subjects with diabetes. Presented at the 127th International Medical Congress of the Sri Lanka Medical Association 2014 July
54. Weerathna TP, Herath HMM, Liyanage PLGC, Kariyawasam AGTA, Ganegoda VR Association of carotid intima media thickness with calculated cardiovascular risk score in subjects with type 2 diabetes. Presented at the 127th International Medical Congress of the Sri Lanka Medical Association 2014 July
55. Herath HMM, Weerathna TP, Cardiovascular risk assessment in type 2 diabetes: Comparision of UKPDS risk engine versus the WHO / International Society of Hypertension (WHO/ISH) risk prediction tool. Presented at the 127th International Medical Congress of the Sri Lanka Medical Association 2014 July
56. Weerathna TP, Samarasingha YK, Kariyawasam AGTA, Ganegoda YR, Jayathilaka DMGI, Clinical associations of suboptimal glycemic control among patients with type 2 diabetes mellitus; a Sri Lanka experience – AAS of Galle Medical Association 2014
57. Weerathna TP, Samarasingha YK, Kariyawasam AGTA, Ganegoda YR, Jayathilaka DMGI. Clinical profile and the estimated versus clinically evident cardiovascular disease among individuals with type 2 diabetes for ten years. – AAS of Galle Medical Association 2014
58. Herath HMM, Weerarahna TP. Prevelence of obesity and impact of obesity on glycemic control in patients with type 2 diabetes – AAS of Galle Medical Association 2014

59. Weeraratna TP, Dulanjalee RABT, Jayawardhana MR, Edirisingha UP, Rathnayaka M. Therapeutic decision making using total cardiovascular risk scoring tools in diabetes. Comparison of two different approaches. Presented at the AAS of SLMA 2015
60. Weeraratna TP, Dulanjalee RBAT, Jayawardhana MR, Edirisinghe UP, Rathnayake M. Determinants of intensity of oral hypoglycemic drug therapy to maintain optimal glycemic control in patients with type 2 diabetes. Presented at the AAS of the Ceylon College of Physicians 2015.
61. Weeraratna TP, Dulanjalee RABT, Jayawardhana MR, Edirisingha UP, Rathnayaka M. Association of risk estimates of three different cardiovascular risk assessment tools with carotid Intima media thickness and plaque status in patients with type 2 diabetes. Presented at the AAS of AHA.2015.
62. Dahanayake M · Rathnayake M · Edirisinghe U · Jayawardhana M · Bethmiarachchi D · Liyanage G · Weeraratna T. What anthropometric parameters and lipid parameters predict abnormal glucose tolerance in the first-degree relatives of patients with type 2 diabetes? Presented at the AAS of Anuradhapura Clinical Society 2015.
63. M. Dahanayaka. Rathnayake M · Bethmiarachchi D · Jayawardhana M · Edirisinghe U · Weeraratna T. Diabetes screening in the high risk individuals: Can the Glycosylated hemoglobin test replace oral glucose tolerance test?. Presented at the AAS of Anuradhapura Clinical Society 2015.

Publications in PubMed indexed Journals

1. Prevalence and Associations of Subclinical Peripheral Artery Disease among Patients with Type 2 Diabetes without Clinical Macrovascular Disease.
Weeraratna TP, Herath M, Liyanage G, Weeraratna MK, Senadheera V.
Int J Prev Med. 2019 Jun 7;10:106. doi: 10.4103/ijpvm.IJPVM_427_18.
2. Severe Disabling Myalgia as an Initial Presentation of Polyarteritis Nodosa.
Senarathna HM, Fonseka CL, Perera HAS, De Silva PUT, **Weeraratna TP**.
Case Rep Rheumatol. 2019 Apr 7;2019:4364289. doi: 10.1155/2019/4364289.
3. Prevalence and associations of non-alcoholic fatty liver disease (NAFLD) in Sri Lankan patients with type 2 diabetes: A single center study.
Herath HMM, Kodikara I, **Weeraratna TP**, Liyanage G.
Diabetes Metab Syndr. 2019 Jan - Feb;13(1):246-250. doi: 10.1016/j.dsx.2018.09.002.
4. Value of Estimated Glomerular Filtration Rate and Albuminuria in Predicting Cardiovascular Risk in Patients with Type 2 Diabetes without Cardiovascular Disease
TP Weeraratna, Gayani Liyanage, Meththananda Herath, Miyuru Weeraratna, Isuru Amaras inghe⁵ BioMed Research International 2018, Article ID 8178043
5. A Comparison of the Prevalence of the Metabolic Syndrome among Sri Lankan Patients with Type 2 Diabetes Mellitus Using WHO, NCEP-ATP III, and IDF Definitions. Herath HMM, Weerasinghe NP, **Weeraratna TP**, Amarathunga A.
Int J Chronic Dis. 2018 Aug 7;2018:7813537. doi: 10.1155/2018/7813537.
6. Association of Self-Reported Dietary and Drug Compliance with Optimal Metabolic Control in Patients with Type 2 Diabetes: Clinic-Based Single-Center Study in a Developing Country.
Weeraratna TP, Weeraratna MK, Senadheera V, Meththananda Herath HM, Liyanage G.
J Nutr Metab. 2018 Jul 24;2018:3421476. doi: 10.1155/2018/3421476. eCollection 2018.



7. Attainment of recommended therapeutic targets of modifiable cardiovascular risk factors among individuals with type 2 diabetes mellitus screened at a diabetes clinic in Sri Lanka. **Weerarithna TP**, Herath HMM, Liyanage G, Weerarithna MK, Senadheera V. *Diabetes Metab Syndr Obes.* 2018 Aug 8;11:409-415. doi: 10.2147/DMSO.S172485.
8. Prevalence of normoalbuminuric renal insufficiency and associated clinical factors in adult onset diabetes. Liyanage PLGC, Lekamwasam S, **Weerarithna TP**, Srikantha DWSY. *BMC Nephrol.* 2018 Aug 13;19(1):200. doi: 10.1186/s12882-018-1001-7.
9. Effect of Vitamin D therapy on urinary albumin excretion, renal functions, and plasma renin among patients with diabetic nephropathy: A randomized, double-blind clinical trial. Liyanage P, Lekamwasam S, **Weerarithna TP**, Liyanage C. *J Postgrad Med.* 2018 Jan-Mar;64(1):10-15. doi: 10.4103/jpgm.JPGM_598_16.
10. Potential use of telephone-based survey for non-communicable disease surveillance in Sri Lanka. Herath HMM, Weerasinghe NP, **Weerarithna TP**, Hemantha A, Amarathunga A. *BMC Public Health.* 2017 Dec 29;17(1):984. doi: 10.1186/s12889-017-4993-1.
11. Effects of high-dose parenteral vitamin D therapy on lipid profile and blood pressure in patients with diabetic nephropathy: A randomized double-blind clinical trial. Liyanage GC, Lekamwasam S, **Weerarithna TP**, Liyanage CE. *Diabetes Metab Syndr.* 2017 Dec;11 Suppl 2:S767-S770. doi: 10.1016/j.dsx.2017.05.013.
12. Knowledge, attitude and practice related to diabetes mellitus among the general public in Galle district in Southern Sri Lanka: a pilot study. Herath HMM, Weerasinghe NP, Dias H, **Weerarithna TP**. *BMC Public Health.* 2017 Jun 1;17(1):535. doi: 10.1186/s12889-017-4459-5.
13. Prevalence of low HDL cholesterol and its associations among Sri Lankan patients with diabetes mellitus on statin therapy. **Weerarithna TP**, Herath HMM, Liyanage G. *Diabetes Metab Syndr.* 2017 Nov;11 Suppl 1:S253-S256. doi: 10.1016/j.dsx.2016.12.040.
14. Targeting postprandial blood sugar over fasting blood sugar: A clinic based comparative study. Herath HMM, **Weerarithna TP**, Fonseka CL, Vidanagamage AS. *Diabetes Metab Syndr.* 2017 Apr - Jun;11(2):133-136. doi: 10.1016/j.dsx.2016.06.029.
15. Association of Risk Estimates of Three Different Cardiovascular Risk Assessment Tools with Carotid Intima Media Thickness in Patients with Type 2 Diabetes. Herath HM, **Weerarithna TP**, Dulanjalee RB, Jayawardana MR, Edirisingha UP, Rathnayake J. *J Clin Diagn Res.* 2016 Jul;10(7):OC09-12. doi: 10.7860/JCDR/2016/19356.8087.
16. Is Risk Factor-based Screening Good Enough to Detect Gestational Diabetes Mellitus in High-Risk Pregnant Women? A Sri Lankan Experience. Meththananda Herath HM, **Weerarithna TP**, Weerasinghe NP. *Int J Prev Med.* 2016 Aug 9;7:99. doi: 10.4103/2008-7802.188084. eCollection 2016.
17. Use of HbA1c to diagnose type 2 diabetes mellitus among high risk Sri Lankan adults. Herath HMM, **Weerarithna TP**, Dahanayake MU, Weerasinghe NP. *Diabetes Metab Syndr.* 2017 Oct - Dec;11(4):251-255. doi: 10.1016/j.dsx.2016.08.021.

18. 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.
Herath HM, **Weerarathna TP**, Umesha D.
Vasc Health Risk Manag. 2015 Nov 13;11:583-9. doi: 10.2147/VHRM.S90126.
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