

“ASHAIMAN RISING IN GOOD HEALTH” CAMPAIGN PROGRESSING STEADILY

New Crystal Hospital’s free screening exercise, dubbed; “Ashaiman Rising in Good Health – Prevent Today, Live Tomorrow”, is progressing steadily as over 3,000 people have been screened since the launch of the exercise in March this year.

The exercise will run through to the first week of December 2026 and it is being carried out at designated centres, within the Ashaiman municipality. A team of healthcare officers are expected to pitch camp at the Manmomo zonal council this month to continue with the exercise.

Madam Rita Adjoa Adjei, the Marketing Manager in charge of Community Health expressed doubts about achieving the 50,000 coverage target by December due to the inability of the Ashaiman Municipal Assembly (ASHMA) to carry out the necessary door-to-door invitation of community to avail themselves for the exercise.

“We have drawn the assembly’s attention to the development. We can only hope they heed to our call and do the needful in order to attract more people to benefit from this all-important exercise,” she stated.

She however said people who have patronized the exercise so far have expressed gladness about the campaign, stressing that, on the average, about 100 people are screened daily since the commencement of the exercise.

According to Madam Rita, people who recorded high blood pressure and those with traces of Urinary Tract Infections (UTIs) were referred to the hospital for further treatment. She called on residents who have not yet been screened to show up at the designated centres and get checked freely.

Beneficiaries are being screened for Non-Communicable Diseases (NCDs) such as Diabetes, hypertension, kidney-related conditions, obesity and others. The hospital is doing this in partnership with the Ashaiman Health Directorate and ASHMA.



MAD. RITA ADJOA ADJEI
Marketing Manager in charge of
Community Health

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MAINTAINING A HEALTHY HEART ALWAYS

The cardiovascular system that houses the human heart is a network of blood vessels that pumps blood to every part of the body. Undoubtedly, the heart which is one of the important organs of the body is the only structure that works 24 hours non-stop for life, according to cardiologists.

Diseases of the heart include conditions that affect the heart. These include coronary artery disease, heart muscle or valve issues, and abnormal heart rhythms. Early signs of heart attack include on-and-off chest discomfort, sudden extreme tiredness, difficulty breathing during light activity, stomach upset, and pain around the neck and jaw areas among others.

A heart attack occurs when the flow of blood to the heart is severely reduced or blocked. The blockage is usually due to a buildup of fat around the heart tissue.

In order to maintain a healthy heart always, try consuming foods that are healthy for the heart. These include nutrient-dense options like salmon, oats, berries and walnuts that lower cholesterol, reduce inflammation, and support healthy blood pressure.

Foods that are bad for the heart include processed meats like bacon and hotdogs, deep-fried items like French fries, sugary drinks, refined white grains, and foods high in hidden salt and trans fats. These foods raise blood pressure, increase bad cholesterol, and cause dangerous artery-clogging plaques.



Check your BP regularly to keep your heart healthy

NOTE THESE PREVENTIVE TIPS

- 1.** Don't smoke or use tobacco
- 2.** Exercise regularly
- 3.** Eat heart-healthy diets
- 4.** Maintain healthy weight
- 5.** Get quality sleep
- 6.** Manage stress
- 7.** Go for regular health screening tests
- 8.** Prevent infections

SEPTEMBER 29 IS WORLD HEART DAY

Come Tuesday September 29, 2026, people around the world will come together to celebrate this year's World Heart Day. The day, established by the World Health Federation, was created to among other things raise awareness about heart diseases and promote heart-healthy living.

This year's campaign will be commemorated under the theme; "Use Heart for Action". The focus is to encourage individuals, communities, and governments to take meaningful action on cardiovascular health. It is also intended to increase public awareness about cardiovascular diseases, including their prevention and their global impact.



AIDS COMMISSION MAINTAINS THERE IS NO CURE FOR HIV YET

The Ghana AIDS Commission has reiterated that there is still no cure for HIV. The commission is therefore urging persons diagnosed with the disease to remain on antiretroviral (ARV) treatment to suppress the virus so they live long with healthy lives.

The commission said although ART was highly effective, Ghana's treatment coverage remained low, with only 57 per cent of estimated 337, 435 persons living with HIV (PLHIV) currently on treatment.

Dr. Prosper Kharmacelle Akanbong, Director-General of the Ghana AIDS Commission said these during a capacity-building workshop organized by the commission in collaboration with the AIDS Healthcare Foundation (AHF) in Accra.

5 DIAGNOSTIC LABS IN HO SHUT DOWN

Officers from Allied Health Professions Council (AHPC) led by the Registrar, Dr. Shirazu Issahaku, have closed down five (5) diagnostic laboratories at Ho in the Volta Region over regulatory breaches.

According to Dr. Issahaku, the council's checks at those laboratories revealed that they (the labs) operated without the required Standard Operating Procedure (SOP) and were using unqualified healthcare professionals.

This, he observed posed grave health risks to people who patronize such facilities.

GHANA'S CANCER FIGURES FRIGHTENING

Ghana is said to have recorded as many as 28,000 new cancer cases and 18,000 cancer related deaths in the country over the last few years.

This was revealed by the National President of the Society of Private Medical and Dental Practitioners, Dr. Andre Kwesi-Kumah at its 45th Annual General Meeting in Accra.

Grave concerns have been expressed over information gap. Experts are therefore calling on society everyone should get involved in raising awareness about the canker.

CRYSTAL WORD PUZZLE

THE HEART SYSTEM

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

RESPIRATORY
AORTA
LESS STRESS
RIGHT
BLOOD PRESSURE
DIET
LEFT
HEART
CARDIO

OXYGEN
NO SMOKING
PUMP
CHOLESTEROL
VALVES
BLOOD FLOW
NOCTURNAL
EXERCISE
VENTRICLE

PULMONARY
MODERATION
BEAT
SLEEP
GLUCOSE
VEIN
ATRIUM
HEALTH

**EMERGENCY**

Our Services

**DIAGONOSIS**

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