

'ASHAIMAN RISING IN GOOD HEALTH' CAMPAIGN TAKES OFF



Some of the beneficiaries being taken through the free screening

The implementation of the “Ashaiman Rising in Good Health” Campaign which was officially launched in March this year, has earnestly taken off in selected areas within the Ashaiman vicinity.

Beneficiaries are being screened for Hypertension, Diabetes, Kidney-related conditions, and obesity among others.

The Free screening campaign is a collaborative exercise between New Crystal Hospital, the Ashaiman Municipal Assembly and the Ashaiman Health Directorate. The aim is to work to reduce to the barest minimum Non-Communicable Diseases (NCDs) among the people of Ashaiman.

Areas being covered currently include the Ashaiman Main Market, New Covenant Church at Taifa, Ahenfie, around the VALCO Flats and the Official Town Taxi Rank. All seven (7) zonal councils in Ashaiman are expected to be covered by the end of December 2026 where over 50,000 people would be screened freely.

The exercise, dubbed, “Prevent Today, Live Tomorrow”, is being initiated and sponsored by the management of New Crystal Health Services (NCHS).

NCHS CHIEF EXECUTIVE OFFICER GETS ENTREPRENEUR OF THE YEAR AWARD

Dr. Wisdom Amegbletor, founder and Chief Executive Officer of New Crystal Health Services (NCHS) has been adjudged the ‘Most Influential Health Services Entrepreneur of the Decade 2025’ at a colourful Business Awards ceremony in Accra. The award was presented during the 16th edition of the prestigious Ghana Entrepreneurs Awards 2026, held at the Movenpick Ambassador Hotel. This year’s awards ceremony was on the theme, “Entrepreneurship as a Catalyst for Economic Transformation”.

The CEO, who dedicated the honour done him to the entire team at NCHS, commended them for their unwavering commitment, professionalism, and passion for delivering exceptional care. “This achievement reflects a shared vision and collective effort to improve lives through accessible and patient-centered healthcare.”

The ceremony is an annual event dedicated to acknowledge individuals and institutions that continuously drive national development by fostering innovation, supporting business expansion as well as strengthening the resilience of Ghana’s private sector. Crystal News congratulates Dr. Wisdom Amegbletor for this enviable award. We are indeed proud of you!



Dr. Wisdom Amegbletor,
CEO of NCHS



Madam Bernice Ntelabe, acting Head of HR receiving the award on behalf of Dr. Amegbletor whilst the Group CFO looks on

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PEOPLE WITH ANKLE AND FOOT DEFORMITIES GET FREE SURGERY

New Crystal Hospital is again offering free corrective surgery for people with Ankle and Foot deformities. This is being carried out in conjunction with US-based Helper Medical Missions.

The gesture is aimed at restoring mobility to affected persons, ease their pain as well as bring an end to long periods of discomfort.

People with foot deformity, Ankle fracture, Knee and hip fractures are advised to report at the New Crystal Medical Mall at Ashaiman for the free surgical operation, scheduled to take place from Monday May 4th through to Friday May 8, 2026.

Beneficiaries of the previous procedures expressed appreciation to management of the hospital for helping them get back on their feet after long years of living in discomfort.



HOW MENTALLY STABLE ARE YOU?

As human as we are, we all go through one form of stress or the other in our life time; but stress, if not controlled, can result in serious health problems such as depression, a common mental health condition that causes persistent feeling of sadness and changes in how you think, sleep, eat or act.

As we observe Mental Health Awareness month, it is important that we prioritize our health, particularly issues relating to our mental health; not forgetting the fact that good mental health involves mental and psychological well-being.



Ideally, dealing with depression involves a combination of professional treatment, lifestyle adjustments and social support. Key strategies include seeking professional help from General Practitioners (GPs) or therapists, staying active with gentle exercise, maintaining a routine, eating well, staying connected with loved ones and avoiding alcohol, which worsens symptoms.

Symptoms and signs include persistent mood changes, withdrawal from social activities, changes in sleep and appetite, low energy and difficulty handling daily tasks among others.

PHOTO NEWS

PREVIOUS FOOT AND ANKLE SURGICAL OPERATIONS IN PICTURES

The pictures below show surgical procedures conducted jointly by Medical Officers of New Crystal Hospital and Helper Medical Missions of the United States of America. The joint exercise took place at the New Crystal Medical Mall at Ashaiman.



HAPPY MAY DAY

**TO ALL WORKERS OF NEW CRYSTAL HEALTH SERVICES.
YOUR DEDICATION TO DUTY HAS BROUGHT THE
BRAND THIS FAR. AYEKOO!!!**



Malaria-Related Deaths Decline

The Deputy Programme Manager of the National Malaria Elimination Programme (NMEP), Dr. Nana Yaw Peprah has revealed that there is a sharp decline in malaria-related deaths in the country over the past two years.

He made the revelation at a news conference to mark this year's World Malaria Day under the theme, "Driven to End Malaria – Now We Can. Now We Must."

According to Dr. Peprah, the decline in the death cases reflects the impact of ongoing interventions like improved diagnosis, treatment and prevention strategies, adding that, what the country needs to do now is to work towards attaining a significant reduction in the overall number of Malaria cases.

"For Malaria admissions per 100,000 populations, the number has also reduced from 379,338 in 2024 to 334,538 in 2025," he stated.



An anopheles mosquito

Ghanaians Urged To Eat Right

Mr. Emmanuel Fiagbey, the Executive Director of Meatless Monday Ghana, a local Non-Governmental Organisation (NGO) has reiterated calls on Ghanaians to prioritize and adjust their lifestyles to what they eat by consuming less meat and more plant-based foods such as whole grains, legumes, vegetables and fruits.

He also advised them to choose clean water over sugary and other fizzy drinks for good health.

His advice was contained in a statement issued in Accra to mark this year's Earth Day on the theme, "Our Power, Our Planet".



fresh fruits and vegetables such as these should be part of your daily diet

CRYSTAL WORD PUZZLE



- Fever
- Sunburn
- Toothache
- Broken
- Backache
- Cold
- Obesity
- Insomnia
- Measles
- Sneezing
- Headache
- Cough
- Elbow
- Knee
- Flu
- Earache
- Cut
- Cramp
- Bruise
- Exhausted



EMERGENCY

Our Services

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"> <li style="width: 50%;">• Dermatology <li style="width: 50%;">• Obstetrics <li style="width: 50%;">• Gynecology <li style="width: 50%;">• Surgeon <li style="width: 50%;">• Pediatrics <li style="width: 50%;">• Physician Specialist <li style="width: 50%;">• Ear, Nose & Throat <li style="width: 50%;">• Urology | <ul style="list-style-type: none"> • Tema • Takoradi • Ashaiman • Adjei Kojo • Michel Camp |