

Making 2026 The Best Year Ever

Thanks be to God for seeing us through 2025 and ushering us successfully into 2026. *Crystal News* welcomes all our cherished readers into this New Year. We pray the Lord travels with us again from this time forth through to December 31st.

As usual, the year has just begun and *Crystal News* believes majority of you have already penned down your New Year's resolutions. For most of us, a new year brings fresh opportunities, yearly goals, professional as well as personal aspirations. However, the world has shown us that plans don't always go as expected and flexibility is often our greatest asset. As we step into the New Year, adaptability and forward-thinking remain key. Whether you aim to advance your career, nurture talent from within, explore a new path or having a plan can help you stay focused and proactive. Remember however that, a great plan embraces a bit of uncertainty. Take this as an opportunity to reflect, reassess and create an action plan that inspires growth and makes the most of your time and energy for the year and you won't regret you did.



Make it a routine to flex your muscles for a healthy 2026

Happy New Year!

Crystal News joins the management of New Crystal Hospital to wish all our cherished readers and clients a very happy and prosperous New Year. May the good Lord, who ushered us into 2026, see us through the year successfully.

Every year that passes is a step closer to your dreams and aspirations and don't forget that life doesn't wait if you don't take actions today. As far as our health is concerned, we must treat our bodies with respect for both the divine and natural laws of health. These include what we eat and drink, the hygienic conditions in which we live and the way we guard our minds and thoughts. We need to keep our bodies strong and healthy in order to carry out our God-given assignments successfully at all times.

Stress and burnout do not just hurt your mental health; they also drag down your productivity. Scheduling vacation days, mental health days or even time for personal tasks ensures you prioritise yourself and recharge. Since vacations exist for a reason, use them to reset, refocus and establish healthier daily habits for the year. Remember that you only have 24 hours in a day. Be kind to yourself when you plan your goals so that they are achievable.

Here are some ideas on things you can do this year to improve your health and keep your mind and body functioning optimally.

- Claim the promises of God for health and long life
- Cut down on fats and sugars in your diet
- Drink a lot of clean water
- Don't eat late at night
- Exercise for at least thirty (30) minutes twice weekly
- Take an annual vacation of at least two (2) weeks in a year
- Every night before you retire to bed, cast your anxieties upon the Lord and trust Him with your cares
- Exercise regularly and be physically active
- Reduce sitting and screen time
- Get enough good sleep

Inside this issue :

1. News Tit-bits
2. Know Our Management Team
3. Crystal Word Puzzle
4. Our Services and Branches

News Tit- Bits

Ghana's Maternal Mortality Still High



Reports from the Ghana Health Service (GHS) indicate that Ghana's maternal mortality rate remains high, thus, increasing from 100.22 per 100,000 live births in 2023 to 101.00 in 2024, signifying stalled progress in reducing maternal deaths in the country.

No Woman should lose her life as a result of pregnancy

AIDS Commission Calls For Restocking Of Antiretroviral Drugs

The Ghana AIDS Commission has urged the government to help in restocking antiretroviral drugs in the country. According to the commission, Ghana would by May this year, run out of stock. "If the drugs run out, the viral load suppression gains could relapse, thereby, triggering drug resistance and other metabolic factors", the commission stated.



MoH Inaugurates New Immunisation Advisory Team

The Ministry of Health (MoH) has inaugurated a new 17-member National Immunisation Technical Advisory Group (NITAG) in Accra. The group, chaired by Prof. Philip Baba Adongo, a Public Health Researcher and Social and Behavioral Scientist, will among other things, seek to provide high quality and evidence-based recommendations to strengthen the country's immunization policies and health security. The group is also expected to ensure a renewed national commitment to enhance Ghana's immunization systems amid emerging global health challenges.

Know Our Management Team



Dr. Wisdom Amegbletor - CEO



Gidel Kwasi Fiavor - Head of Marketing



Stanley Agortimevor Mensah - Group Head of IT



George Kennedy Etwire - Group CFO



**Josephine Mac-Lomotey
Director of Monitoring, Evaluation and Control**

Crystal Word Puzzle

WELLNESS



- HEALTH
- FITNESS
- NUTRITION
- VITALITY
- BALANCE
- HARMONY
- RESILIENCE

- STRENGTH
- ENERGY
- ENDURANCE
- FLEXIBILITY
- IMMUNITY
- MEDITATION

- RELAXATION
- WELLBEING
- RECOVERY
- HYDRATION
- MINDFULNESS
- DETOXIFICATION
- STABILITY



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