

Prioritising Your Health As a Woman

As we are saying goodbye to the month of March today, a month dedicated globally to celebrate women for their selfless efforts in ensuring that not only their immediate environment becomes a better place, but the world as a whole. This year's day which was marked on Saturday March 8, focused on the need to Accelerate Action. The theme for the year emphasizes the importance of taking swift and decisive steps to achieve gender equality. But here at Crystal News, we shall focus on the need for women to prioritise their health above any other thing because if you have good health, then you have every other thing.



Sip water as often as you can to keep the Doctor away

Experts have observed that many women fall into the habit of taking care of other's health and wellness needs before they take care of their own. However, the truth of the matter is that you are actually in a better position to provide care for the people most important to you when you make your own healthcare a top priority.

Be reminded that no matter what your age or overall health status is, the following tips can go a long way to help you increase your chances of a better health throughout your life on earth.

1. Stay on top of your annual wellness checks. This habit can increase the chances of early detection of diseases or chronic conditions which in turn increases your chances of doing something about any health problems you develop.

2. Stop smoking completely. To decide to stop smoking completely especially if you are already addicted to it may be difficult from the start, but doing so gradually will go a long way to greatly reduce your chances of developing lung and heart diseases.

3. Take enough rest/sleep. Besides fighting the signs of aging, regular sleep does not only promote alertness but also helps to keep your stress levels in check.

4. Visit your doctor at least twice a year. It is important to note that even if you are feeling fine, regular wellness checks and general health screening can help increase your chances of early detection of problems.

5. Make physical activity an important part of your life because even if you only have time for 20 minutes of exercise a day, a life-long habit of regular activity benefits your healthy heart and helps you stay on top of your weight and stress levels.

amount of fruits and vegetables.

Regardless of a woman's age, nutrition experts generally recommend a diet that is focused on fruits, vegetables, fibre and protein. Women of childbearing age also need meals with folic acid (e.g green leafy vegetables, beans and citrus fruits) to help prevent birth defect. For women who have gone through menopause, it is recommended that you increase your intake of foods that contain enough calcium and Vitamin D, such as sea-food, fruits, low-fat dairy and egg yolks in order to prevent bone diseases like arthritis.



Workouts like this puts you in a good shape as a woman

Celebrating Ghana's Healthcare Evolution

March is Ghana Month—a time to reflect on our rich heritage, cultural values, and how they shape various aspects of our lives, including healthcare. From traditional healing practices to modern medical advancements, Ghana's healthcare system has come a long way. This article explores the journey of healthcare in Ghana, the interplay between traditional and modern medicine, and how embracing our nutritional heritage can promote wellness.

Traditional vs. Modern Medicine: Finding the Balance

Before the introduction of Western medicine, Ghanaians relied on indigenous healing methods passed down through generations. Herbalists, traditional birth attendants, and spiritual healers played vital roles in treating ailments using natural remedies like neem, prekese, and bitter leaf.

These practices remain relevant today, with some medicinal plants even forming the basis of pharmaceutical drugs. While modern medicine, with its advancements in technology and research, has significantly improved healthcare outcomes, many Ghanaians still turn to traditional remedies for certain conditions. The key to optimizing healthcare in Ghana lies in a harmonious integration of both systems. With proper regulation and collaboration, traditional medicine can complement modern medical practices to provide holistic healthcare solutions.



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Nutrition & Wellness – Eating the Ghanaian Way

Our traditional Ghanaian diet is naturally rich in nutrients, offering numerous health benefits. From the fiber-packed waakye to the protein-rich kontomire stew, Ghanaian meals emphasize balance. However, in recent years, the rise of fast foods and highly processed meals has contributed to an increase in lifestyle diseases such as hypertension and diabetes.

To maintain good health, it is essential to return to our roots and prioritize local, whole foods. Here are some traditional meals that promote wellness:

- Kontomire stew with boiled yam – Rich in iron and vitamins A & C, promoting blood circulation and immune health.
- Tuo Zaafi with ayoyo soup – Packed with essential minerals and antioxidants beneficial for overall well-being.
- Kenkey with grilled fish and pepper sauce – A great source of probiotics, omega-3, and fiber for digestive and heart health

Growing Together in Good Health

As we celebrate Ghana Month, let's take pride in our healthcare journey and embrace a holistic approach that honors both tradition and modernity. Prioritizing preventive healthcare, balanced nutrition, and community well-being will ensure a healthier future for all.

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

Ghanaian Values & Community Health

One of Ghana's greatest strengths is our strong sense of community. Traditionally, communal living meant that families and neighbors looked out for one another, ensuring the sick were cared for and health knowledge was passed down. Today, while urbanization has led to more individualistic lifestyles, it remains crucial to uphold these values in our healthcare system.

Regular community outreach, health education, and screenings can help bridge gaps in healthcare accessibility. At New Crystal Hospital, we are committed to bringing healthcare closer to the people through community-based initiatives and quality medical services tailored to the needs of Ghanaians.

Upcoming Events

Below are a list of activities to be undertaken between April and June

Dialysis Promo Campaign - April

Free Ankle & Foot Surgery

May - June

Sponsorship programmes

Organisations & individuals who want to render support for our services can kindly contact our marketing department or

MTN toll free (08001802600)

Hotline : 0544347239

Personality Profile

This page introduces you to the profile of one of our dedicated medical Doctors Dr. Kpodo, please read on...

Medical Director, New Crystal Health Services Ltd – Takoradi

With over 12 years of experience in medical practice, Dr. Nicodemus Kelly Kpodo is a dedicated and compassionate healthcare professional with a keen interest in occupational medicine, health, and safety. His expertise extends beyond clinical care to ensuring workplace health standards and promoting well-being in various industries.

Current Role

Dr. Kpodo currently serves as the Medical Director of New Crystal Health Services Ltd – Takoradi, a role he has held since 2019. Under his leadership, the facility continues to provide exceptional healthcare services, emphasizing preventive and occupational medicine to meet the evolving needs of patients and corporate organizations.

Education & Professional Qualifications

His academic journey reflects a strong commitment to continuous learning and specialization:

- University of Ghana Medical School – MB ChB, Class of 2012
- University of Manchester – Postgraduate Certificate in Occupational Medicine, 2024
- NEBOSH Occupational Health and Safety Certification – RRC, UK, 2019
- Unicaf University, Zambia – Master of Public Administration in Oil, Gas, and Energy Management, 2024

Favorite Quote

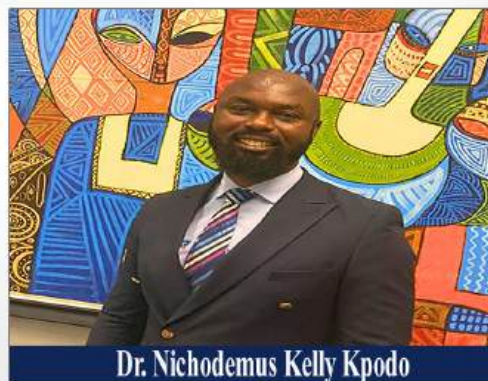
"The best way to find yourself is to lose yourself in the service of others." – Mahatma Gandhi

Achievements & Contributions

Dr. Kpodo has made remarkable strides in occupational health, patient care, and medical leadership, including:

Establishing comprehensive workplace health and safety programs for corporate clients.

- Leading New Crystal Health Services – Takoradi to achieve higher healthcare delivery standards.
- Spearheading preventive healthcare initiatives to reduce occupational health risks.
- Mentoring young medical professionals, fostering the next generation of healthcare leaders.



Dr. Nicodemus Kelly Kpodo

Future Goals & Vision

Dr. Kpodo envisions a healthcare system where occupational health and preventive care are seamlessly integrated into corporate environments. His long-term goal is to:

- Expand corporate health services to enhance employee well-being in various industries.
- Develop strategic policies for workplace safety in Ghana's oil and gas sector.
- Pioneer innovative health programs that blend technology and medicine for greater accessibility.

Hobbies

Outside of medicine, Dr. Kpodo enjoys watching football games, which he sees as a way to relax and appreciate teamwork, strategy, and excellence—values he also upholds in his professional life.

Specialization & Areas of Interest

Dr. Kpodo has a deep interest in:

- Occupational Medicine & Workplace Health
- Preventive Healthcare & Corporate Wellness
- Health & Safety in the Oil, Gas, and Energy Sector
- Public Health & Policy Development

Philosophy:

"Hand-Go-Hand-Come"

Dr. Kpodo believes in the principle of reciprocity and mutual care—that what you give in service and dedication to others will eventually return to you. This philosophy guides his approach to patient care, mentorship, and leadership.

Mentor

Dr. Kpodo draws inspiration from Dr. Wisdom Amegbletor, CEO of New Crystal Health Services, whose vision for accessible and high-quality healthcare has shaped his professional journey.

A Passion for Patient-Centered Care

Dr. Kpodo's approach to medicine is deeply rooted in his commitment to personalized and comprehensive healthcare. He believes that every patient deserves quality care tailored to their unique needs and circumstances. His extensive knowledge in occupational health enables him to bridge the gap between workplace safety and employee well-being, making him a valuable asset in both medical and industrial settings.

Through his work at New Crystal Health Services, Dr. Kpodo continues to make a significant impact in individual patient care and the broader corporate health sector, driving excellence and innovation in occupational medicine.

Message from the CEO

As we celebrate Ghana Month, we take pride in how far we have come as a Ghanaian-owned healthcare provider. From humble beginnings to becoming one of the nation's leading private healthcare provider, New Crystal Health Services remains committed to providing exceptional, accessible, and compassionate care to all. For over two decades, our mission has been clear—to ensure that every Ghanaian has access to quality healthcare at affordable rates. Through our Family and Patient-Centred Care (PFCC) approach, we continue to place our patients and their families at the heart of everything we do. This philosophy is not just a framework; it is the very essence of our work. It guides our interactions, shapes our policies, and reinforces our commitment to dignity, respect, and collaboration in healthcare delivery

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

Our journey has been one of resilience, innovation, and dedication. With seven networked branches (Ashaiman, Adjei Kojo, Michel Camp, Tema, and Takoradi) serving communities in two regions, our impact continues to grow. Being recognized multiple times in the Ghana Club 100 awards is not just an achievement for us—it is a reflection of the trust our patients, families, and partners have in us. As we look ahead, we remain focused on expanding our reach, improving healthcare accessibility, and leveraging innovation to address the evolving needs of our communities. This Ghana Month, let us celebrate our collective progress and renew our commitment to building a healthier Ghana, together. I extend my heartfelt gratitude to our dedicated staff, clients, and all who have supported us on this journey. Your trust and partnership fuel our vision. Together, we are truly growing in good health

We Offer General & Specialized Services

 EMERGENCY	 HEALTHCARE	 DIAGNOSIS
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

CRYSTAL WORD PUZZLE



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apricot	grapes	nectarine	raspberry
banana	grapefruit	orange	strawberry
blueberries	kiwi	peaches	tangerine
cherry	lemon	pear	tomato
citrus	lime	pineapple	watermelon

