



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.***



# Happy Deepavali!

As we celebrate Deepavali, we are reminded of the light that brings families together, the strength that comes from hope, and the beauty of new beginnings. This season of joy and reflection is a chance to cherish our bonds and look forward with renewed spirit.

At HCASB, we carry these values in all that we do, bringing care, support, and dedication to the people we serve.

May the glow of Deepavali fill your homes with happiness, peace, and prosperity.

***Warmest Regards,***

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



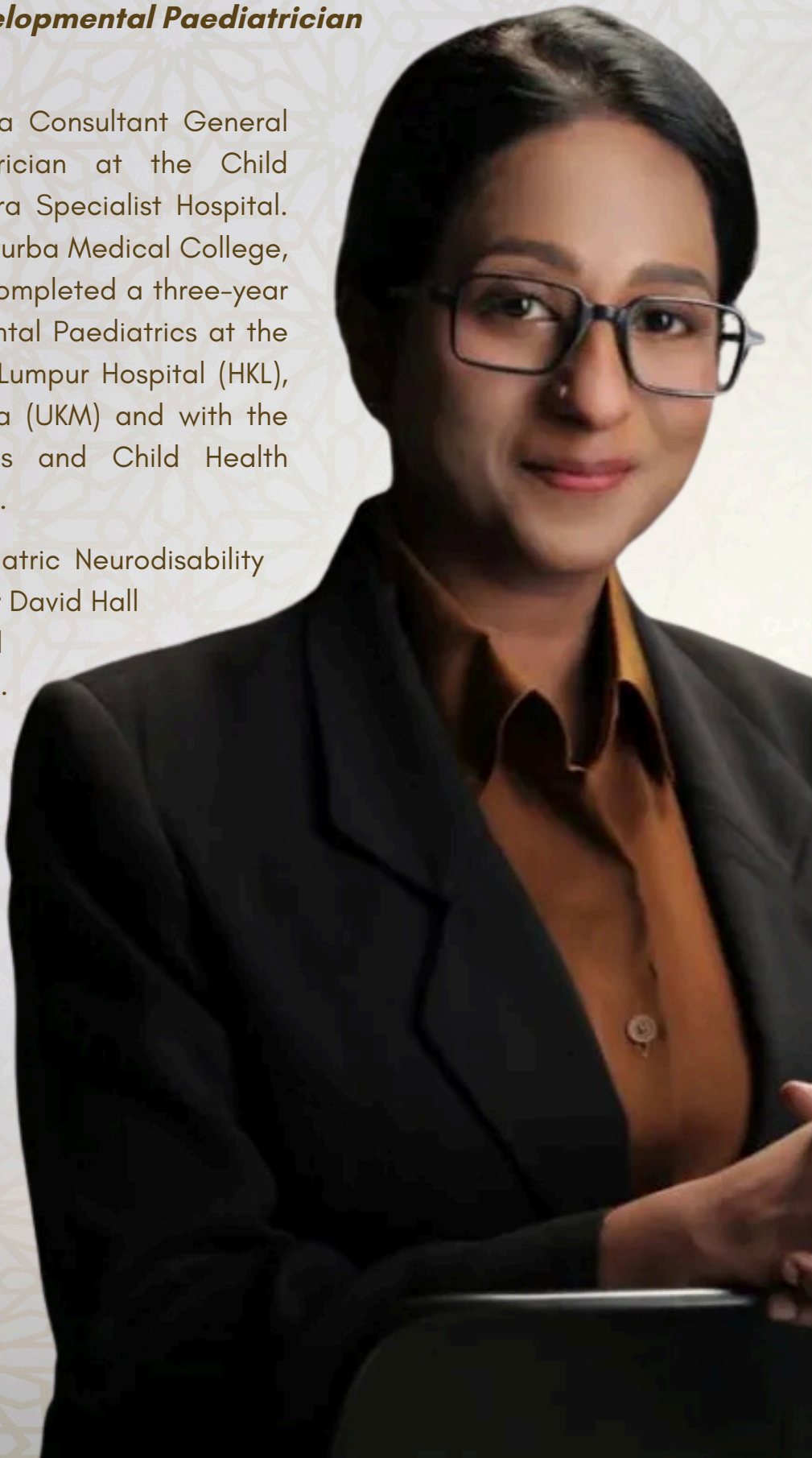


# Dr. Charlotte Jane Joseph

***Consultant General & Developmental Paediatrician***

Dr. Charlotte Jane Joseph is a Consultant General and Developmental Paediatrician at the Child Development Clinic, Damansara Specialist Hospital. She graduated MBBS from Kasturba Medical College, holds the MRCPCH (UK), and completed a three-year Fellowship in Neurodevelopmental Paediatrics at the Institute of Paediatrics, Kuala Lumpur Hospital (HKL), Universiti Kebangsaan Malaysia (UKM) and with the Royal College of Paediatrics and Child Health (RCPCH) in the United Kingdom.

She holds a Diploma in Paediatric Neurodisability (UK) with Distinction and the Sir David Hall Prize Award, and a Professional Diploma in UK Medical Practice. She is Advisor to Persatuan Dyslexia Malaysia, panellist at Permata Kurnia, a committee member of the Malaysian Research and Ethics Committee (MREC) and a life member of the Malaysian Paediatric Association and Malaysian Medical Association. Dr. Charlotte Jane is also a Certified Paediatric Bioethics professional from Children's Mercy Hospital, USA, reflecting her commitment to ethical and family-centred care.





# Neurodevelopmental Paediatrics: Guiding Children and Families Through Growth and Challenges

Neurodevelopmental paediatrics is a subspecialty of child health that examines how the developing brain and nervous system together with a child's environment shape learning, behaviour and everyday functioning. It encompasses the assessment and management of conditions such as autism spectrum disorder, attention-deficit/hyperactivity disorder (ADHD), learning difficulties, speech and language delays, cerebral palsy, dual sensory loss and complex developmental profiles. These conditions are often lifelong but can be significantly improved with timely recognition and appropriate interventions.

Rather than looking only at a single symptom, neurodevelopmental paediatricians take a holistic, child-centred approach by combining medical history, physical and neurological examination, developmental testing, and information from parents, teachers and therapists to understand a child's strengths and challenges. This detailed assessment leads to clear diagnoses, tailored interventions and coordinated support at home, school and in the community. Neurodevelopmental paediatricians also pay close attention to co-existing medical or mental health issues such as epilepsy, anxiety, or sleep disturbances, which can affect a child's progress.







Because neurodevelopmental issues often overlap, this field is inherently multidisciplinary. Neurodevelopmental paediatricians work closely with speech and language therapists, occupational therapists, psychologists, educators and community organisations to design individualised care plans.

The goal is not only to manage symptoms but also to help children develop life skills, social relationships and confidence. Early recognition and intervention can greatly improve outcomes and empower families. At every stage, we emphasise collaboration with parents so that they become active partners in their child's journey.



Neurodevelopmental paediatricians also play an important role in supporting schools, NGOs and policy makers by providing objective assessments and clear, evidence-based reports. These reports can inform educational planning, therapy programmes, benefits applications and other decisions that directly affect a child's future.



As I often remind families and colleagues:  
***“Thorough, evidence-driven evaluations build trust between families, schools and clinicians.”*** At the Child Development Clinic, Damansara Specialist Hospital, I strive to make neurodevelopmental assessments accessible, evidence-based and family-friendly. My goal is always to help each child reach their full potential and to support the families and professionals who care for them.





**HCASB**

**MERDEKA**



**Celebration**





# Sleep Problems in Children:

## *Why Rest Matters More Than You Think*



Sleep plays a vital role in a child's growth, learning, and behaviour. Yet, many children struggle with sleep disturbances such as insomnia, restless sleep, night terrors, or sleep-disordered breathing. These issues can affect school performance, mood, and even physical health.

Paediatricians assess sleep concerns by looking at bedtime routines, daily habits, and medical factors like enlarged tonsils or allergies. Solutions range from improving sleep hygiene (consistent schedules, reducing screen time) to medical interventions when needed. Parents are also guided on recognising red flags such as snoring, pauses in breathing, or frequent awakenings.



Good sleep is essential for brain development. With early recognition and appropriate interventions, many sleep problems can be resolved helping children wake refreshed, focus better, and thrive both at home and in school.



# October Happenings in Malaysia

## **INSURANCE INDUSTRY EVENTS**

### ***Liability Insurance Seminar (LIS 2025)***

15 Oct | Level 1, AICB Building, Kuala Lumpur

*Full-day seminar on liability insurance, claims handling, ESG/AI & risk topics useful for insurers, underwriters, legal teams.*

### ***ASM-SOA Joint Seminar / Actuarial Events***

3-4 Oct | Kuala Lumpur

*Actuarial & insurance professional seminars.*

### ***AICB workshops & compliance modules***

Across Oct | Kuala Lumpur (AICB)

*Regulatory & compliance workshops  
(e.g., CAM/CRCOP)*



# October Happenings in Malaysia

## **LAW CONFERENCES & EVENTS**

### **38th LAWASIA Conference 2025**

*11-13 Oct | Hanoi*

*Major Asia-Pacific legal conference networking  
& panels for law firms and in-house counsel.*

### **5th UiTM International Conference on Law & Society**

*7-8 Oct | Shah Alam, Selangor*

*Academic conference for law & society topics.*



# October Happenings in Malaysia

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

### **AO CMF Course: Management of Facial Trauma**

25-26 Oct | venue TBC

*Surgical course for maxillofacial/facial trauma  
management // ENT, OMFS.*

## ***PUBLIC & REGIONAL HOLIDAY***

20 Oct | Deepavali

11 Oct | Birthday of the Governor of Sarawak

## ***MORE MEDICAL CONFERENCE AND EVENTS***

[https://www.emedeevents.com/malaysia-medical-  
conferences?](https://www.emedeevents.com/malaysia-medical-conferences?)



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2025



## Stay Connected With HCASB

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