



HEALTHCARE CONSULTANTS ASIA



Healthy Wealthy

2025

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TABLE OF CONTENTS

- 
- A detailed anatomical illustration of a human brain is positioned on the left side of the page, partially overlapping the red content area. The brain is shown from a lateral perspective, highlighting the gyri and sulci of the cerebral cortex.
- 01** About Us
 - 02** Greetings
 - 03** Author Introduction
 - 04** Neurorehabilitation
 - 05** Nervous System & Brain's Superpower
 - 06** Rehabilitation Physician
 - 07** Healing & Recovery
 - 08** November Happenings in Malaysia
 - 09** November Happenings in Malaysia
 - 10** November Happenings in Malaysia



ABOUT HCASB

Healthcare Consultants Asia (HCASB) is a trusted subsidiary of Mudah Healthcare. As experts in third-party medical reporting, HCASB specializes in providing detailed and comprehensive medical assessments that help streamline processes and ensure clarity in claims management.

With a panel of over 130 specialist doctors, HCASB is dedicated to delivering accurate and high-quality reports, offering valuable insights and supporting informed decision-making for our clients. Our reports foster fair, transparent resolutions, reinforcing the integrity and efficiency of the claims process.

HCASB is looking forward to continuing our commitment to excellence in medical reporting, making a meaningful impact on the success of our partners in the industry.

As the Year Winds Down

As the year draws to a close, we are reminded of the challenges, lessons, and milestones this year brought us. We celebrate each progress made, and look forward to new beginnings on the horizon.

At HCASB, we remain committed to bringing excellence, compassion, and integrity into every service we provide continuing to make a difference, one step at a time.

May the year ahead bring continued growth, new opportunities, and meaningful connections for all.

Warmest Regards,

***Dato' Dr. Kantha Rasalingam / Dr. Thiruchelvan Balakrishnan
Dr. Ashwin Balasingam / Datin Chrishini Richards***



Assoc. Prof. Dr. Natiara Mohamad Hashim

Rehabilitation Medicine Specialist

Assoc. Prof. Dr. Natiara Mohamad Hashim is a Rehabilitation Medicine specialist who graduated from the Moscow Medical Academy and completed her postgraduate training in the Master of Rehabilitation Medicine program at the University of Malaya. She has over 10 years of clinical experience in rehabilitation medicine and six years in academia.

Her research interests focus on neurorehabilitation and the integration of technology into rehabilitation interventions, including 3D printing, robotics, and non-invasive brain stimulation. She has published in indexed peer-reviewed journals, contributed to book chapters, and serves as a peer reviewer for several international journals. She is also one of the principal investigators of the NEST Registry, which explores the safety of Neuroaids in real-world clinical settings.

Dr. Natiara recently completed a Clinical Neurorehabilitation Fellowship at the University of Alberta, Canada, where she received advanced training in spasticity management including botulinum toxin injections, intrathecal baclofen therapy, nerve blocks, and multidisciplinary surgical interventions—as well as clinical gait data analysis at the Syncrude Gait Lab, Glenrose Rehabilitation Hospital, University of Alberta, under the supervision of Prof. Dr. Lalith Satkunam.

She is a member of the Malaysian Association of Rehabilitation Physicians, the International Society of Physical and Rehabilitation Medicine, and the Malaysian Society of Neurosciences. Dr. Natiara has been invited as a speaker at national and international conferences and talks and conducts workshops on spasticity management, sharing her expertise with multidisciplinary teams and trainees.

She has also won multiple innovation awards together with her collaborators, particularly in the customization of orthoses aimed at improving functional outcomes and accessibility in rehabilitation. Dr. Natiara is currently serving as an Associate Professor at Hospital Al-Sultan Abdullah and Universiti Teknologi MARA (UiTM), where she is actively involved in clinical services and postgraduate training in Rehabilitation Medicine.



NEUROREHABILITATION

Rewiring the Way Forward

When the brain or spinal cord is injured, everything can change in a heartbeat. A stroke may leave someone unable to lift a spoon. A spinal cord injury may take away the ability to walk. A head injury can turn everyday conversations into impossible puzzles. But recovery doesn't end when the acute treatment is over. In many ways, that's where the real journey begins. This journey is called rehabilitation and it's about restoring function, preserving dignity, and promoting quality of life. Not every patient will regain full independence, but every patient benefits when rehabilitation is applied thoughtfully and early.

More Than Therapy: A Pathway to Recovery

Rehabilitation isn't just therapy. It is a medical specialty focused on improving function, preventing complications, and maintaining health over time. It involves diagnosing impairments, setting realistic goals, and coordinating targeted interventions to help each person reach their best possible level of independence or stability. Crucially, in many neurological conditions, the aim is not always to restore full independence but to prevent complications, preserve residual abilities, and support long-term care in a safe, sustainable way. Rehabilitation physicians work at the heart of a multidisciplinary and transdisciplinary team bringing together therapists, certified prosthetists and orthotists, nurses, psychologists, social workers, and families while also collaborating closely with other medical specialties such as orthopaedics, neurosurgery, and psychiatry. This integrated approach ensures that every intervention is aligned with medical realities, functional goals, and the patient's overall quality of life.

NERVOUS SYSTEM & BRAIN'S SUPERPOWER

When the Nervous System Heals Differently

Neurorehabilitation focuses on conditions that affect the nervous system, including stroke, traumatic brain injury, spinal cord injury, cerebral palsy and degenerative neurological diseases. Its aim is twofold: to maximize recovery potential when possible, and to stabilize and maintain function when recovery is limited. This field has rapidly evolved into one of the cornerstones of modern neurological care, integrating new approaches and technologies that complement traditional rehabilitation methods.

The Brain's Superpower: Rewiring Itself

The human brain has an extraordinary ability to reorganize and rewire itself after injury a process known as neuroplasticity. Rehabilitation harnesses this power by guiding the brain to build useful new neural connections, preventing maladaptive changes like spasticity or abnormal movement patterns, and reinforcing correct motor and cognitive pathways through structured, repetitive and meaningful tasks. When recovery potential is limited, rehabilitation still plays a critical role in preventing secondary complications such as contractures, infections or physical decline.

HCASB KL Forum



REHABILITATION PHYSICIAN

The Maestro Behind the Recovery Journey

Every neurological injury is unique. The rehabilitation physician leads the orchestra of care, coordinating multidisciplinary interventions, recognizing both potential and limitations, and tailoring therapy to fit each patient's recovery profile. Realistic goal-setting is essential. Not every patient will regain full independence, but every patient can benefit from targeted interventions that reduce complications, preserve dignity and improve quality of life.

How Technology Is Redefining Recovery

Rehabilitation today is more than exercise and stretching. It merges traditional therapy with cutting-edge technology. Robotic rehabilitation provides high-intensity, precise and repetitive movement training. Non-invasive brain stimulation enhances neuroplasticity. Brain-computer interfaces open new possibilities for patients with severe paralysis. Virtual reality creates immersive environments that keep patients engaged, motivated and active. Even for patients with severe or permanent impairments, these technologies can help prevent complications, maintain engagement and support caregivers.

Healing Doesn't End at the Hospital Door



Rehabilitation extends far beyond hospital walls. It involves collaboration between health services, social support systems, employers, NGOs and government agencies such as SOCSO, which provides vocational and return-to-work programmes, and JKM, which offers financial and social assistance. This ecosystem supports both patient well-being and long-term care planning.

When Recovery Means Living Well, Not Perfectly

The heart of rehabilitation is not always cure. It is function. Sometimes that means walking again. Sometimes it means maintaining posture, breathing, skin integrity, or the ability to communicate. Rehabilitation helps people do what matters, in whatever capacity is possible, whether through recovery or prevention. Impairment does not equate to disability with the right support, individuals can continue to participate meaningfully in life. This is often the most powerful intervention in chronic disability, allowing people to live with dignity and quality of life.



Hope That Looks Different But Is No Less Powerful



Rehabilitation is where science meets humanity. It can drive remarkable recovery for some, and for others, it can protect their health and dignity over the long term. It is both a medical necessity and a compassionate practice that supports patients and families at every stage of their journey. Rehabilitation is not only about walking again. It is about ensuring the person can live better or decline slower through skilled intervention, innovation and coordinated care.

November Happenings in Malaysia

MEDICAL CONFERENCES & EVENTS

Malaysian Society of Plastic and Reconstructive Surgery Meeting 2025

7 -9 Nov | The Majestic Hotel, Kuala Lumpur
Focused on plastic & reconstructive surgery.

15th Asia Pacific Symposium on Cochlear Implants and Related Sciences (APSCI 2025)

12-15 Nov | Shangri-La Hotel, Kuala Lumpur
ENT / hearing implant speciality.

International Conference on Drug Discovery and Translational Medicine (ICDDTM'25)

22-24 Nov | Hospital Sultan Abdul Aziz Shah
(HSAAS), UPM, Serdang, Selangor
Translational medicine & drug discovery.

Malaysia International Healthcare (MIH) Megatrends 2025

25-27 Nov | Kuala Lumpur Convention Centre (KLCC)
Healthcare innovation / industry expo.

November Happenings in Malaysia

INSURANCE INDUSTRY EVENTS

ASM-CAS-IAAust Joint Seminar 2025

17 – 18 Nov | Pullman Kuala Lumpur
City Centre, Kuala Lumpur
*F*Actuarial / *i*nsurance risk focus.

Marine & Energy Insurance

Risk Management Conference 2025

20–21 Nov | WSpace, Level 28, GTower,
Jalan Tun Razak, Kuala Lumpur
*S*pecialty insurance sector event.

November Happenings in Malaysia

LAW CONFERENCES & EVENTS

5th Annual GRC Asia 2025

(Governance, Risk & Compliance)

24-26 Nov | Kuala Lumpur

Legal, regulation, risk-management focus.

18th APRU Global Health Conference 2025

Mid Nov (TBC) | Universiti Malaya, Kuala Lumpur

*Though medical-health oriented, includes
policy/legal strands.*

HEALTHCARE CONSULTANTS ASIA

2025



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