

NCHS MANAGEMENT TRAINEES GET APPOINTMENT

Management of New Crystal Health Services (NCHS) has appointed four (4) people to various leadership positions after having successfully gone through a 4-month voluntary management training programme introduced by the hospital earlier this year.

Three (3) people have been appointed as Acting Operations Managers for Michel Camp, Afenyo and Ashaiman branches whilst one (1) person has been appointed the Facility Manager in charge of the hospital's Medical Mall at Ashaiman.

Madam Bernice Ntelabe, the Ag. Group Head of Human Resource said the officers, who have since expressed appreciation to management for the offer, met regularly with the Chief Executive Officer, Dr. Wisdom Amegbletor who took them through part of the leadership training for the entire 4-month period.

The training which was practical-based is an advanced form of internship where the trainees, now directors, were assigned to key departments and made to understudy the heads of those units for a year and subsequently, got appointed as directors of those departments.



Dr. Wisdom Amegbletor
Group CEO of NCHS



Madam Bernice Ntelabe,
Ag. Group Head of Human Resource

WORLD HEPATITIS DAY COMMEMORATED

Ghana joined the rest of the world on Tuesday July 28, 2026 to observe this year's World Hepatitis Day under the theme, "Hepatitis: Let's Break It Down".

The theme for 2026 focuses on urgent calls on countries to remove the barriers preventing people from accessing life-saving hepatitis prevention, testing and treatment services.

The Programme Manager of the National Viral Hepatitis Control Programme at the Ghana Health Service, Dr. John Gerald Adiiboka said as many as 3 million Ghanaians are currently living with hepatitis B out of which only one percent have been diagnosed.

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HOW MUCH SUGAR IS YOUR CHILD CONSUMING?

As children, by nature, cherish sugary meals, it is important that parents, guardians and other care givers prioritize the health of these children by controlling the amount of sugar they consume at a particular point in time, more especially, as we observe child health month.

The following article, penned by a renowned registered dietician and lecturer at the University of Health and Allied Sciences, Ho, Nana Kofi Owusu, advises care givers and society at large to adopt means to control the amount of sugar-based foods consumed by children.

Please read on:

It is deeply worrying to imagine the burden of chronic health conditions this generation may face in adulthood if society fails to act now. The time has come for families, schools, churches, policymakers, and communities to work together to promote healthier eating habits and reduce children's excessive consumption of sugary foods and drinks.

Table sugar, known as sucrose, is a disaccharide that contains two units of glucose. There are other forms of simple sugars, such as fructose found in fruits, maltose found in malted foods and lactose found in milk. The sugar of concern that is often abused is sucrose. It is mainly high in pastries, candies or toffees and sugar-sweetened beverages (SSBs). They include soft drinks, energy drinks, refined fruit juices (packed or canned), sweetened iced tea and coffee drinks.

The continuous intake of these drinks can be toxic to both children and adults. For children, it could lead to difficulties in sleep when taken close to bedtime, as sugar excites the brain and leads to a surge in hormones that do not induce sleep.

The rapid rise and fall of blood glucose, coupled with fluctuating levels of hormones – adrenaline, cortisol and dopamine are associated with the irritability, anxiety, sluggishness and sleepy experiences of some children when the reward centre of the brain is starved of sugar.

“We are raising a generation of children who are becoming increasingly dependent on sugar, with serious consequences for their mental development, physical growth, emotional wellbeing, sleep patterns, oral health, nutritional status, and overall health”.

The next time you want to give your child a snack, consider blended fruit juice, soy milk, fresh fruit cutlets, bread sandwich, cocoa fortified pancakes, etc, instead of these SSBs. You may be saving a whole generation from juvenile obesity, dental caries, emotional instability, and sleep difficulties among others.



Sugary-rich meals like these should be excluded from children's menu

NEWS TITS-BITS

1.5M UNDER 5 CHILDREN RECEIVE SMC VACCINATION

About 1.5 million children, aged between 3 months and 59 months have benefitted from this year's Seasonal Malaria Chemoprevention (SMC) exercise.

The exercise which ended on Sunday July 6, 2026 saw the distribution of SMC medications and insecticide-treated mosquito bed nets across 7 out of the 16 regions.

The regions are Upper East, Upper West, North East, Northern, Savannah, Bono East, and Oti.

The main aim of the exercise was to safeguard children against malaria infections.

It was carried out through a monthly door-to-door administration of anti-malaria medicines by trained community health volunteers.



A child receiving SMC vaccine

FOUR IN 10 CANCER CASES PREVENTABLE – W.H.O

The World Health Organisation (WHO) has said that nearly four (4) out of every ten (10) cancer cases worldwide are linked to preventable risk factors.

The WHO identified infections such as human papilloma virus (HPV), hepatitis B and C, tobacco use, alcohol consumption, obesity, unhealthy diets, physical inactivity and air pollution as major drivers of cancers globally.

Dr. Elisabete Weiderpass, the Director of WHO's International Agency for Research on Cancer (IARC), said although some countries had recorded declines in certain cancer rates after implementing measures, the overall progress remained slow.

Health experts are therefore urging individuals to take responsibility for their health by adopting healthier diets, increasing physical activity, reducing alcohol intake, avoiding tobacco use and supporting efforts to ensure cleaner environments.



Cancer of the liver

ANNOUNCEMENT



PUBLIC SERVICE ANNOUNCEMENT **PROTECT YOUR HEALTH AFTER THE FLOODS**



The recent floods have left many communities vulnerable to serious health risks. As families begin the process of recovery, we urge everyone to take simple but important steps to protect themselves and their loved ones.

Floodwaters may be contaminated with sewage, chemicals, and disease-causing germs. Avoid walking or playing in floodwater whenever possible, and wash thoroughly with soap and clean water if contact occurs.

Drink only safe water. Boil, chlorinate, or use bottled water if you are unsure about your water source. Eat freshly prepared food and discard any food that has come into contact with floodwater.

Watch for symptoms such as diarrhoea, vomiting, fever, skin infections, persistent cough, or difficulty breathing. These may be signs of infections such as cholera, typhoid fever, malaria, or other water- and mosquito-borne diseases. Seek medical attention immediately if symptoms develop.

Your NHIS card can be a lifesaver during this period. If your NHIS membership has expired, renew it conveniently by dialing *929# and following the prompts, or visit the nearest NHIS office in your district to register or renew your membership.

Visit the nearest NHIS-accredited health facility promptly to receive quality medical care.

STAY SAFE | STAY HEALTHY | KEEP YOUR NHIS ACTIVE.

CRYSTAL WORD PUZZLE

Hepatitis B

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

- body fluids

joint pain

bilirubin

transmit

nausea

virus
- needlestick

dark urine

treatment

vaccine

cancer
- hepatitis b

prevention

exposure

enzymes

tattoo
- transplant

infection

jaundice

fatigue

acute

**EMERGENCY**

Our Services

**DIAGONOSIS**

General Services

Diagnostic Services

- General Consultations
- Emergency Services
- Pharmacy
- Maternity & Child Health
- Dental Care
- Health Screenings
- Home Care Services
- Corporate Health Services
- Nutrition & Wellness Counseling

Specialist Services

- Dermatology
- Gynecology
- Pediatrics
- Ear, Nose & Throat
- Obstetrics
- Surgeon
- Physician Specialist
- Urology

- CT Scan
- Digital X-Ray
- Laboratory
- Ultrasound
- Mammography
- Electrocardiogram
- Endoscopy

Our Branches

- Tema
- Takoradi
- Ashaiman
- Adjei Kojo
- Michel Camp

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