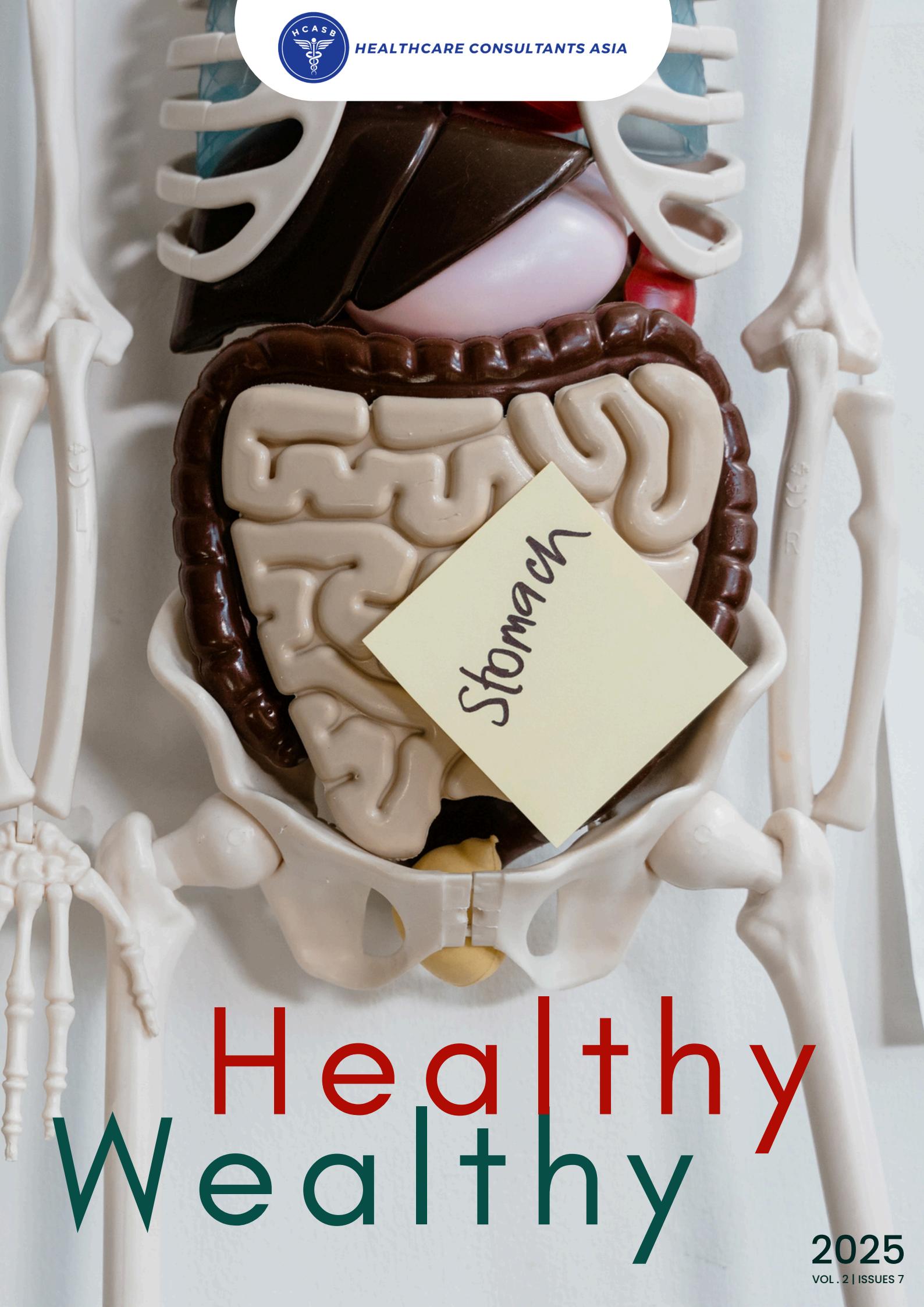




HEALTHCARE CONSULTANTS ASIA



Healthy
Wealthy

2025

VOL. 2 | ISSUES 7

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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.

68 MERDEKA

Selamat Menyambut Hari Kemerdekaan.

Sambutan Hari Kebangsaan ke-68 ini mengingatkan kita tentang nilai-nilai ketabahan, integriti, dan semangat patriotisme yang menyatukan rakyat Malaysia. Sepertimana negara kita teguh dengan semangat perpaduan, kami juga kekal beriltizam untuk berkhidmat dengan penuh dedikasi, meningkatkan kualiti hidup, dan membina masa depan yang lebih sihat dan sejahtera untuk seluruh rakyat Malaysia.

Semoga semangat Merdeka ini terus menyemarakkan inspirasi kepada semua rakyat Malaysia untuk terus melangkah bersama sebagai satu negara, satu hati, dan satu tujuan.

Salam hormat,

Dato' Dr. Kantha Rasalingam | Dr. Thiruchelvan Balakrishnan

Dr. Ashwin Balasingam | Datin Chrishini Richards



68 MERDEKA

Happy National Day.

As we celebrate Malaysia's 68th National Day, we are reminded of the enduring values of perseverance, integrity, and patriotism that unite us as Malaysians. Just as our nation's strength is built on unity, we remain steadfast in our commitment to serve with dedication, enhance the quality of life, and build a healthier, happier future for all Malaysians.

May the spirit of Merdeka continue to inspire us to move forward together as one nation, one heart, and one purpose.

Warmest regards,

Dato' Dr. Kantha Rasalingam | Dr. Thiruchelvan Balakrishnan

Dr. Ashwin Balasingam | Datin Chrishini Richards



Dr. Andrea Ooi Se En

Bariatric and Metabolic Surgeon



Dr. Andrea Ooi Se En graduated from Kastuba Medical College, Mangalore, India in 1996. Thereafter, she returned to her home country Malaysia to pursue her interest in weight management. On her return to her home country, she commenced the Andrea Bariatric Surgery clinic. Dr. Andrea has helped many individuals achieve and sustain their ideal weight through bariatric surgery. She also helps those with metabolic diseases gain back their health. Her work focuses mainly on improving and advancing the efficiency and methods of Bariatric and Metabolic Surgery. She believes in improving herself and collaborating with other colleagues in the industry.

Dr. Andrea is the first surgeon to perform pediatric bariatric surgery in Malaysia for an obese child. Dr. Andrea is also a Clinical Assistant Professor of UTAR and a visiting Consultant Bariatric and Metabolic Surgeon for the Ministry of Defence Hospital in Malaysia.

She subsequently served in various disciplines within the Ministry of Health including General Surgery, General Medicine, Orthopaedic, Obstetrics and Gynaecology and Psychiatry prior to specialising in General Surgery from University Kebangsaan Malaysia, Malaysia. After completing her Master's Degree in General Surgery, she continues to develop her surgical skills in minimally invasive Laparoscopic Surgery.

METABOLIC & BARIATRIC SURGERY

Metabolic & Bariatric Surgery

These two words are actually tied to something that's changing lives all over the world which is weight-loss surgery.

Bariatric surgery is a group of surgeries designed to help people lose weight by changing how the stomach and/or digestive system works. These surgeries are usually for people who have struggled with obesity for a long time, even after trying diet, exercise, or medication. It's not about "looking slim" but it's about getting healthy.

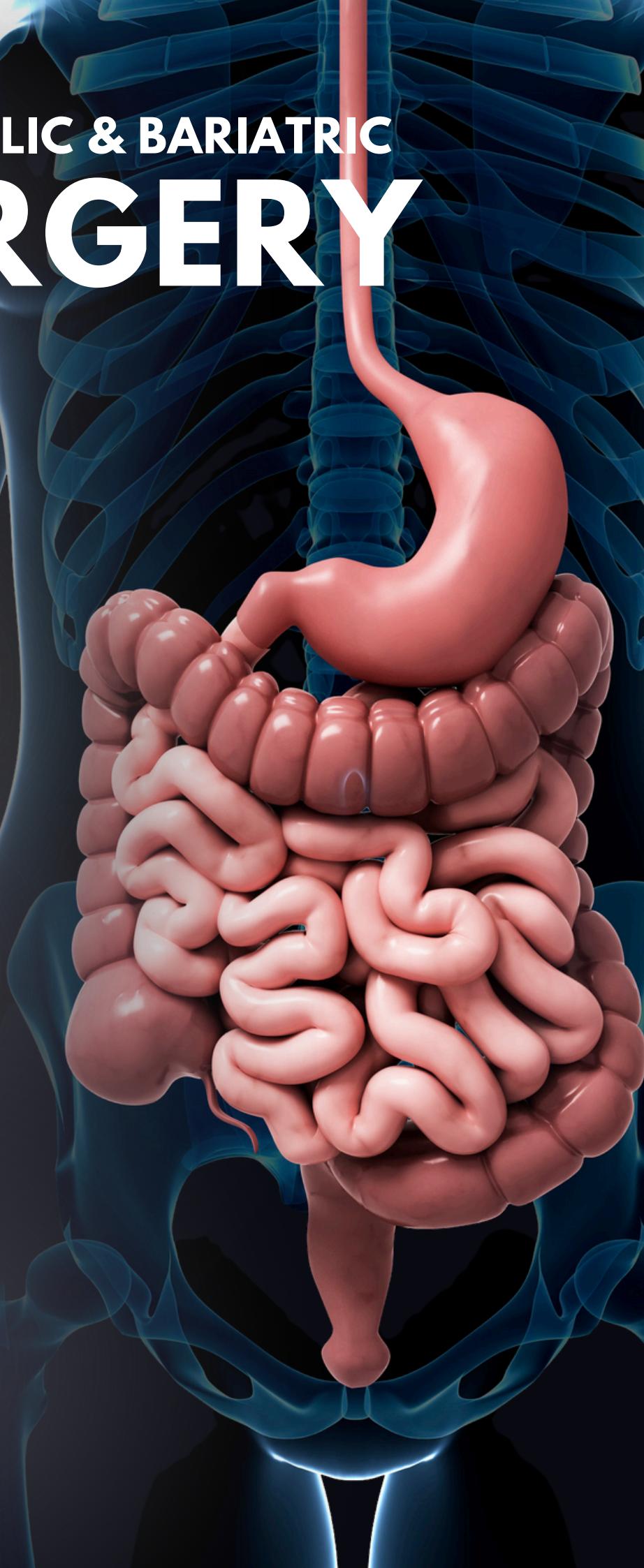
Metabolic surgery is a broader term that includes bariatric surgery but it focuses more on treating health problems related to metabolism, like:

- Type 2 diabetes
- High blood pressure
- High cholesterol
- Sleep apnea

There are different types of metabolic and bariatric surgeries, but the most common ones are:

- Gastric bypass: Makes your stomach smaller and changes how your body absorbs food.
- Sleeve gastrectomy: Removes part of your stomach so you feel full faster.
- Mini gastric bypass: A simpler version of the full bypass, with similar effects.

These changes affect hunger hormones, how much you eat, how your body uses energy, and even how your brain thinks about food.



YOUR BODY YOUR TEMPLE

Human being is highly specialised organism in the earth. We are distinguished by having thought, and abstract reasoning. Human body is a single structure, made up from billions of smaller structures (cells, tissues, organs, and systems).

Healthy wellbeing live process embraces differentiation, organization, responsiveness, movements, growth, reproduction, respiration, digestion, and excretion.

Body organs are unique amazing machine ceaselessly working together in well-organized manner for body's maintaining or restoring homeostasis, a state of relative constancy, of its internal environment to maintain life.

Environment contamination, unhealthy lifestyle makes the organs work harder in order to maintain health. In general body's ability to perform many of its function's changes gradually over the years.

Disease such as diabetes, hypertension, cancer etc manifest when there is a disruption of the balance in these processes.

DO TAKE CARE OF YOUR BODY AND LIVE WELL!

Together,



We Are



HCASB!



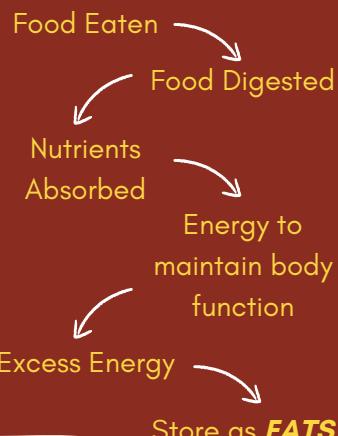
CALORIES IN-N-CHAOS OUT

FOOD IS ESSENTIAL TO LIFE; EATING IS OUR DAILY ROUTINE!

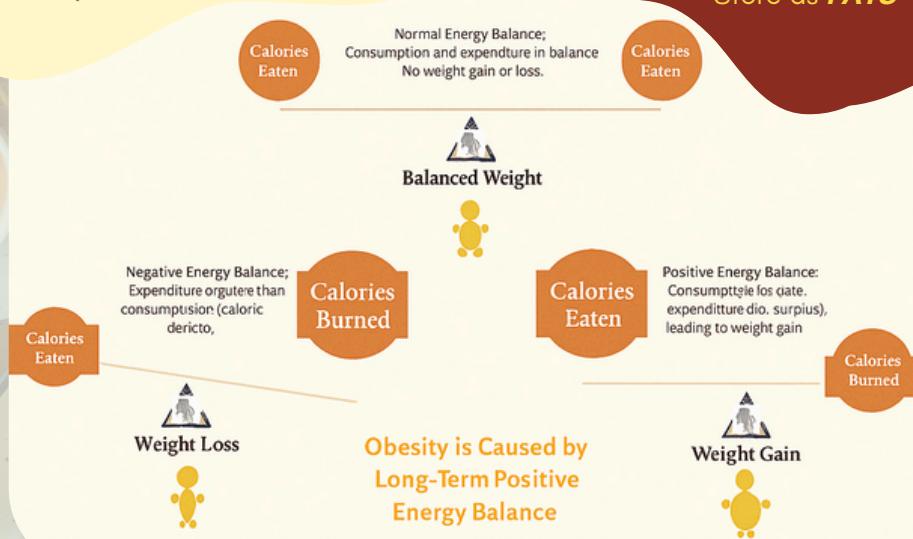
To maintain constant homeostasis for our wellbeing, we must consume food. With the revolution of food industries and changes of social environment and modern lifestyle, excessive food intake has raised the issue of obesity as global health crisis.

Why are the health care provider concerned about obesity, this is due to the impact of the excess fat bring about the on to various organs of our body significantly affecting our quality of life and life expectancy

Why do we need to EAT



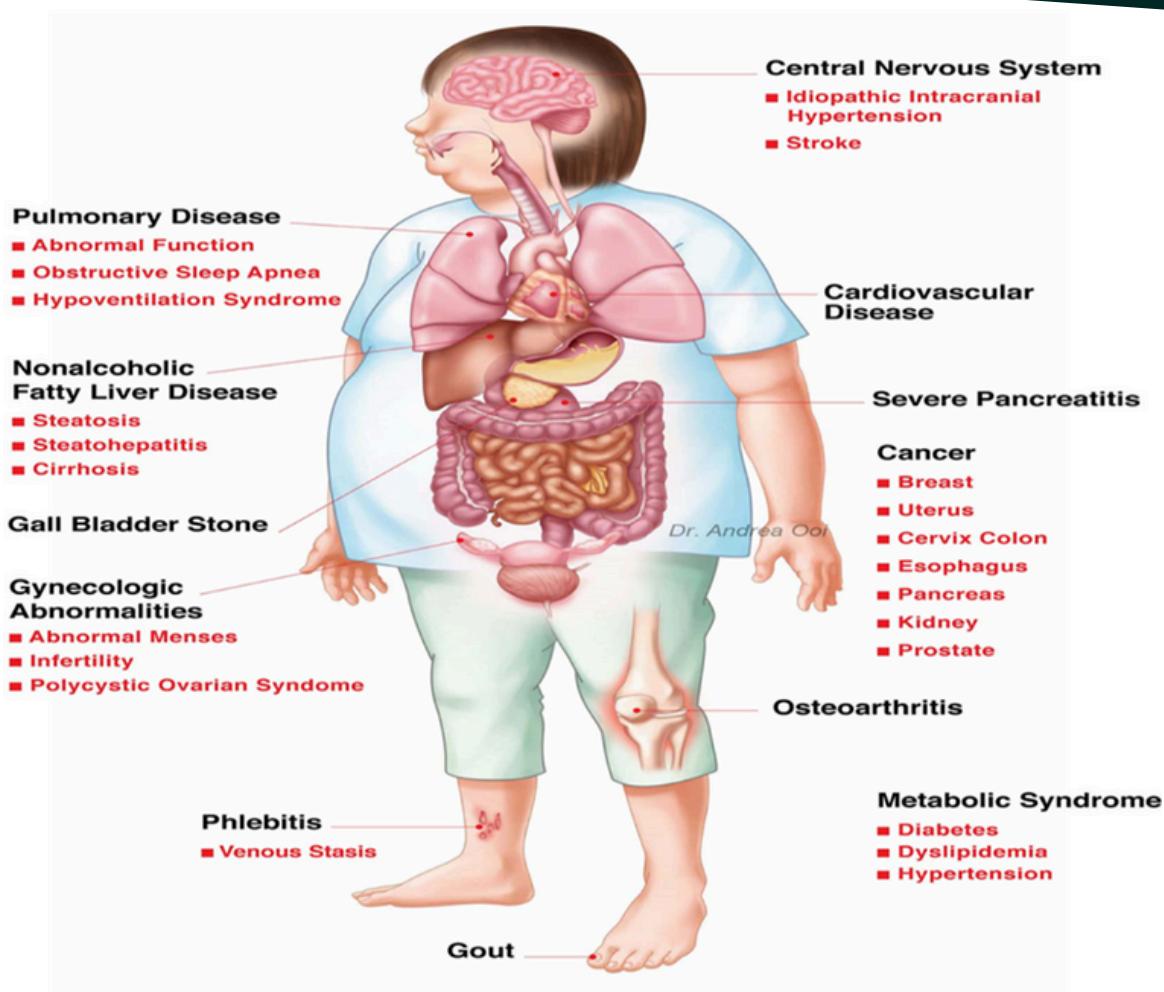
OVERWEIGHT & OBESITY



WEIGHT LOSS

more than just a willpower

Weight lost is easy to say but difficult to do! Especially to maintain the lost weight. In order to achieve prolong sustain weight lost. The understanding of the principle of energy balance (calories in and calories out) is a rule! Macronutrients and micronutrients is essential for healthy weight lost and maintenance. The diagram illustrate to you the excess fat can cause problem to your whole body. In fact obesity is an external manifestation of the internal disease.



August Happenings in Malaysia

Category	Event / Conference	Dates	Venue & City
Medical	Annual Scientific Congress 2025 (College of Physicians Malaysia)	1-3 Aug	Medical Academies Malaysia, Presint 8, Putrajaya (Academy of Medicine of Malaysia, Marim)
Medical	Malaysian Thoracic Society Annual Congress 2025	14-17 Aug	Kuala Lumpur Convention Centre, Kuala Lumpur (Academy of Medicine of Malaysia)
Medical	2nd National Conference of Children's Palliative Care Malaysia	21-23 Aug	Putrajaya International Convention Centre, Putrajaya (Academy of Medicine of Malaysia)
Medical	58th Malaysia-Singapore Congress of Medicine together with 7th EMAS	22-24 Aug	Shangri-La Hotel, Kuala Lumpur (Academy of Medicine of Malaysia)
Medical	International Conference on Medical and Health Sciences (ICMHS)	21-22 Aug	Kuala Lumpur (venue TBC) (Conference Index, Conference Index)
Medical	9th Asia-Oceanian Conference of Physical & Rehabilitation Medicine (AOCPRM)	21-23 Aug	Penang (venue TBC) (ao prm2025.com)
Medical	International Conference on Pediatric, Oncology and related medical fields - various parallel events	through Aug (21 Aug)	Kuala Lumpur, Malacca, Ipoh, Kota Kinabalu, Kuching, Putrajaya (multiple niche ICMHS-related events) (All Conference Alert, Academy of Medicine of Malaysia, All Conference Alert)
Law	International Conference on Law & Legal Institutions (ICLLI)	21-22 Aug	Kuala Lumpur (venue TBC) (Conference Index, Conference Index)
Insurance / Risk Management	MARIM International Conference 2025	Aug (TBC)	Amcorp, Menara Melawangi, Petaling Jaya, Selangor (Marim)

HEALTHCARE CONSULTANTS ASIA

2025



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