NEW CRYSTAL HOSPITAL
Growing Together in Good Health

CRYSTAL NEWS

November 2026 Issue No. 021

NEW CRYSTAL HOSPITAL MOVES TO WRAP UP FREE SCREENING CAMPAIGN

Management of New Crystal Hospital is working on drawing the curtains down on the year-long free screening campaign, themed, "Ashaiman Rising in Good Health – Prevent Today, Live Tomorrow".

Madam Rita Adjoa Adjei, Marketing Manager in charge of Community Health said the team has since moved to the Mantseman Zonal Council where people are being screened free of charge.

"A total of 4,350 people have been screened so far and we'll start working on wrapping up the entire exercise by the end of November or early December", she stated.
The hospital collaborated with the Ashaiman Health Directorate and the Municipal Assembly for Ashaiman (ASHMA) to carry out the year-long exercise.



MADAM RITA ADJEI

The initiative is a community-wide project designed to fight Non-Communicable Diseases (NCDs) and improve health access for the residents of Ashaiman.
The exercise is being carried out in all the seven zonal councils of Ashaiman.

NOVEMBER 14 IS WORLD DIABETES DAY



A DIABETIC FOOT

Saturday November 14 is World Diabetes Day; a day set aside by the World Health Organisation (WHO) for countries to raise awareness about the dangers associated with uncontrolled diabetes.
The 2026 campaign theme; "Early Action on Diabetes", focuses on early diagnosis, risk reduction, and accelerating access to quality care.
According to global statistics, 1 in every 9 adults currently live with diabetes with about 635 million people being at high risk of developing Type 2 diabetes. It said 1 in 2 people living with diabetes remain undiagnosed.

Diabetes is a chronic health condition that causes one's blood sugar (glucose) levels to become too high because the body cannot make or properly use the hormone insulin.

The condition is caused by the body either failing to produce enough insulin or becoming resistant to the insulin it makes, which leads to dangerous buildup of sugar in the blood.
Symptoms include increased hunger, increased thirst, weight loss, frequent urination, blurry vision, extreme fatigue, and sores that do not heal, among others.

By way of prevention, one needs to work to lose extra weight; be more physically active; consume healthy plant-based foods; eat healthy diets and fats, among others.

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PINK OCTOBER CELEBRATED IN GRAND STYLE



Just gone by was the month of October, a period set aside to raise global awareness about breast cancer. This year's edition, celebrated under the theme, Every Story is Unique, Every Journey Matters" highlighted how the disease affects individuals and families in diverse ways.

"Crystal News visited a number of healthcare facilities within the Kasoa enclave to observe how the Pink October, was marked. Hospitals visited included Central Kasoa Clinic, Sanford World Clinic and the Kasoa Polyclinic. It was a beautiful sight to behold as patients who visited the Sanford World Clinic for instance, took part in an ongoing educational programme on breast cancer. Among the highlights of the forum was the need for people to get screened early enough because early detection of the condition goes a long way to save life.

The various Out-Patient Departments (OPDs) were also beautifully decorated with pink and white ribbons and balloons to raise public awareness about the disease.
Our very own New Crystal Hospital's focus for the celebration was mainly centered on outreach activities such as public education at selected Churches, schools and community centres within Ashaiman. The climax of the programme was when the hospital partnered a renowned TV show host, Ekumaa Mama Zimbi to organise a public awareness program on the need for women to go for early screening.

SECOND ROUND OF HPV VACCINATION SLATED FOR NOVEMBER, DECEMBER

The second round of a nationwide Human Papilloma Virus (HPV) vaccination of children between the ages of 9-14 has been scheduled for Monday November 30th through to Friday December 4th 2026.

The initiative by the Ghana Health Service (GHS) is intended to strengthen routine immunization efforts and increase protection against cervical cancer and other diseases associated with HPV infection.

The exercise is also aimed at raising awareness of the routine HPV vaccine, improve vaccination uptake, and ensure that all eligible girls are protected against the disease.
The target group for this particular round is school children.



A YOUNG GIRL BEING VACCINATED AGAINST CERVICAL CANCER

NEWS TIT-BITS

450 SUSPECTED CASES OF YELLOW FEVER RECORDED



A total of 450 suspected yellow fever cases have been recorded with about 88 of the cases being recorded in the Upper West Region.

The cases were recorded between June and September. The Ministry of Health (MoH) has since intensified surveillance across the country where National Response Team has been deployed to the affected areas to carry out the surveillance exercise.

The disease has so far claimed 3 lives. The MoH said it made urgent arrangements to extend vaccination to adults in all affected communities, adding that majority of Ghanaians have been vaccinated. Before Children covers people between age 9-18 months.
Symptoms include sudden high fever, severe headache and back pain, nausea and vomiting, and yellowish eyes resulting from jaundice among others.



A WOMAN RECEIVING YELLOW FEVER VACCINATION

BREAST CANCER CASES IN ASHANTI REGION DECLINE

The Ashanti Region has recorded a decline in its breast cancer cases. 561 cases were recorded in 2024 in Ashanti as against 351 in 2025, according to hospital authorities. This was made known at an event in Kumasi to kick-start the celebration of this year's Breast Cancer Awareness month.
Health authorities are calling for early detection in order to save more women from falling prey to the disease.



A CASE OF BREAST CANCER

CRYSTAL WORD PUZZLE

DIABETES CROSSWORD PUZZLE

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

high blood sugar
low blood sugar
insulin
active
carbs
sugar
coma
cgm

diabetes
shots
jdrf
pdm

