

## NCHS Moves to Reduce NCDs As Over 50,000 People Are Targeted For Screening



**DR. WISDOM AMEGBLETOR,**  
Group CEO of NCHS

New Crystal Hospital in partnership with the Ashaiman Municipal Assembly and the Ashaiman Health Directorate have jointly launched a flagship programme aimed at fighting Non-Communicable Diseases (NCDs) within the Ashaiman enclave.

The programme which was officially launched on Thursday March 26, 2026, is to among other things improve good health among residents of the municipality, particularly the youth.

Over fifty thousand (50,000) people are targeted to benefit from the programme, themed “Ashaiman Rising in Good Health - Prevent Today, Live Tomorrow”. The collaborative exercise is expected to cover all the seven (7) zonal councils of Ashaiman and would run through to November 2026. The beneficiaries would be screened freely for cases such as Hypertension, Diabetes, kidney-related conditions and obesity among others.

Beneficiaries will receive medications under the National Health Insurance Scheme (NHIS) whilst those with chronic cases would be referred to the Mahama Care Centre for further medical attention.

The team of health officers would not only screen the people but would also engage extensively in public health education where the people would be sensitized on general health practices to prevent diseases.

The occasion was used to screen hundreds of people free-of-charge. Speakers at the well-patronised event included Dr. Wisdom Amegbletor, Chief Executive Officer of New Crystal Health Services (NCHS), Mr. Freeman Tsekpo, the Municipal Chief Executive for Ashaiman and the chief of the area, Nii Annan Adjor.

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## TODAY IS WORLD HEALTH DAY

Countries all over the world, including Ghana, are commemorating this year’s World Health Day under the theme, “Together for Health. Stand with Science”. This year’s theme focuses on celebrating the power of scientific collaboration to protect the health of people, animals, plants and the planet. The World Health Organisation (W.H.O) set April 7 every year for countries the world over to observe the day.



**Aerobics such as this helps you to stay fit at all times**

# News Tit-Bits

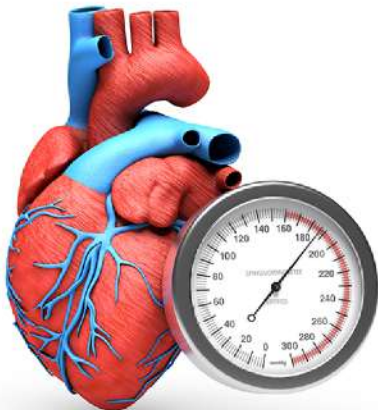
## 800 PEOPLE LIVE WITH KIDNEY DISEASE IN GHANA

Statistics from the Renal Unit of the Korle-Bu Teaching Hospital indicate that as many as eight hundred (800) people are living with kidney-related disease in the country.

Calls have been made for stronger national commitment to tackling the disease through policy support, public awareness and investment in healthcare infrastructure. Globally, the disease is among the leading cause of death, with millions of people requiring dialysis or transplantation to survive.

The call was made during the commemoration of this year's "World Kidney Day" in Accra.

Risk factors include Hypertension, diabetes, obesity and untreated infections. Many patients are diagnosed at advanced stages, when treatment options are limited and costly. The disease is largely preventable and manageable when detected early. Reports are that the late reporting time could be due to low awareness, limited screening as well as financial barriers.



## MANAGING HYPERTENSION

Hypertension, also known as High Blood Pressure is basically when the pressure in the blood vessels is too high. Though it is common to control hypertension, it can be serious if not treated. People with high blood pressure may generally not feel symptoms. The only way to know you have the condition is to get your blood pressure checked.

Managing hypertension involves a combination of lifestyle changes and if necessary, medications to maintain it within a healthy range. High blood pressure is mainly caused by lifestyle factors like high salt intake, lack of physical activity, smoking, obesity and sometimes genetics. Hypertension occurs when the force of blood against the artery walls is consistently too high, often caused by stiffening arteries, stress or underlying conditions like Kidney disease.

Controlling this condition involves adopting a heart-healthy lifestyles including reducing salt intake, engaging in moderate aerobics, losing excess weight, managing stress, and adhering to prescribed medication. The consumption of fresh fruits and vegetables as well as low-fat dairy products is recommended to lower hypertension.

# Photo News

## Ashaiman Campaign Program in Pictures



# CRYSTAL WORD PUZZLE

B Z N K H N H P C B T H X W Q P G E K C G B A G  
 G B K O G M E Z O E P K Z L D B F H S K I X L U  
 R E I A Z A P S O H X G S Y T A M T F H N N X E  
 Q A U G S A S S L A R E N I M I O R A G D Y S Q  
 K X R S E L B A T E G E V K H R F H M A K V O K  
 T A O P R O T E I N H Q I Z R J Q I H W W J G I  
 X Q G R P G H H U Q L K G A I U N Y J S G U Y T  
 J A W S U L B F M D R Z C C A B J M O F J S M X  
 Y G C L N U P D N R U T G U O E N C H X E P V Q  
 D I T X T I P C N R M J L P M F Y Q A T N E W Q  
 X G R T Q H M Z T G R P H G F S Z H A F Q I F O  
 N L E I J H W A R T O S T U N D S R K X H O D F  
 N R D E I V E T T T S M N H S Y D A R S G G E Y  
 Z V U Z T N U U A I H S L F K Y F Y F U I M T T  
 E I X K E G W T A O V V U A H P I K T Q V I E G  
 B N A O P F O F L H N E X O Y X S O V V U J F H  
 O R U N G E T J C R O B B K Z I H N H R M U U E  
 X O C Z S U W F I O H R B D S H I J F E L R T C  
 Q U C U M Q X O G B A R Y O U M F H A B G P Z I  
 B H J O F L J K O C B X N F T J D T U D B X V L  
 O O R E N Q M F Z U B N C K S U V X Y G B L B A  
 S E O T A M O T Y W D F A T F W S R E A J U X G  
 H E Y T E I D R Y L Z O P N F S G N F B I A T B  
 S N A E B M V Y A H D R X M L A M Z Q Y Z V S R

## HEALTHY EATING

**Diet Carrot**  
**Peas Nuts**  
**Butter Tomatoes**  
**Fruits Vegetables**  
**Protein Carbohydrates**  
**Fat Minerals Vitamins**  
**Eggs Potatoes Beans**  
**Fish Meat**



### EMERGENCY

## Our Services

### HEALTHCARE



### DIAGNOSIS

#### General Services

- General Consultations
- Emergency Services
- Pharmacy
- Maternity & Child Health
- Dental Care
- Health Screenings
- Home Care Services
- Corporate Health Services
- Nutrition & Wellness Counseling

#### Diagnostic Services

- CT Scan
- Digital X-Ray
- Laboratory
- Ultrasound
- Mammography
- Electrocardiogram
- Endoscopy

#### Specialist Services

- Dermatology
- Gynecology
- Pediatrics
- Ear, Nose & Throat
- Obstetrics
- Surgeon
- Physician Specialist
- Urology

#### Our Branches

- Tema
- Takoradi
- Ashaiman
- Adjei Kojo
- Michel Camp