

## NEW CRYSTAL HOSPITAL INTRODUCES CRYOLIPOLYSIS SERVICE

The Aesthetic Department of New Crystal Hospital has added Cryolipolysis (fat reduction) to its existing services. Cryolipolysis is a Safe, non-invasive way to effectively eliminate stubborn fat from the body, especially areas around the tummy, arms, thighs and the back.

Cryolipolysis, commonly referred to as “CoolSculpting” by patients, uses cold temperatures to break down fat cells. The fat cells are particularly susceptible to the effects of cold, unlike other types of cells. While the fat cells freeze, the skin and other structures are spared from injury. According to experts, it reduces localized, stubborn fat bulges by 20-25% per treatment, with results appearing over several weeks as the body naturally eliminates dead cells. This is one of the most popular nonsurgical fat reduction treatments, with over 450,000 procedures performed worldwide.



**You can work out and get rid of excess fats from the body**



**A Woman Undergoing Cryolipolysis Procedure**

### REASONS PATIENTS WANT CRYOLIPOLYSIS

Dr. Vida Mba, medical doctor incharge of the Aesthetic Unit, noted that patients who wish to reduce a localized fat bulge that has persisted despite diet and exercise can benefit from Cryolipolysis. It can also be used to enhance body shape and appearance especially belly fat and fat in undesirable areas of the body.

### UNIQUENESS OF THE PROCEDURE

- Non-surgical and clinically safe
- No downtime after treatment
- No needles, no anesthesia

Call at the Aesthetic department of New Crystal Hospital if you are faced with unwanted fat issues as free slots have been allocated for the first three (3) clients who visit the section.

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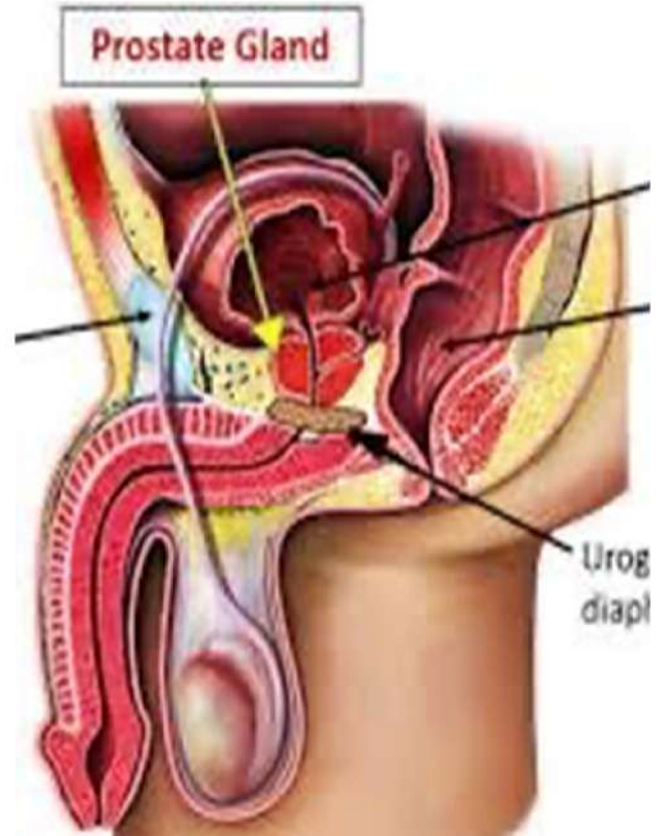
# HOW HEALTHY IS YOUR PROSTATE?

The prostate is an important part of the male reproductive system. It is a small, firm, partly muscular gland that helps make up the male reproductive system. It surrounds part of the urethra and creates fluids that help make up semen, which carries sperm during ejaculation.

By adding healthy, prostate-friendly foods to your diet, you may be able to reduce your risk of prostate problems. It is widely believed that the consumption of raw, fresh tomatoes can impact positively on prostate function.

Studies suggest that consuming fresh leafy vegetables, fruits as well as fish may help protect against prostate-related problems, including cancer of the prostate.

If you have clocked age 40 and not yet checked the state of your prostate, kindly do so as soon as possible as it would go a long way to help keep your prostate in check and healthy at all times.



**The Prostate Gland**

## ASHAIMAN FREE SCREENING CAMPAIGN STILL UNDERWAY

Hundreds of people living in and around the Ashaiman vicinity are still trooping in at designated centres to be screened free-of-charge. The year-long campaign dubbed, “Ashaimnan Rising in Good Health; Prevent Today, Live Tomorrow”, is an initiative of New Crystal Health Services aimed at reducing Non-Communicable Diseases (NCDs) among the people to the barest minimum. More than 50,000 people are expected or targeted to benefit from the project.

The exercise is being carried out in partnership with the Ashaiman Municipal Assembly and the Ashaiman Health Directorate of the Ghana Health Service (GHS).

Areas covered so far include the Ashaiman Main Market, Ahenfie Valco Flats, Official Town Taxi Rank and the New Covenant Church. Designated areas to be covered in June are STC Yard/Crystal Mall Yard on 4th and 11th, House of St. Francis Rehab on 18th June and Tulaku Market Centre on June 25, 2026.



**People being attended to at one of the centers**

## MORE THAN 200 GIRLS IN LEDZOKUKU GET HPV VACCINE

Young girls between the ages of 9-14 have been vaccinated against the Human Papilloma Virus (HPV) at an outreach programme to mark the 2026 African Vaccination Week.

The vaccination exercise, held at the Ledzokuku municipality of Teshie, was organized by the Ghana Health Service (GHS).

The girls, numbering about 228 comprised 131 girls vaccinated in schools and 97 at the various community weighing centres across the municipality.

Ghana officially introduced the HPV vaccine into its routine immunization for girls aged 9-14 in October last year to prevent cervical cancer, the second most frequent cancer among women in the country.



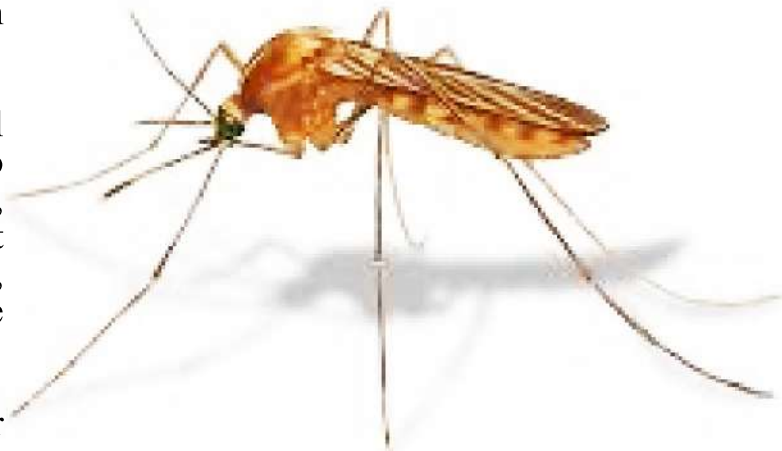
A girl receiving the HPV vaccine

## EXPERTS CALL FOR THE ELIMINATION OF MALARIA

Experts have called for the complete elimination of Malaria in the country.

Dr. Robert Ameyisah, the Greater Accra Regional Director of Health who made the call at an event to mark this year's World Malaria Day in Accra, emphasised that the fight against the disease must be a shared responsibility, with individuals, families and institutions playing active roles in the prevention and control.

“Eliminating malaria will not come on a silver platter, but it is possible. Ghana has successfully tackled diseases such as polio in the past, and malaria will not be an exception if we take the fight seriously,” he stated.



A Female Anopheles Mosquito

# EBOLA VIRUS DISEASE ALERT!

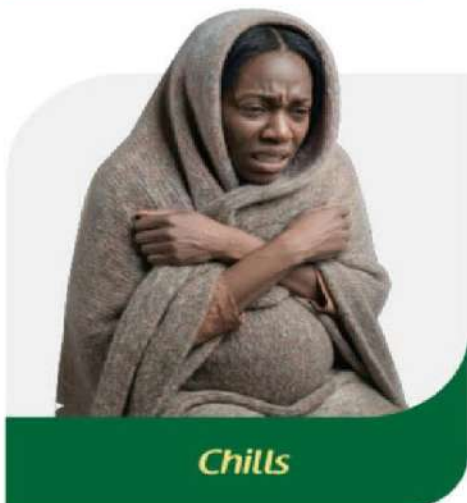
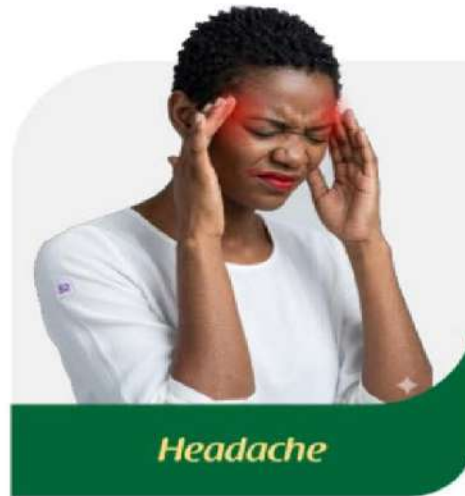
## EBOLA VIRUS DISEASE: STAY ALERT, STAY SAFE

The Ebola Virus Disease is a highly infectious disease that continues to affect lives in some African countries, particularly the Democratic Republic of the Congo. Early detection and quick medical attention can save lives and help prevent the spread of the disease.

The deadly disease can spread through direct contact with bodily fluids of infected persons or contaminated materials and surfaces. Symptoms may include fever, weakness, headache, vomiting, diarrhea and in severe cases, bleeding. The public is therefore, advised to observe the following preventive measures:

- Wash hands regularly with soap under running water or use alcohol-based hand sanitizers
- Avoid direct contact with bodily fluids of sick persons
- Avoid handling dead bodies with appropriate protection
- Avoid handling or eating sick or dead wild animals and ensure that all meat is properly handled and thoroughly cooked before consumption
- Report suspected symptoms immediately to the nearest health facility

Be vigilant for symptoms. If you or someone around you experiences headache, fever, muscle pain, chills, vomiting or unexplained bleeding, seek immediate medical attention at the nearest health facility. Do well to protect yourself and your community



# CRYSTAL WORD PUZZLE



- Fever
- Sunburn
- Toothache
- Broken
- Backache
- Cold
- Obesity
- Insomnia
- Measles
- Sneezing
- Headache
- Cough
- Elbow
- Knee
- Flu
- Earache
- Cut
- Cramp
- Bruise
- Exhausted



**EMERGENCY**

## Our Services

**HEALTHCARE**



**DIAGNOSIS**

<h3>General Services</h3> <ul style="list-style-type: none"> <li>• General Consultations</li> <li>• Emergency Services</li> <li>• Pharmacy</li> <li>• Maternity &amp; Child Health</li> <li>• Dental Care</li> <li>• Health Screenings</li> <li>• Home Care Services</li> <li>• Corporate Health Services</li> <li>• Nutrition &amp; Wellness Counseling</li> </ul>	<h3>Diagnostic Services</h3> <ul style="list-style-type: none"> <li>• CT Scan</li> <li>• Digital X-Ray</li> <li>• Laboratory</li> <li>• Ultrasound</li> <li>• Mammography</li> <li>• Electrocardiogram</li> <li>• Endoscopy</li> </ul>
<h3>Specialist Services</h3> <ul style="list-style-type: none"> <li style="width: 50%;">• Dermatology</li> <li style="width: 50%;">• Obstetrics</li> <li style="width: 50%;">• Gynecology</li> <li style="width: 50%;">• Surgeon</li> <li style="width: 50%;">• Pediatrics</li> <li style="width: 50%;">• Physician Specialist</li> <li style="width: 50%;">• Ear, Nose &amp; Throat</li> <li style="width: 50%;">• Urology</li> </ul>	<h3>Our Branches</h3> <ul style="list-style-type: none"> <li>• Tema</li> <li>• Takoradi</li> <li>• Ashaiman</li> <li>• Adjei Kojo</li> <li>• Michel Camp</li> </ul>