

PINK OCTOBER CELEBRATIONS..... NEW CRYSTAL HOSPITAL TARGETS CHURCHES, SCHOOLS FOR BREAST CANCER EDUCATION

As countries the world over prepare towards the commemoration of this year's Breast Cancer Awareness Month, management of New Crystal Hospital, through its Marketing Department, has rolled out a scheduled educational programme to reach out to individuals in Churches, schools, market places, and other key locations with various outdoor activities regarding breast cancer awareness ranging from health talks, screenings and free self- breast examinations among others.

Celebrating under the theme, "Every Story is Unique, Every Journey Matters", this year's key focus is expected to highlight how the disease affects individuals and families in varied ways.

Key goals for the 2026 Breast Cancer Awareness Month, also known as Pink October, include drumming home the message of early detection, spreading awareness about risk factors and signs of breast cancer as well as raising funds for research and supporting patients and survivors of the disease.

Breast cancer is one of the most common cancers that affect women. It happens when abnormal or cancerous cells in the breasts multiply and become tumors. If left unchecked, the tumors can spread throughout the body and eventually become fatal.

Breast cancer cells usually begin inside the milk ducts or the milk-producing lobules of the breast. According to medical experts, the earliest form is not life-threatening and can be detected during the early stages. The cancerous cells usually spread into nearby breast tissues and create tumors that cause lumps or thickening in the breasts.

Signs and symptoms include lumps or thickening in the breast or around the underarm, unexplained changes, swelling, or shrinkage in all or part of one breast, change in shape and colour of one or both breasts, nipple changes and discharge, surface irritation and swollen lymph nodes among others. Though pain by itself is not usually a symptom of breast cancer, one may get pain in the breast or armpit with these symptoms.



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STEP-BY-STEP GUIDE TO BREAST SELF-EXAMINATION

BREAST SELF EXAMINATION



Check your breasts once a month, 7-10 days after your periods start. If you're not menstruating, pick any date.



Examine your breasts with raised arms, then with both hands on your hip bones, then with arms down and relaxed.



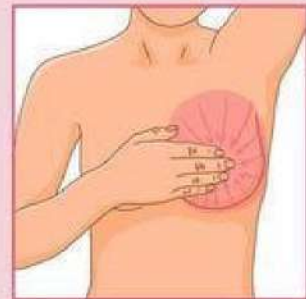
Look for any physical changes, e.g. lumps or swelling, redness or rash, any changes in the shape or position of the nipples.



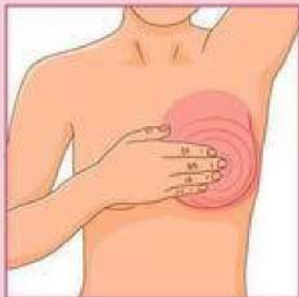
Gently squeeze each nipple to check it for pain or discharge.



Raise one hand and use the pads of 3 or 4 finger of another hand. Examine your armpit first.



To check breast start at the outer edge and move toward the nipple. Cover as small section at a time as you can.



Do the same moving your fingertips up and downwards, then in round movements, starting from the outer part.



Do the same steps lying on your back. Use a pillow under the shoulder if you want to.



If you have any questions or doubts, visit your doctor. Do mammography annually after 40. Take care of your breast!

MORE CHILDREN BEING DIAGNOSED WITH TYPE 2 DIABETES

Unhealthy diets, large portions of food and sedentary lifestyles are said to be contributing to cases of Type 2 Diabetes among children.

Dr. Elliot Koranteng Tannor, a Consultant Nephrologist at the Okomfo Anokye Teaching Hospital has called on parents and guardians to pay particular attention to what their children consumed.

He recommended healthy eating habits among children and advised that they be allowed to get active by going out to play around instead of spending time with their phones and tablets.

Type 2 Diabetes occurs when the body fails to use insulin effectively, a condition known as insulin resistance, which can worsen over time as the pancreas produced less insulin.

HEPATITIS B INFECTION LINKED TO LIVER CANCER

3 out of every 4 liver cancer cases diagnosed have been linked to chronic Hepatitis B infection.

President of the Ghana Association for the Study of Liver and Digestive Diseases (GASLIDD), Dr. Eileen Akonobea Micah said most patients report to the hospital only after the condition (Liver cancer) has advanced.

She said the disease can remain without obvious symptoms for years, stressing that, screening should become a routine part of preventive healthcare particularly because a person can carry the infection for years without knowing it.

Open Burning Of Waste Threatens Public Health – Health Director

Open burning of household waste is exposing Ghanaians to harmful pollutants and increasing their risk of respiratory and cardiovascular conditions, Dr. Caryn Agyeman Prempeh, the Municipal Health Director of La-Dadekotopon has warned.

She said vulnerable groups, including pregnant women, children and people with underlying health conditions were particularly at risk and urged the public to dispose of waste through appropriate channels instead of resorting to open burning.

These exposures can have people, who are immuno-compromised, contribute to coughing, difficulty in breathing and cardiovascular problems, thus, making their situation worse.

She was speaking at a community engagement on air pollution exposure and its health implications at La in the La-Dadekotopon municipality in Accra.

“Clean air is essential for good health and protecting it is a shared responsibility”, she noted.

PHOTO NEWS

PICTURES FROM THE 2025 PINK OCTOBER CELEBRATIONS ORGANISED BY NEW CRYSTAL HOSPITAL



CRYSTAL WORD PUZZLE

BREAST CANCER HEALTH WORD PUZZLE TERRATES

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

FIND THE WORDS

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| ☐ BREAST CANCER | ☐ SURVIVOR |
| ☐ AWARENESS | ☐ SUPPORT |
| ☐ MAMMOGRAM | ☐ WELLNESS |
| ☐ DETECTION | ☐ PREVENTION |
| ☐ PINK RIBBON | ☐ CHECK-UP |
| ☐ SELF EXAM | ☐ DIAGNOSIS |
| ☐ SCREENING | ☐ HOPE |



EARLY DETECTION SAVES LIVES

☐ HEALTH
NEWSLETTER


EMERGENCY

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HEALTHCARE


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

Diagnostic Services

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

Specialist Services

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|----------------------|------------------------|
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| • Gynecology | • Surgeon |
| • Pediatrics | • Physician Specialist |
| • Ear, Nose & Throat | • Urology |

Our Branches

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- Ashaiman
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- Michel Camp