



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 90 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.

Selamat Hari Raya Haji

As Hari Raya Haji approaches, we extend our heartfelt wishes to all who are observing this meaningful celebration. It is a time that reminds us of the values of sacrifice, compassion, togetherness and principles that guide both our personal and professional lives.

We take this opportunity to reflect on the importance of unity, gratitude, and shared purpose. May this festive season bring peace, renewal, and meaningful moments with your loved ones.

We wish you and your families a blessed and joyful Hari Raya Haji.

Warmest regards,

Dato' Dr. Kantha Rasalingam / Dr. Thiruchelvan Balakrishnan

Dr. Ashwin Balasingam / Datin Chrishini Richards



Selamat Hari Raya Haji

Kami ingin mengucapkan salam hormat dan selamat menyambut perayaan yang penuh makna ini kepada semua yang meraikannya.

Hari Raya Aidiladha mengingatkan kita tentang nilai-nilai pengorbanan, keikhlasan, kebersamaan dan prinsip penting yang juga membimbing kita dalam kehidupan seharian dan kerjaya.

Kami mengambil kesempatan ini untuk menzahirkan penghargaan atas semangat perpaduan dan kesyukuran yang terus menjadi asas kepada kejayaan bersama.

Kami mengucapkan Selamat Hari Raya Aidiladha,
penuh dengan keberkatan dan kegembiraan.

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



Dr. Jeyanthi Kulasegarah

Consultant Ear, Nose & Throat (ENT) Surgeon

Dr. Jeyanthi Kulasegarah is a highly qualified Consultant ENT Surgeon with extensive training and experience in Otorhinolaryngology, Head & Neck Surgery, and Paediatric ENT. Her clinical interests span a wide spectrum, including general ENT, hearing loss surgery, sleep medicine, and the management of ear infections in both adults and children.

She has completed advanced fellowships in Paediatric Otorhinolaryngology as well as Neurotology, Otology, and Implantation, equipping her with in-depth expertise in complex ear and hearing conditions.

Dr. Kulasegarah obtained her undergraduate and postgraduate medical education from the prestigious Royal College of Surgeons in Ireland, and went on to earn a PhD in Clinical Medicine from Trinity College Dublin, Ireland.

In recognition of her dedication and outstanding contributions to patient care and clinical excellence, she was awarded the Certificate of Excellent Service by Universiti Malaya in both 2021 and 2023.

Dr. Kulasegarah is passionate about providing high-quality, evidence-based care, with a strong commitment to improving ENT health outcomes for patients of all ages.



Nose Picking: More Dangerous Than You Think

We've all done it at some point, picked our nose out of habit, irritation, or curiosity. But did you know that this seemingly harmless act can have serious consequences?

Why It's Risky

Infection Risk

*Your nasal cavity is home to delicate tissues and blood vessels. Picking can create tiny cuts, which open the door to bacteria like *Staphylococcus aureus*, leading to infections such as nasal vestibulitis or, in rare cases, even dangerous abscesses.*

Nosebleeds

Constant picking can cause frequent nosebleeds, especially if you damage the Kiesselbach's plexus—an area rich in blood vessels near the front of the nose.

Nasal Deformity

Chronic and aggressive nose picking can, over time, damage the nasal septum, even causing it to perforate—leading to structural problems or breathing issues.

Germ Transmission

Fingers carry germs into the nose, but also carry germs out. Touching surfaces after picking can easily spread infections.

A 2006 study showed that frequent nose pickers have a significantly higher risk of colonizing harmful bacteria in their nostrils.

(Wertheim, H. F. L., van Kleef, M., Vos, M. C., Ott, A., Verbrugh, H. A., & Fokkens, W. J., 2006)

Fun Fact

A TIP

If you feel nasal discomfort, opt for saline sprays or consult an ENT specialist. Let's ditch the habit, your nose deserves better care!

Labour's Day Celebration



How Your Ears Help You Walk Straight

YOUR BALANCE CENTER

Inside your inner ear lies the vestibular system. A network of semicircular canals and tiny crystals that detect movement and position. They send signals to your brain to help you stay upright and move smoothly.

WHEN THINGS GO WRONG

- **Benign Paroxysmal Positional Vertigo (BPPV):** Those tiny crystals in your ear get dislodged and confuse your brain, causing sudden dizziness or spinning sensations.
- **Vestibular Neuritis:** Inflammation of the inner ear nerves can lead to severe balance issues and vertigo.
- **Meniere's Disease:** Causes fluid build-up in the inner ear, resulting in vertigo, hearing loss, and ringing in the ear (tinnitus).

SIGNS YOU MAY HAVE A VESTIBULAR ISSUE

- Frequent dizziness or unsteadiness
- Nausea when turning your head
- Trouble focusing or reading while moving

Vestibular Disorders Explained



Celebrating

Birthdays



**At
HCASB**



“TRIPLE S SYNDROME”

Silent Sinus Syndrome

WHAT IS SILENT SINUS SYNDROME ?

You’ve probably heard of sinus infections, but Silent Sinus Syndrome (SSS) is something entirely different and a lot sneakier. SSS is a rare condition where the maxillary sinus (the space behind your cheeks) slowly collapses due to negative pressure. It’s called “silent” because there’s usually no pain or typical sinus symptoms.

SYMPTOMS

- The opening of the sinus becomes blocked.
- Air is absorbed, creating a vacuum.
- Over time, the sinus walls cave in leading to a sunken cheek or drooping eye.

- Sunken or asymmetrical appearance of the cheek or eye
- Double vision
- Nasal congestion (in some cases)

Silent Sinus Syndrome (SSS) typically affects adults between the ages of 30 and 50 and is often discovered incidentally during routine eye or dental check-ups.

Interestingly, it’s commonly misdiagnosed as a cosmetic change or a sign of aging until a CT scan reveals the actual condition. The good news is that treatment is relatively straightforward.

Usually involving a minor endoscopic sinus surgery to unblock the affected sinus and restore normal airflow. While SSS is rare, early diagnosis is important to prevent long-term facial changes and to ensure healthy sinus function.

June Happenings in Malaysia

GENERAL CELEBRATIONS

Gawai Dayak (Harvest Festival)

1-2 June | Sarawak

Celebrated in Sarawak, this festival marks the end of the rice-harvesting season

Hari Raya Haji (Eid al-Adha)

7 June

This religious holiday will be celebrated on June 7, 2025, marking the end of the Hajj pilgrimage season.

World Environment Day

5 June

A UN-recognized day where Malaysians engage in environmental clean-ups, tree-planting, and awareness campaigns.

International Day of Yoga

21 June

Expect yoga sessions, wellness workshops, and public events promoting mindfulness and holistic health.

June Happenings in Malaysia

MEDICAL CONFERENCES & EVENTS

International Conference on Recent Advances in Medical and Health Sciences (ICRAMHS-25)

31 May – 1 June | Malacca (Hybrid)

A platform for researchers, healthcare professionals, and academics to discuss innovations and challenges in medical science.

International Conference on Advances in Health and Medical Science (ICAHMS)

2 June | Kuala Lumpur

Features global insights into health research, policy-making, and interdisciplinary collaboration.

APHM International Healthcare Conference & Exhibition

9 – 11 June | Kuala Lumpur Convention Centre

A major event in the private healthcare sector with talks, exhibits, and networking on hospital management, digital health, and patient care.

June Happenings in Malaysia

LAW CONFERENCES & EVENTS

9th LAWASIA Family Law & Children's Rights Conference

12 – 14 June | Penang

Gathers legal experts, judges, and mental health professionals to discuss family law, child rights, and dispute resolution strategies.

International Conference on Law, Regulations and Public Policy (ICLRPP)

4 June | Kuching

Focuses on evolving legal frameworks, governance trends, and regulatory challenges across Asia.

June Happenings in Malaysia

INSURANCE INDUSTRY EVENTS

14th General Insurance and Takaful Actuarial Seminar (GITAS)

16–17 June | Kuala Lumpur

Hosted by the Actuarial Society of Malaysia, this seminar covers AI in insurance, construction risk, private health, and actuarial innovation.

International Conference on Finance, Banking and Insurance (ICFBI-25)

16–17 June | Kota Kinabalu

An academic and industry gathering discussing trends and technologies impacting finance and insurance sectors.

1st Asian Institute of Insurance Pickleball Tournament 2025

21 June | The Kitch'n Club, Petaling Jaya

A fun and sporty networking opportunity for insurance professionals to connect over a friendly pickleball tournament.

HEALTHCARE CONSULTANTS ASIA

2025



Stay Connected With HCASB

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