



HEALTHCARE CONSULTANTS ASIA

# Healthy Wealthy



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# 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.***



# Season's Greetings

As we close another remarkable year, we, Healthcare Consultants Asia would like to extend our heartfelt gratitude and warmest wishes to all our employees, partners, and clients.

As we approach the festive season and the start of a new year, we reflect with immense gratitude on the journey we've undertaken together in 2025. This year has been one of growth, innovation, and resilience, marked by the collective efforts and unwavering dedication of our incredible team, clients, and partners. We are profoundly thankful for the passion, collaboration, and trust that define our organization.

On behalf of the team, we wish you a Merry Christmas and a prosperous New Year filled with happiness, health, and success. Here's to breaking new boundaries and creating a future that inspires us all!

***Warmest regards,***

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





# Dr. Vijayan Manogran

**Consultant Urologist**



Dr. Vijayan Manogran is a Consultant Urologist, specializing in the diagnosis and management of all diseases related to the urinary tract in men and women alike as well as disorders of the male reproductive system.

He holds a Doctor of Medicine degree (MD) from Universiti Malaysia Sarawak (UNIMAS) and a Master of Surgery (MS) in General Surgery from Universiti Malaya (UM), followed by a Master of Board of Urology (Malaysia) and a Fellowship (FRCS) in Urology from Glasgow. He is also a Fellow from the renowned Alfred Hospital in Melbourne, Australia and has completed advanced training in Renal Transplant surgery from Acibadem Hospital in Istanbul, Turkey.

Before joining Columbia Asia, Dr. Vijayan served as a Consultant Urologist at Hospital Kuala Lumpur, where he gained extensive experience managing complex urological cases and performing advanced surgical procedures. He has served and trained extensively all over Borneo as well as in Hospital Selayang prior to that. He has also been actively involved in kidney transplant management, encompassing both donor and recipient surgeries, as well as long-term post-transplant care.

His areas of expertise include kidney stone disease, prostate disorders, urinary tract infections, and minimally invasive urological surgeries. Dr. Vijayan is dedicated to providing compassionate, patient-centered care supported by the latest advances in urological medicine and technology. Currently, he is a resident urologist at Columbia Asia Hospital Setapak and a visiting renal transplant surgeon at Hospital Kuala Lumpur and Sunway Medical Centre in Sunway City.

He is currently the Honorary Secretary of the Malaysian Urological Association (MUA), an executive committee member of the Malaysian Society of Transplantation (MST), a life member of the Malaysian Medical Association (MMA) locally. He is also an active member of the American Urological Association (AUA), European Urological Association (EAU), Urological Association of Asia (UAA), the Societe International Urology (SIU), European Society of Transplantation (ESOT), Asian Society of Transplantation (AST) and The Transplant Society (TTS). He is often invited as a panellist or speaker for many of these local and international meetings.





# LOWER URINARY TRACT SYMPTOMS

## ***Don't Ignore Urinary Symptoms – They're Common and Treatable!***

Have you noticed changes in how you pass urine? Maybe you're going to the toilet more often, waking up several times at night, or feeling like your bladder doesn't empty completely. You might also notice a weaker flow or need to rush to the toilet suddenly. These are known as lower urinary tract symptoms (**LUTS**), a very common issues that affect both men and women, especially as we get older. While they can be inconvenient or embarrassing, most causes are not serious and can be effectively managed.

## ***Understanding Lower Urinary Tract Symptoms***

**LUTS** refers to a group of symptoms related to how the bladder stores and empties urine. They are usually divided into two main types:

**Storage symptoms** include needing to urinate frequently, waking up at night, sudden urges to pass urine, or leakage. **Voiding symptoms** include a weak stream, difficulty starting to urinate, dribbling after finishing, or the feeling that the bladder doesn't fully empty. These symptoms can interfere with daily life, sleep, and confidence. The good news is that there are ways to help.



# WHAT CAUSES LUTS?

In men, the most common cause is an enlarged prostate gland (also called benign prostatic hyperplasia, or BPH). As men age, the prostate can grow and press on the urethra, slowing or blocking urine flow.

In women, changes after pregnancy, childbirth, or menopause can weaken the pelvic floor muscles that help control urination. Hormonal changes, particularly lower estrogen levels after menopause, can also play a role.

In both men and women, urinary tract infections (UTIs), certain medicines, constipation, diabetes, or nerve problems can cause urinary symptoms. Sometimes, the symptoms are simply due to the bladder and urinary system aging naturally.



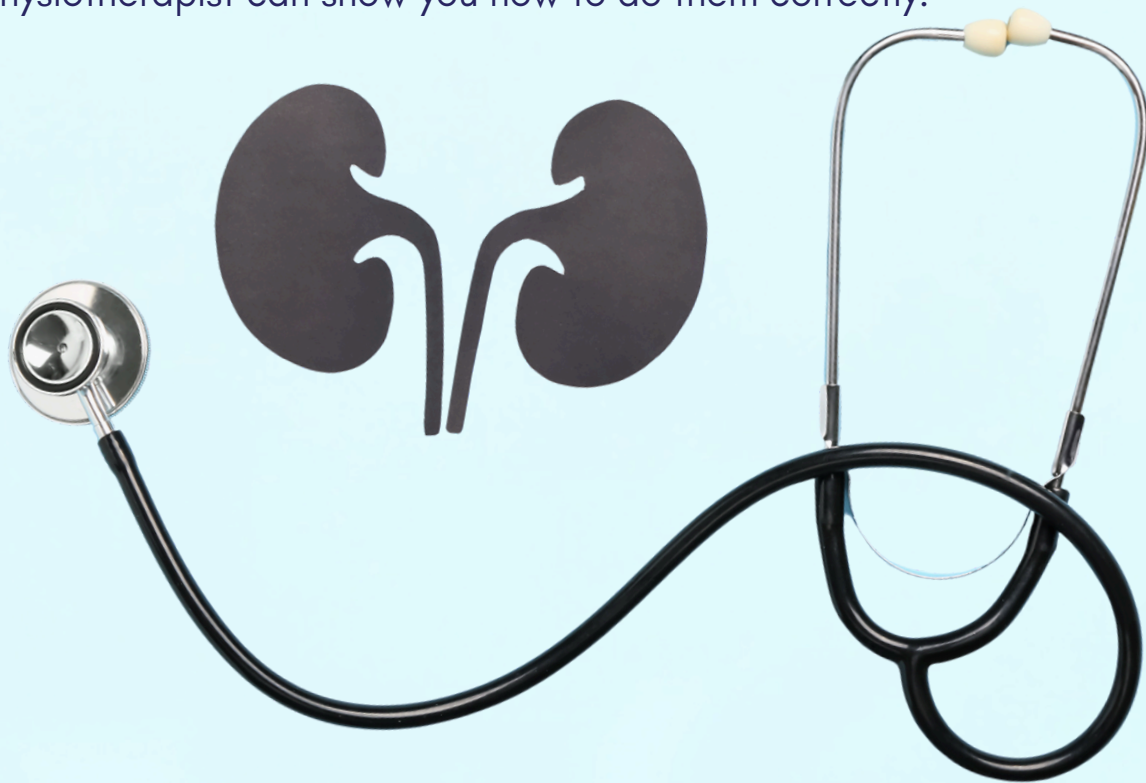






### ***Self-Care and Lifestyle Tips***

Most people can improve their symptoms through small but consistent lifestyle changes. Watch your fluids. Drink enough to stay hydrated but avoid excessive fluids, especially before bedtime. Cut down on caffeine, fizzy drinks, and alcohol. These can irritate the bladder. Keep your body healthy. Maintain a healthy weight and eat a balanced diet rich in fiber to prevent constipation. Regular physical activity supports bladder and bowel health. Train your bladder. Try to gradually increase the time between toilet visits instead of rushing each time you feel an urge. This helps improve bladder capacity and control. Do pelvic floor exercises. These strengthen the muscles that support your bladder and help prevent leakage. Both men and women can benefit. Your doctor, nurse, or physiotherapist can show you how to do them correctly.



### ***Medical Treatments***

If lifestyle adjustments aren't enough, your urologist may recommend medication or simple procedures. For men with prostate enlargement, medicines can relax or shrink the prostate to improve urine flow. For people with overactive bladder symptoms, other medications help calm bladder spasms and reduce frequency or urgency. If there is a blockage, infection, or other specific issue, your urologist will tailor treatment accordingly. In more severe cases, a minor procedure or surgery may be recommended, these are usually safe and very effective. There are various methods of surgery tailor made for different patients, for which your urologist can advise you accordingly.





## LIVING COMFORTABLY WITH LUTS

You don't have to let urinary symptoms control your life. Making small adjustments such as planning toilet visits, avoiding bladder irritants, and doing pelvic floor exercises can help you feel more confident and in control. Keeping a bladder diary can also be useful. Write down how often you urinate, how much fluid you drink, and any leakage or urgency. This helps your doctor understand your symptoms and track progress over time.

Lower urinary tract symptoms are extremely common and nothing to be embarrassed about. They are part of life for many people as they age and can often be managed with simple steps. If you notice changes in your urinary habits, don't suffer in silence. Talk to your urologist. Early assessment and treatment can make a big difference by improving comfort, confidence, and overall quality of life. Remember: a healthy bladder means a happier you!



# December Happenings in Malaysia

## ***LAW CONFERENCES & EVENTS***

### **International Conference on Legal, Security and Privacy Issues (ICLSPI 2025)**

11 Dec | Kuala Lumpur (TBC)

*Covers legal topics including  
privacy, security, compliance.*

### **International Conference on Environmental & Natural Resources Law (ICENRL 2025)**

11 Dec | Kuala Lumpur (TBC)

*Environmental and natural resources law discussions.*

### **International Conference on Family Law & Children's Rights (ICFLCR 2025)**

11 Dec | Kuala Lumpur (TBC)

*Family law, child rights,  
legal frameworks & advocacy.*



# December Happenings in Malaysia

## ***MEDICAL CONFERENCES & EVENTS***

### **International Conference on Medicine and Health Sciences (ICMHS 2025)**

11-12 Dec | Kuala Lumpur (TBC)

*General medical & health sciences research.*

### ***Marine & Energy Insurance Risk Management Conference 2025***

15-19 Dec | Kuala Lumpur (TBC)

*Healthcare innovation,  
system improvement, leadership.*



# December Happenings in Malaysia

## INSURANCE INDUSTRY EVENTS

### **Medical Insurance Conference 2025**

8-12 Dec | Kuala Lumpur (TBC)

*Focused on medical insurance, health plans, and  
insurance sustainability.*



HEALTHCARE CONSULTANTS ASIA

2025



## Stay Connected With HCASB

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