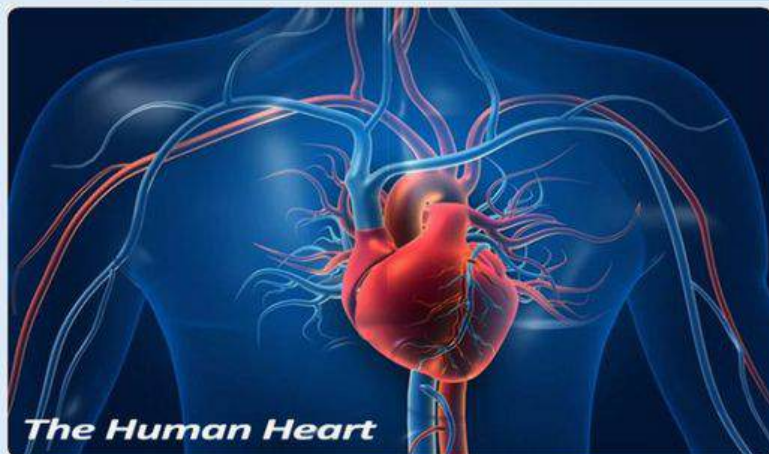


## HOW HEALTHY IS YOUR HEART?



Ghana, will on Monday September 29, join the rest of the world to observe this year's World Heart Day under the theme, 'Don't Skip the Beat'. The day, set aside by the World Health Organisation (W.H.O) to increase public awareness about Cardiovascular Diseases also intends to remind people about the need to prioritize their heart health by urging them not to overlook warning signs or delay regular or routine check-ups. . This year's theme, seeks to among other things, encourage everyone to take every heart beat seriously by prioritizing physical activity, balanced nutrition, routine heart screening and stress management.

The heart according to experts is one of the most important organs of the body. Its main function is to pump blood to all parts of the body. The blood pumped by the heart brings oxygen and nutrients to the cells as well as takes away carbon dioxide and other waste so other organs can dispose of them properly.

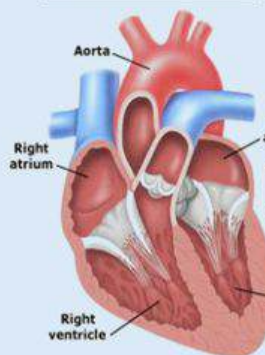
As the nation waits patiently to officially observe the day in a few weeks, Crystal News, will like to draw the attention of our cherished readers about the dangers associated with certain negative lifestyles that go a long way to affect the proper functioning of the heart and how best to deal with it.

Lifestyle changes that can increase one's risk of heart-related diseases include the consumption of diets high in saturated fats, trans fat and sodium-rich meals. Other risk factors include smoking, High Blood Pressure, High Cholesterol levels, Diabetes and family history among others.

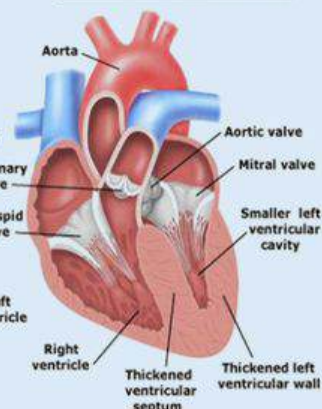
### Preventive Measures include the following:

- Consuming healthy balanced diet
  - Being more physically active
  - Keeping to a healthy weight
  - Giving up smoking
  - Reducing one's alcohol consumption
  - Keeping the Blood Pressure (BP) under control
  - Keeping one's Diabetes under control
  - Taking prescribed medications as well as
  - Getting enough sleep or rest
- Let's work to keep our hearts healthy always by adopting positive lifestyles.

#### Normal Heart



#### Enlarged Heart



### Inside this issue :

- ✓ CEO's Message
- ✓ Health Tit-Bits
- ✓ Crystal Puzzle
- ✓ New Crystal Hospital services



# CEO's message

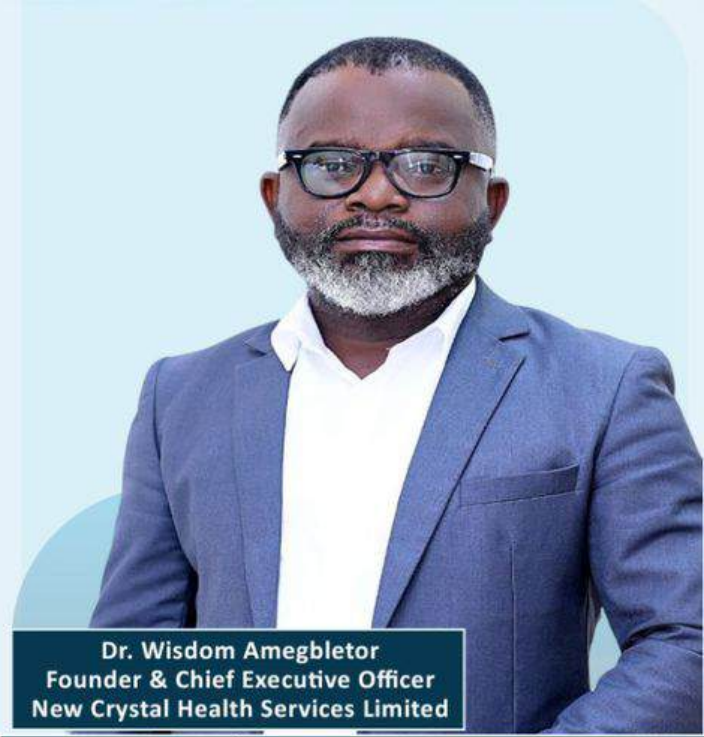
**A**s we welcome the month of September, I wish to remind everyone that good health is the foundation on which we can build thriving lives, families, and communities. At New Crystal Hospital, our commitment remains strong to deliver safe, quality, and affordable healthcare for every patient who walks through our doors.

This month, we join the world in observing World Patient Safety Day (17th September) under the theme "Patient Safety from the Start!". Children, from birth through their early years, face unique health risks and depend on us, parents, caregivers, and health professionals to safeguard their wellbeing. At New Crystal, we are dedicated to ensuring safe, age-appropriate, and individualized care for children, recognizing that they are not just small adults but precious lives that require special attention.

**S**eptember is also Prostate Cancer Awareness Month. Prostate cancer remains one of the leading health challenges for men, yet with early detection, it is often treatable. I encourage all men, particularly those above 40, to prioritize regular screening. A simple check today can protect your tomorrow.

**I**n addition, World Heart Day (29th September) calls us to action under the theme "Don't Miss a Beat." At New Crystal, we stand with the global movement to prevent cardiovascular disease through healthier choices and proactive screenings. Heart health is not negotiable, it is life itself.

**I** urge all Ghanaians to take health matters seriously. Do not wait until symptoms appear; prevention and early detection save lives. Make regular screenings a priority for yourself and your loved ones..



**A**s a hospital, we continue to expand our services to meet your needs. I am proud to highlight some of the key services we are offering:

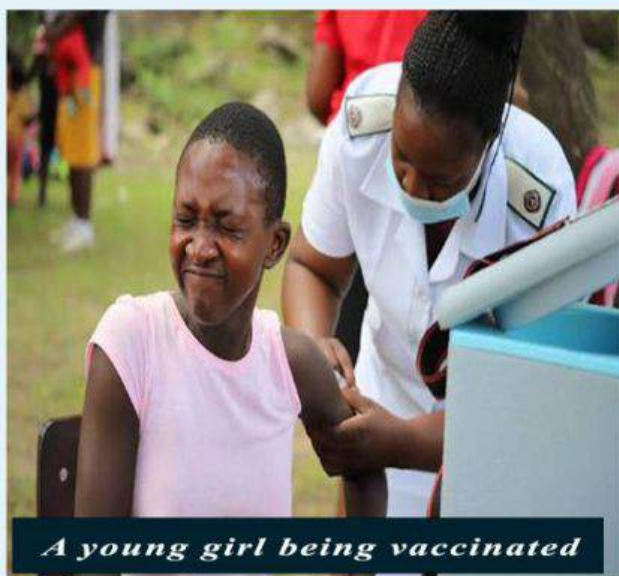
- ✔ **Colonoscopy:** supporting the early detection of colorectal conditions and preventing complications.
- ✔ **Dialysis Services:** now available at just GHC 600 per session, a significant step in making life-saving kidney care more accessible to our community.
- ✔ **Comprehensive Care:** from general and specialist consultations to advanced diagnostic services, ensuring that you and your family are cared for under one trusted roof.

At New Crystal Hospital, we remain committed to walking this journey with you — growing together in good health.



# HEALTH TIT-BITS

## HPV VACCINATION ROLLS OUT SOON



*A young girl being vaccinated*

The long awaited Human Papilloma Virus (HPV) vaccination of girls between 9 and 14 years is expected to roll out nation-wide by the middle of this month.

The move according to the Ghana Health Service (GHS) is part of efforts at working to prevent Cervical Cancer among young girls.

Girls who fall within the stipulated age group are encouraged to avail themselves for the exercise when it takes off. By this exercise, it is projected that cervical cancer among young women is eliminated by year 2030. Meanwhile, the Ministry of Health has assured the public that the vaccine is safe.

## MATERNAL DEATH CASES IN ASHANTI RISE

Reports emanating from the Ashanti Region indicate that there is an upsurge in maternal death cases in the region. According to the reports, most of the death cases recorded at the Okomfo Anokye Teaching Hospital was referred cases.

## NACOC DESTROYS INFERIOR DRUGS

As part of efforts to crack down on illicit drug trade in the country, the Narcotic Control Commission (NACOC) has destroyed a truck load of inferior drug recently imported into the country.

## 2000 PEOPLE DIE ANNUALLY FROM BREAST CANCER

According to the Breast Society of Ghana, the country records as many as two thousand (2000) breast cancer related deaths every year. Women who detect changes in their breasts are advised to report at health facilities early for prompt treatment.

## MORE M-POX VACCINES IN THE OFFING

More than Thirty Thousand (GHC30, 000) has been secured for the procurement of additional M Pox vaccines. Statistics show Ghana has so far recorded a total of 444 cases since the outbreak of the disease. The public is being advised to take the necessary precautions to prevent the spread of the disease.



# Crystal Puzzle

## Circulatory system word search



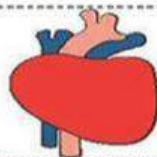
AORTA  
ARTERIOLE  
ARTERY  
ATRIUM  
BLOOD  
CAPILLARY

HEART  
INTERSTITIAL  
LYMPH  
NODES  
NUTRIENTS  
OXYGEN

PLASMA  
PLATELETS  
PORTAL  
PULMONARY  
RED BLOOD CELL  
VALVE

VASCULAR  
VEIN  
VENA CAVA  
VENTRICLE  
VENULE  
VESSELS

It takes a lot to keep us ticking. Fortunately, our circulatory system is up to the task. Don't miss a beat and have fun searching for these related words.



  
**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

