

Dr Sonal Mehra

DM Rheumatology & Clinical Immunology

15 + Years experience



Dr Sonal Mehra is a top Rheumatologist in Noida at Apollo Hospitals Noida . Book appointment online with Dr Sonal Mehra at Ask Apollo.

Hospitals

[Apollo Hospitals Noida](#)

Doctor's Working Weekdays

Tue

Doctor's Working Hours

10:00 -12:00

Doctor's Slot Timings

TUE - 10:00 -12:00

Overview

Dr. Sonal Mehra is a highly qualified and experienced Rheumatologist based in Noida, Uttar Pradesh. With an impressive 15 years of experience in the field, she is committed to providing the highest standard of care to patients suffering from a variety of rheumatic conditions. Dr. Mehra holds a MBBS degree, as well as an MD in Internal Medicine and a DM in Clinical Immunology & Rheumatology, which equips her with a comprehensive understanding of both the medical and immunological aspects of rheumatology.

Fluent in both English and Hindi, Dr. Mehra ensures effective communication with her patients, enabling them to understand their conditions and treatment options clearly. Her dedication to advancing the field is evident from her numerous accolades, including participation in the prestigious First ACR-IRA Exchange Programme in 2016 at the University of Kentucky, USA, and receiving the Indian Rheumatology Association's Research Grant Award in 2013.

As an exclusive partner in her practice, Dr. Mehra prioritizes patient care and strives to stay updated on the latest advancements in rheumatology, ensuring that her patients receive innovative and evidence-based treatments. Her empathetic approach and thorough understanding of rheumatic diseases make her a trusted choice for those seeking specialized care. Whether it's diagnosing complex conditions or managing chronic illnesses, Dr. Mehra is dedicated to improving the quality of life for her patients while fostering a caring and supportive environment.

Experience

- Senior Consultant Rheumatologist & Clinical Immunologist at Jaypee Hospital, Noida, 2016 onwards

- DM Rheumatology & Clinical Immunology: Department of Rheumatology & Clinical Immunology JIPMER, Puducherry, 2013-2016
- Rheumatology Research Fellowship : University of Calgary, Canada, 2012
- Senior resident in Rheumatology : KEM Medical College, Mumbai: 2011
- MD Internal Medicine: BJ Medical College and Civil Hospital, Ahmedabad

2008-2011

- Internship : Gandhi Medical College, Bhopal, 2007-2008
- MBBS : University of Mauritius, 2007

Awards

- Awarded First place in the Indian edition of the National Chest Challenge Quiz 2020, held by American College of Chest Physicians (ACCP)

Research and Publication

Review Papers

- Mehra S, Fritzler MJ. The spectrum of anti-chromatin / nucleosome autoantibodies: independent and interdependent biomarkers of disease. *J Immunol Res*. 2014;2014:368274. Epub 2014 Apr 3.
- Mehra S, Walker J, Patterson K, Fritzler MJ. Autoantibodies in systemic sclerosis. *Autoimmun Rev*. 2013 Jan;12(3):340-54
- Rajadhyaksha AG, Mehra S, Nadkar MY. Biologics in SLE: The current status. **J Assoc Physicians India**. 2013 Apr;61(4):262-7.

Research Paper

- [Mejia Otero C](#), [Assassi S](#), [Hudson M](#), [Mayes MD](#), [Estrada-Y-Martin R](#), [Pedroza C](#), [Mills TW](#), [Walker J](#), [Baron M](#), [Stevens W](#), [Proudman SM](#), [Nikpour M](#), **Mehra S**, [Wang M](#), [Fritzler MJ](#). Antifibrillar Antibodies Are Associated with Native North American Ethnicity and Poorer Survival in Systemic Sclerosis. **J Rheumatol** [HYPERLINK "https://www.ncbi.nlm.nih.gov/pubmed/28365584"](https://www.ncbi.nlm.nih.gov/pubmed/28365584). 2017

Jun;44(6):799-805.

- Panneer Devaraju¹, **Sonal Mehra**¹, Reena Gulati², Paul T Antony³, Vikramraj K Jain¹, DurgaPrasanna Misra¹, Vir Singh Negi. The *IRF5* rs2004640 (G/T) polymorphism is not a genetic risk factor for systemic lupus erythematosus in population from south India. **Indian journal of Medical Research** 2018
- **Mehra S**. Comparing the efficacy of low-dose vs high-dose cyclophosphamide regimen as induction therapy in the treatment of proliferative lupus nephritis: a single center study. (PMID:29450636) [Rheumatology International](#) [Feb 2018, 38(4):557-568]
- Negi VS¹, Muralidharan N, **Mehra S**, Devaraju P, Mariaselvam CM, Gulati R, Salah S, Fortier C, Charron D, Krishnamoorthy R, Tamouza R. IRF5rs2004640 single nucleotide polymorphism is associated with susceptibility to rheumatoid arthritis in South Indian Tamils. [Tissue Antigens](#). 2014 Oct 6. doi: 10.1111/tan.12441. [Epub ahead of print]
- Devaraju P, Reni BN, Gulati R, **Mehra S**, Negi VS. [Complement C1q and C2 polymorphisms are not risk factors for SLE in Indian Tamils](#). **Immunobiology**. 2014 Jun;219(6):465-8. Epub 2014 Feb 25.
- **Mehra S**, Hudson M, Mahler M. Canadian Scleroderma Research Group, Baron M, Fritzler M; [Is there an association between Ro52/TRIM21 antibodies and rheumatoid factor in systemic sclerosis?](#) **Rheumatol Int**. 2013 Mar 31.
- Hudson M, Satoh M, Chan JY, Tatibouet S, **Mehra S**, Baron M, Fritzler MJ, And The Canadian Scleroderma Research Group A. [Prevalence and clinical profiles of 'autoantibody-negative' systemic sclerosis subjects](#). **ClinExpRheumatol**. 2013 Oct 21. [Epub ahead of print]

Case Reports

- Rajadhakshya A, **Mehra S**. Dengue fever evolving into systemic lupus erythematosus and lupus nephritis: a case report. **Lupus**. 2012 Aug;21(9):999-1002. PMID 22354536
- Rajadhyaksha A, Baheti TG, **Mehra S**, Sonawale AS, Jain N. [Dermatomyositis: a rare presentation of HIV seroconversion illness](#). **J ClinRheumatol**. 2012 Sep;18(6):298-300.

- Rajadhyaksha A, **Mehra S**, Kawale J. [Disseminated Strongyloides in systemic lupus erythematosus and antiphospholipid antibody syndrome: a case report.](#) **Int J Rheum Dis**. 2012 Dec;15(6):e159-61
- Rajadhyaksha A, **Mehra S**. Pharyngeal-cervical-brachial variant of Guillain-Barre syndrome with predominant bulbar palsy as the initial presentation of systemic lupus erythematosus and lupus nephritis: a case report **Int J Rheum Dis**. 2012 Dec;15(6):e162-4. Epub 2012 Jul 9.

Abstracts

- Influence Of HLA-DRB1 & DQB1 Alleles On Susceptibility, Clinical Manifestations And Autoantibody Repertoire Of Systemic Lupus Erythematosus In South Indian Tamils **S. Mehra¹**, C.M. Mariaselvam¹, C. Fortier², R. Krishnamoorthy², R. Tamouza², V.S. Negi **Ann Rheum Dis 2015**;74:898 annrheumdis-2015-eular.4903
- Heterogeneity Of Autoantibodies In Systemic Sclerosis: Reconsidering Current Paradigms. **Mehra¹**, **Sonal**, Baron², Murray, Stephenson¹, Mat, Hudson³, Marie, Pope⁴, Janet E., Canadian Scleroderma Research Group, , Fritzler¹, Marvin J. **Arthritis & Rheumatism**, Volume 64, November 2012 Abstract Supplement
- V.K. Jain, P.T. Antony, C.B. Mithun, B.K. Singh, **S. Mehra**, J. Usdadiya, V.S. Negi. AB0559 "Hypokalemic paralysis in primary Sjogren syndrome: is it a distinct clinical subset which requires lifelong potassium supplementation rather than immunosuppressants ? " **Annals of Rheumatic diseases** . 10.1136/annrheumdis-2014-eular.1739

Membership

Medical Council of India (MCI/08-33076)

Fellowships& Memberships of Academic bodies

Life Member of IRA -1015

Professional Associations /Advisory board

- Advisory board of Lilly, Reddy, Janssen

List of Treatments

Doctors Treatment

[Acute Diarrhea Treatment](#)

[Rheumatism Treatment](#)

[Rheumatoid Arthritis Treatment](#)

[Scleroderma Treatment](#)

List of Conditions Treated

Doctors Condition

[mitochondrial-dna-depletion-syndrome](#)

[Multiminicore Disease](#)

[Musculoskeletal Disorders](#)

[musculoskeletal-infections](#)

[Mctd Mixed Connective Tissue Disease](#)

[Paget S Disease Of Bone](#)

[Sjogren S Syndrome](#)

[Polyarteritis Nodosa](#)

[Rheumatic Arthritis](#)

[Rheumatic Complaints](#)

[Systemic Lupus Erythematosis](#)

[Myofibrillar Myopathies](#)

[Systemic Lupus Erythematosus](#)

[Myonecrosis](#)

[Myosin Storage Myopathy](#)

[Myositis](#)

[Myxoid Liposarcoma](#)

Frequently Asked Questions

Where does Dr. Sonal Mehra practice?

Dr. Sonal Mehra practices at Apollo Hospitals, Noida.

Who is Dr. Sonal Mehra?

Dr Sonal Mehra is a renowned Rheumatologist with over 15 years of experience. She practices in Noida at Apollo Hospitals Noida. Dr Sonal Mehra holds a degree in DM Rheumatology & Clinical Immunology. She provides treatments including Disease-Modifying Antirheumatic Drugs (DMARDs), Biologic Therapy, Joint Injections. She specializes in treating conditions like mitochondrial-dna-depletion-syndrome, Multiminicore Disease, Musculoskeletal Disorders.

Why do patients visit Dr. Sonal Mehra?

Patients seek Dr. Sonal Mehra's expertise for Inflammatory Bowel Disease (IBD) treatment, chronic skin allergies, and immunity therapies. For further details, please refer to the doctor's professional profile.

What is Dr. Sonal Mehra's specialization?

Dr Sonal Mehra specializes in Rheumatology. She has expertise in treating conditions such as mitochondrial-dna-depletion-syndrome, Multiminicore Disease, Musculoskeletal Disorders. Her key treatments include Acute Diarrhea Treatment, Rheumatism Treatment, Rheumatoid Arthritis Treatment.

What are Dr. Sonal Mehra's medical qualifications?

Dr Sonal Mehra holds DM Rheumatology & Clinical Immunology, reflecting her comprehensive education in the field of Rheumatology.

How many years of experience does Dr. Sonal Mehra have?

Dr. Sonal Mehra possesses 15 years of experience in rheumatology.

What is Dr. Sonal Mehra's educational background?

Dr. Sonal Mehra holds an MD in General Medicine, an MBBS, and a DM in Clinical Immunology.

Who is a Rheumatologist?

A rheumatologist is a medical specialist, often specializing in internal medicine or pediatrics, trained to diagnose and treat musculoskeletal and autoimmune diseases such as rheumatoid arthritis. They focus on conditions affecting joints, muscles, and the immune system.

What diseases does a rheumatologist treat?

Rheumatologists specialize in treating various musculoskeletal and autoimmune conditions. These include rheumatoid arthritis, osteoarthritis, gout, lupus, spondyloarthropathies, psoriatic arthritis, tendinitis, and chronic back pain.

What symptoms necessitate a rheumatologist consultation?

Consult a rheumatologist for symptoms including back pain, joint pain, rashes, swollen joints, itching or dry mouth, recurrent fevers, skin bruising, joint or back stiffness. These are common indicators requiring specialized rheumatology care.