



Healthy Wealthy

General Surgery Insights:
Prevention, Detection & Management

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ABOUT US

Vision

To be the region's most trusted provider of specialist medical services, delivering accurate expertise and second opinions through a comprehensive network of medical specialists across Malaysia and Asia.

Mission

To uphold and advance our specialist medical advisory standards through global best practices, proactive engagement with clients and partners, and strict credentialing of our specialist panel.

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.

From The Desk of Nishanthini Govindaras

Welcome to the June edition of Healthy Wealthy by HCA

As we progress through the year, our commitment remains focused on advancing patient care through clinical excellence, early intervention, and multidisciplinary collaboration. This month, we are pleased to spotlight the field of **General Surgery**, a vital specialty that plays a significant role in the prevention, detection, and management of a wide range of medical conditions.

June's edition features **our Specialist of the Month, Dr. Naveendran**, whose expertise in General Surgery reflects a strong dedication to delivering comprehensive and patient-centered care. From early diagnosis to surgical management and long-term recovery, his work encompasses a broad spectrum of conditions that impact patients' health and quality of life.

Dr. Naveendran's insights provide valuable perspectives into the clinical decision-making involved in surgical care. His emphasis on timely detection, evidence-based treatment planning, and preventive management is especially relevant in understanding medical necessity, treatment outcomes, and recovery expectations across various surgical conditions. His perspectives offer stakeholders a deeper understanding of patient evaluation, treatment pathways, and the importance of early intervention in achieving optimal clinical outcomes.

I hope you find this month's insights both informative and inspiring. As always, thank you for being a part of our community and for your continued trust in Healthcare Consultant Asia.

Warm Regards,

Nishanthini Govindaras

Operations Manager

HCASB



Dr. Naveendran

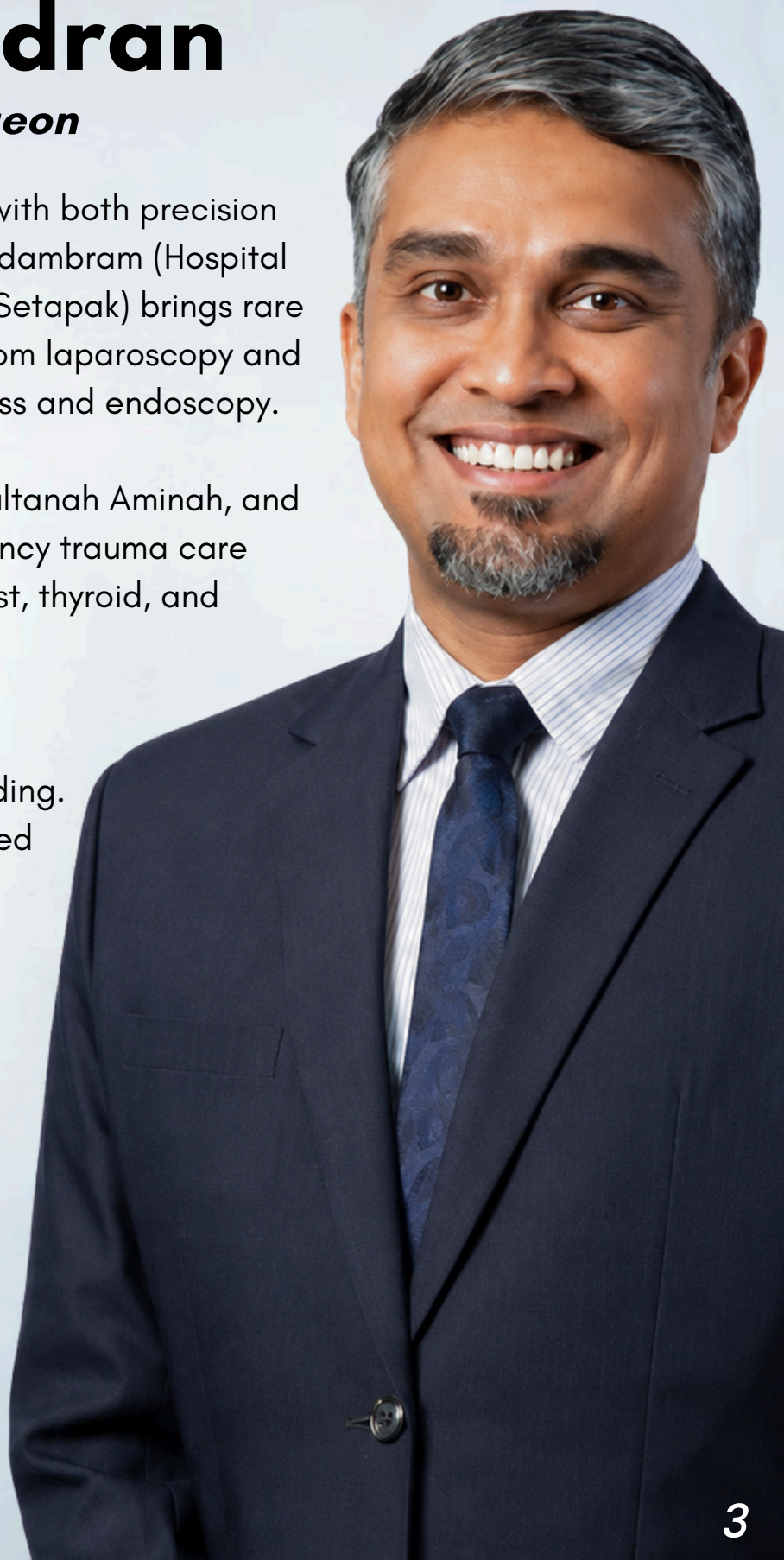
Consultant General Surgeon

A general surgeon who operates with both precision and pedagogy, Dr. Naveendran Sidambram (Hospital Serdang, Columbia Asia Hospital Setapak) brings rare breadth to the operating table, from laparoscopy and colorectal surgery to dialysis access and endoscopy.

Trained across UMMC, Hospital Sultanah Aminah, and Hospital Miri, he balances emergency trauma care with elective procedures like breast, thyroid, and hernia surgery.

But what truly sets him apart is his commitment to patient understanding. His published randomized controlled study on handout-assisted versus verbal consent is reshaping how surgeons inform and reassure patients.

Whether teaching trainees or following up in clinic, Dr. Naveendran proves that excellent surgery doesn't end with the last suture, it continues through every conversation.



UNDERSTANDING THYROID LUMPS: WHEN SHOULD YOU BE CONCERNED?

By Dr. Naveendran



Discovering a lump in the neck can be alarming for many people. One of the more common causes of a neck swelling is a thyroid lump, also known as a thyroid nodule. While most thyroid nodules are benign (non-cancerous), some may require further investigation and treatment.

With increasing use of medical imaging and health screening, thyroid nodules are being detected more frequently than before. Public awareness is important because early assessment can help identify significant conditions early while also reassuring patients when the lump is harmless.

What is the Thyroid Gland?

The thyroid is a butterfly-shaped gland located at the front of the neck. It produces hormones that regulate metabolism, energy levels, heart rate, body temperature, and many other important bodily functions. A thyroid lump or nodule refers to an abnormal growth within the thyroid gland. Some patients may have a single lump, while others may have multiple nodules.

Are Thyroid Lumps Common?

Yes. Thyroid nodules are relatively common, especially among women and older individuals. Studies suggest that thyroid nodules can be detected in up to 50% of adults through ultrasound examination, although many remain small and asymptomatic. Fortunately, the majority of thyroid nodules are benign.

Causes and Symptoms of Thyroid Lumps

Common Causes of Thyroid Lumps

Only a small percentage of thyroid nodules are cancerous, but proper medical evaluation is important to determine the nature of the lump. Thyroid nodules may occur for several reasons, including:

- Benign thyroid nodules
- Thyroid cysts
- Multinodular goitre
- Inflammation of the thyroid gland (thyroiditis)
- Iodine deficiency
- Thyroid adenoma
- Thyroid cancer

Common Symptoms

Many thyroid nodules cause no symptoms and are discovered incidentally during health screening or imaging performed for unrelated reasons. However, some patients may notice **Neck Swelling or Lump**; a visible or palpable swelling at the front of the neck is the most common presentation. **Difficulty Swallowing or Breathing**; Large nodules may compress surrounding structures. **Hoarseness of Voice**; Persistent voice changes should not be ignored. **Symptoms of Thyroid Hormone Imbalance**; Some nodules may produce excess thyroid hormone, leading to palpitations, weight loss, excessive sweating, and tremors. Others may be associated with reduced thyroid hormone levels.

When Should You Seek Medical Attention?

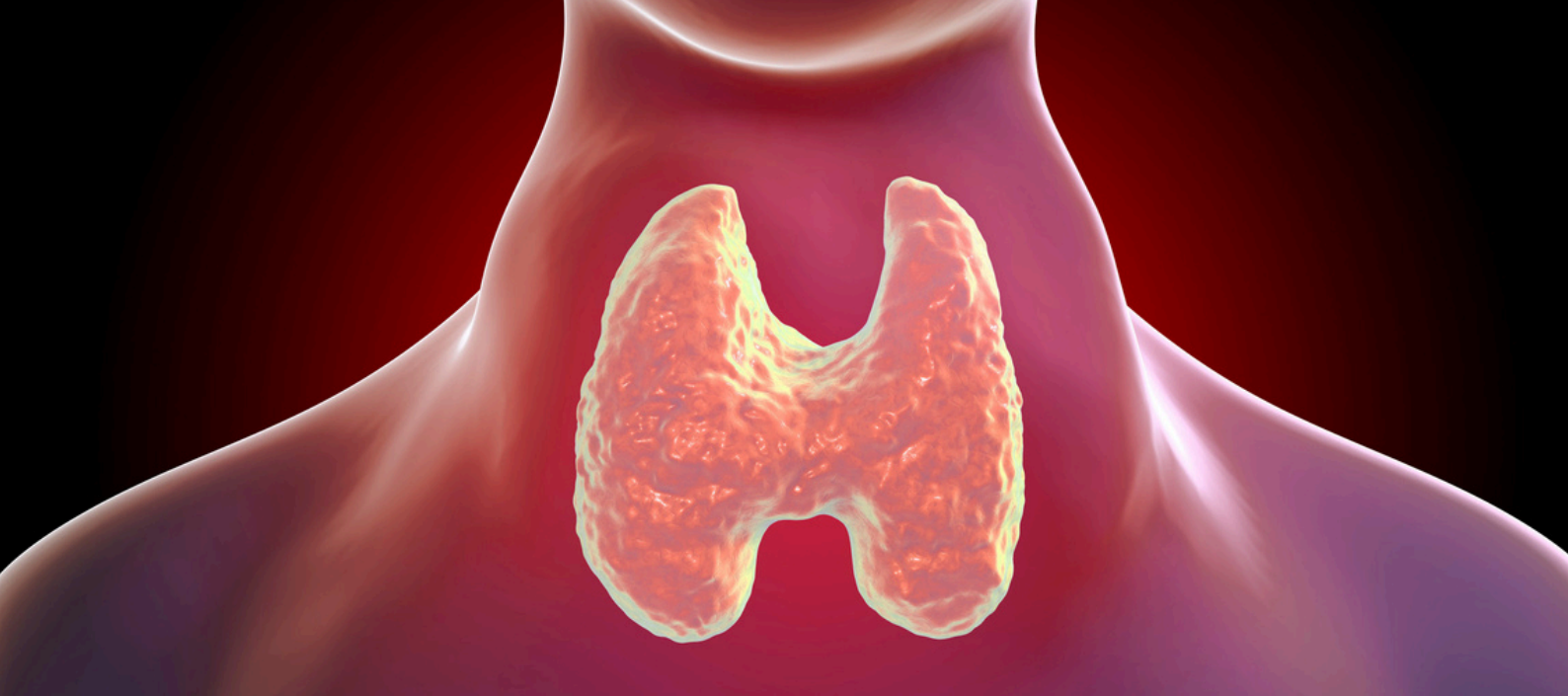
Medical evaluation is recommended if a neck lump persists or enlarges, the swelling becomes painful, there is difficulty swallowing or breathing, persistent hoarseness develops, there is family history of thyroid cancer, enlarged lymph nodes are present. Although most thyroid nodules are not cancerous, early assessment remains important.

How Are Thyroid Lumps Investigated?

Evaluation usually includes Clinical Examination, Blood Tests, Ultrasound Examination and Fine Needle Aspiration Cytology (FNAC) where a thin needle is used to obtain cells from the nodule for microscopic examination. FNAC is a safe and commonly performed procedure that helps determine whether the lump is benign or suspicious.



Thyroid : A Treatable Disease



Treatment depends on the nature, size, symptoms, and biopsy findings of the thyroid lump. Thyroid surgery may involve removal of part or all of the thyroid gland depending on the condition. Surgery may be recommended when the nodule is suspicious or cancerous, the lump causes pressure symptoms, the swelling becomes very large, cosmetic concerns arise, overactive thyroid nodules are present.

Thyroid Cancer: A Treatable Disease

One important point to remember is that most thyroid cancers, especially when detected early, have excellent treatment outcomes. Advances in imaging, surgery, and long-term monitoring have significantly improved survival rates. This reinforces the importance of early medical assessment rather than delaying evaluation out of fear.

Thyroid lumps are common and are usually benign, but they should never be ignored. Persistent neck swelling, voice changes, or swallowing difficulties warrant medical attention. Early evaluation through clinical examination, ultrasound, and appropriate investigations can provide reassurance or facilitate timely treatment when needed.

Not every thyroid lump is dangerous but every persistent lump deserves proper assessment.

COLON CANCER AWARENESS: EARLY DETECTION SAVES LIVES

By Dr. Naveendran

Colon cancer, also known as colorectal cancer, remains one of the most common cancers worldwide and is a major cause of cancer-related deaths. Despite advances in treatment and screening, many patients continue to present at a late stage due to lack of awareness, fear, embarrassment, or the misconception that symptoms are merely related to “gastric problems” or haemorrhoids. The encouraging reality, however, is that colorectal cancer is one of the most preventable and treatable cancers when detected early. Through public awareness, timely screening, and early medical evaluation, lives can be saved.

What is Colon Cancer?

Colon cancer develops from the inner lining of the large intestine (colon) or rectum. In many cases, it begins as small non-cancerous growths known as polyps. Over time, some polyps may gradually develop into cancer. This progression usually occurs slowly over several years, which provides an important opportunity for early detection and removal before cancer develops or spreads.

Why Early Detection Matters

One of the biggest challenges with colon cancer is that early-stage disease may produce very few symptoms or no symptoms at all. As a result, many patients only seek medical attention once the disease has progressed. When detected early, treatment is generally more effective and surgery may be less extensive. Survival rates are significantly higher and complications and spread to other organs can be prevented. According to the American Cancer Society, the 5-year survival rate for localized colorectal cancer exceeds 90% when diagnosed early. Unfortunately, survival decreases significantly once the cancer spreads to lymph nodes or distant organs. This highlights the importance of screening even in individuals who feel completely well.



Warning Signs and Symptoms



Although symptoms may vary, several warning signs should never be ignored this includes, bleeding during bowel movements. Bright red or dark blood in the stool should always be medically evaluated. Persistent changes in bowel habits may occur which include persistent constipation, chronic diarrhoea, alternating constipation and diarrhoea, narrow or “pencil-thin” stools and etcetera. Unexplained weight loss and sudden weight loss without changes in diet or exercise may indicate an underlying illness which should not be ignored. Discomfort, cramping, bloating, or a feeling of incomplete bowel emptying may occur. Fatigue or anaemia like slow chronic bleeding from colon cancer may lead to iron deficiency anaemia, resulting in tiredness, dizziness, or weakness. Any persistent or unexplained symptoms should prompt medical assessment.

Who is at Higher Risk?

Certain individuals have a higher risk of developing colorectal cancer. Those age above 45 years, those who has family history of colorectal cancer or polyps, obesity, smoking, excessive alcohol consumption, low-fibre, high-fat diets, sedentary lifestyle, inflammatory bowel disease and etcetera. However, it is important to note that colon cancer can also occur in younger individuals without obvious risk factors. In recent years, there has been growing concern worldwide regarding the increasing incidence of colorectal cancer among younger adults.

The Importance of Screening

Screening allows doctors to detect precancerous polyps or early cancers before symptoms develop. Common screening methods include Stool-Based Tests. These tests detect hidden blood or abnormal DNA changes in stool samples. Colonoscopy which remains as the gold standard for colorectal cancer screening. It allows direct visualization of the colon and enables removal of polyps during the same procedure. CT Colonography and other imaging may also be used in selected cases. Most international guidelines recommend screening beginning from age 45 for average-risk individuals, or earlier for those with strong family history or other risk factors.

Colon Cancer Prevention

Prevention Through Lifestyle Changes

Although not all colorectal cancers are preventable, healthy lifestyle practices may help reduce risk. Recommended measures include, maintaining a healthy weight, regular physical activity, high-fibre diet with fruits and vegetables, limiting processed and red meat intake, avoiding smoking, limiting alcohol consumption. Early medical consultation for concerning symptoms also plays a crucial role.

Breaking the Stigma

One of the reasons colorectal cancer is often diagnosed late is because discussions involving bowel habits, rectal bleeding, or colonoscopy remain uncomfortable topics for many people. Fear, embarrassment, and denial frequently delay diagnosis.

Public awareness and open conversations are essential in changing this mindset. Seeking medical attention early should never be viewed as embarrassing, it may ultimately save a life.

Colon cancer is a serious but potentially preventable disease. Early detection through screening and awareness of warning signs significantly improves outcomes and survival.

Persistent bowel symptoms, unexplained bleeding, or abdominal discomfort should never be ignored. Early detection saves lives.

By encouraging screening, promoting healthy lifestyles, and increasing public awareness, we can reduce the burden of colorectal cancer and improve long-term outcomes for patients.





Selamat Menyambut
Awal Muharram

From all of us at HCASB



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 admin@hcasb.com

WhatsApp or Call to speak to our Medico-Affairs Team

 [018-208 9070](tel:018-208 9070)

Events & Conferences

MEDICAL CONFERENCES & EVENTS

Global Health Security Conference 2026

9 – 12 June | Kuala Lumpur Convention Centre, Kuala Lumpur

5th World Summit on Pediatrics, Perinatology & Emergency Pediatrics Care

18 – 20 June | AC Hotel by Marriott, Kuala Lumpur

APHM International Healthcare Conference & Exhibition 2026

28 – 30 June | Kuala Lumpur Convention Centre, Kuala Lumpur

LAW CONFERENCES & EVENTS

GC Summit Malaysia 2026

30 June | Mandarin Oriental, Kuala Lumpur

International Malaysia Law Conference (IMLC) 2026

June 2026 | MITEC, Kuala Lumpur

INSURANCE CONFERENCES & EVENTS

Malaysia Banking Summit 2026

9 – 10 June | Kuala Lumpur Convention Centre, Kuala Lumpur

Insurance & Risk Management Forum Malaysia

June 2026 | Kuala Lumpur, Malaysia

HEALTHCARE CONSULTANTS ASIA

2026

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Unit 28-12 Level 28, Q Sentral, Jalan Stesen Sentral 2,
Brickfields, 50470 Kuala Lumpur, Federal Territory of
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[03-2276 6681](tel:03-22766681) | [+6018-208 9070](tel:+6018-2089070) | admin@hcasb.com

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