

Staying Healthy....a must for all!

Series of checks carried out by Crystal News at selected health facilities within the Greater Accra Region shows that the number of people visiting the hospital with symptoms of Enteric Fever or Typhoid has increased significantly. Yours Truly is not an exception as she was detained for three (days) at the Kasoa Central Clinic after testing positive for Typhoid Fever on Friday June 27, 2025. The Medical Officer on duty at the time, Dr. Selorm Agbovie, advised people against consuming untreated water and foods that are contaminated.

As we observe National Nutrition and Wellness month in this July, it is important that we prioritize our health, especially when it comes to what we put into our system through the mouth.

Good nutrition simply means eating a wide variety of foods in the right proportions and consuming the right amount of food and drinks to achieve and maintain a healthy body weight. Good nutrition is extremely important across life stages, from infant and child growth and brain development to health and safer pregnancies all the way to healthy ageing.



Add fruits and vegetables to your daily menu for a healthy life

Poor nutrition and physical inactivity on the other hand, increases the risk of chronic conditions like obesity, depression, Type 2 Diabetes, heart disease and some cancers; these, if not handled well can in the long run lead to permanent disability and premature death. Malnutrition can also result in fatigue, weight loss, dry skin, brittle hair, loss of muscle mass, bone and joint pain, impaired immune function, poor concentration, delayed wound healing and general weakness

It must be noted that healthy living is not just about the right kind of food you choose for yourself to prevent diseases



Engaging in warm-ups like this helps you to stay fit and healthy always

but your general wellbeing including your engagement in physical activity and going for thorough medical check-ups at regular intervals.

Some benefits of good nutrition include, developing strong and healthy muscles, boosting the immune system, strengthening the bones, helping the digestive system function more effectively, lowering the risk of heart disease as well as helping you to live longer among others. It is crucially important to look for foods that provide vitamins, minerals and dietary fiber; limit sodium and added sugars (contained mostly in fizzy drinks), saturated and trans fat as well as staying hydrated at all times. Also do well to look for the heart-check mark on products in the grocery store to help you know you are making a healthy choice, but to be on the safer side, cook more at home.

Let's now consider the following health tips

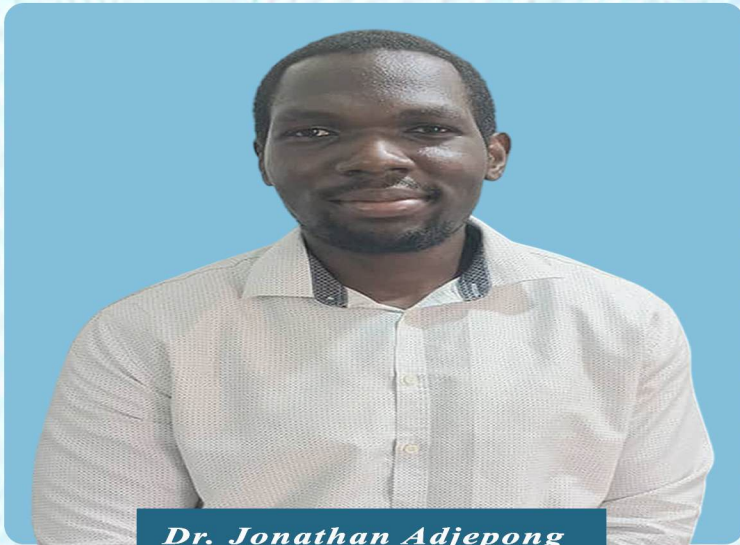
- Measure and watch your weight,
- Limit unhealthy foods and eat healthy meals
- Drink more water and stay hydrated always
- Limit beverages rich in sugar
- Exercise regularly and be physically active
- Reduce sitting and screen time

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MEET OUR BRANCH SERVICE STARS FOR JUNE

Below are the photos of our various branch service stars. Two of them, Madam Joyce Ewoenam Aryee and Millicent Zienata Vog-Enga, both midwives at Ashaiman Main branch and Michel Camp branch respectively, expressed excitement about the recognition and said this would push them to give off their best and work even harder than they are doing currently. "I am really grateful to the management of New Crystal Health Services for recognizing my work. I did not achieve this alone but by the support of my supervisor and other colleagues," Madam Ewoenam stated in a telephone interview



***Dr. Jonathan Adjepong
Larbie
NCHS-Medical Mall***



***Millicent Zienata Vogenga
Michel Camp Branch***



***Joyce Ewoenam Aryee
Ashiaman Main Branch***



***Miss Paulina Dzifa Konu
Tema Com.8 Branch***



***Mabel Asafo Adjei
Adjei-Kojo Branch***

***Congratulations to
You all.
Keep up the good
work
We love You!***

CEO's MESSAGE



As we enter the seventh month of the year, I'm proud of our continued progress and resilience as a healthcare community. Our mission remains steadfast: delivering accessible, high-quality care to serve everyone who walks through our doors.

To further deepen this commitment, we have expanded our services at the Michel Camp Branch to include Obstetrics and Gynaecology. This strategic rollout ensures women in our communities have greater access to expert maternity and reproductive health-care—right where they live.

We are also responding decisively to pressing public health concerns. Ghana has recorded new confirmed Mpox cases in recent weeks, with rising numbers across several regions. Fortunately, no hospitalizations or fatalities have been recorded. Meanwhile, a COVID 19 resurgence has also been reported, particularly among students, with confirmed cases steadily climbing. Though most cases remain mild, these developments serve as a reminder that vigilance is essential.

At New Crystal Health Services, we have swiftly implemented Mpox and COVID-19 testing procedures across our branches. Our teams are ready and equipped to provide timely diagnostics, guidance, and support to safeguard both our patients and staff.

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As a leading provider, our role goes beyond treatment—we anticipate, adapt, and lead the response to emerging health threats. That is why I strongly encourage everyone to adopt regular health check-ups as an essential part of your wellness journey. Early detection remains one of our strongest tools in preventing disease and preserving health.

Let us continue to stay informed, proactive, and united as we grow together in good health.

Dr. Wisdom Amegbletor
Founder & CEO, New Crystal
Health Services Ltd.

Crystal Word Puzzle

Fruit Bowl Word Search



*New Crystal Hospital.....
growing together in good health!*

Services Offered at New Crystal Hospital :

We Offer Genral & Specialized Services

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



As we observe Health and wellness in this month of July, let's move away from the junks and focus on our local delicacies such as these

