

## ASHAIMAN FREE SCREENING CAMPAIGN CAPTURES CLOSE TO 2,000 PEOPLE

A total of One Thousand Nine Hundred and Seventy Three (1,973) people have so far been screened freely since the “Ashaiman Rising in Good Health” campaign commenced in March this year. The exercise which is currently underway at areas within the Blakpatsona Zonal Council at Ashaiman is expected to attract about 50,000 people by December.

The Amui Adjor Zonal Council was the first to be fully covered with the remaining five (5) zonal councils, namely, Gbemi, Tsinaigbe, Manmomo, Mantseman and Nii Man expected to be covered in the course of the year. The joint project, an initiative of New Crystal Health Services (NCHS) is being carried out in partnership with the Ashaiman Municipal Assembly and the Ashaiman Health Directorate of the Ghana Health Service.

The campaign is a community-wide initiative, aimed at fighting Non-Communicable Diseases (NCDs) as well as improving health access for the residents of Ashaiman. It is expected that all the seven (7) zonal councils within the Ashaiman municipality would be fully covered within the stipulated date.



Some of the beneficiaries waiting to be attended to

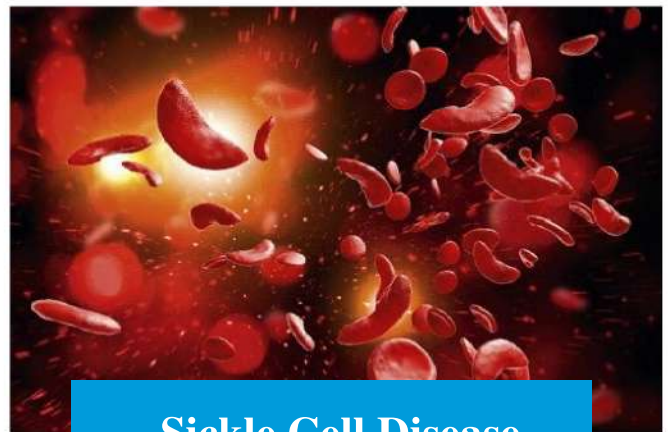


Health officers taking people through the free screening exercise

## WORLD SICKLE CELL DAY OBSERVED

Countries the world over, including Ghana, on Friday June 19, 2026, commemorated this year’s World Sickle Cell Day with various activities aimed at raising awareness about the disease. The theme for this year, “Closing the Survival Gap: Equity in Sickle Cell Disease”, focuses on addressing healthcare disparities and ensuring equal access to life-saving treatments for patients across all regions and income levels.

The founder of Perfect Cell Foundation, Madam Dorothy Elorm Edah, who is a Sickle Cell Advocate, described as falsehood the perception that people with the condition pass on early in life, stressing that current data show that Sickle Cell individuals could live up to 70 years. She called on Ghanaians, particularly, the youth to check their Genotype before entering into marriage. Sickle Cell disease is a genetic condition that occurs when abnormal haemoglobin genes are inherited from both parents.



Sickle Cell Disease

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# LIVING LIFE THE HEALTHY WAY

Healthy living is not all about surrounding one's self with all the good things of life to look and feel good, but taking a careful, deliberate action to improve and protect one's physical, mental and emotional well-being. Healthy living also involves the practice of actively managing your general well-being and stress levels so you can function optimally in your daily life. As we observe Nutrition and Wellness Awareness Month in this July, let's do well to clear our dining of all the junks and replace them with healthy meals such as fresh fruits and vegetables, whole grains and fibre-rich foods, not forgetting the consumption of enough clean water to stay hydrated at all times.

Experts also advise that we eat a variety of healthy regular meals and limit calories, added sugar and saturated fat; staying physically active; having enough rest; keeping our blood pressure and cholesterol levels in a healthy range as well as avoiding unhealthy behaviours like smoking and alcohol consumption.



Family work-out like this keeps you fit always



Fresh fruits and vegetables should be part of your daily meals

Crystal News agrees perfectly with the former Director-General of the Ghana Health Service, Prof. Agyemang Badu Akorsah who once stated that the best breakfast meal anybody could have is Koko and koose, a local early-morning delicacy made with millet and beans. Also, a famous quote that rings a positive bell is the one made by the former Minister of Health, the late Maj. Courage Quarshigah (rtd) of blessed memory which states thus: "Sleep is Medicine, Exercise is Medicine, Water is Medicine, and Healthy Meal is Medicine".

Crystal News is therefore urging all cherished readers to live life the healthy way as we continue to grow together in good health.

## SUPPORTING MEN'S MENTAL HEALTH



Just gone by was the month of June, a period dedicated to celebrate the achievements of men. Despite this recognition, men are saddled with a lot of pressure from work and other family related matters that turn to weigh them down further. Available statistics from the Mental Health Society of Ghana indicate that men currently top the list of suicide related cases in the country; a development, experts described as very worrying.

In order to reverse this disturbing development, it is important that men prioritize their health by not only seeking professional help when stressed, but do well to take a break for rest from today's hustle and bustle of work pressure. Apart from these, they also need emotional and psychological support from family, friends and society at large.

## 6.7 MILLION PEOPLE BEING VACCINATED AGAINST NTDs

About 6.7 million people are being vaccinated against 3 Neglected Tropical Diseases (NTDs) namely: Elephantiasis, River Blindness and Bilharzia.

Eighty-six (86) districts, covering 15 regions have been earmarked for the mass vaccination exercise which began on Saturday June 20 and is expected to end on Friday July 3, 2026.

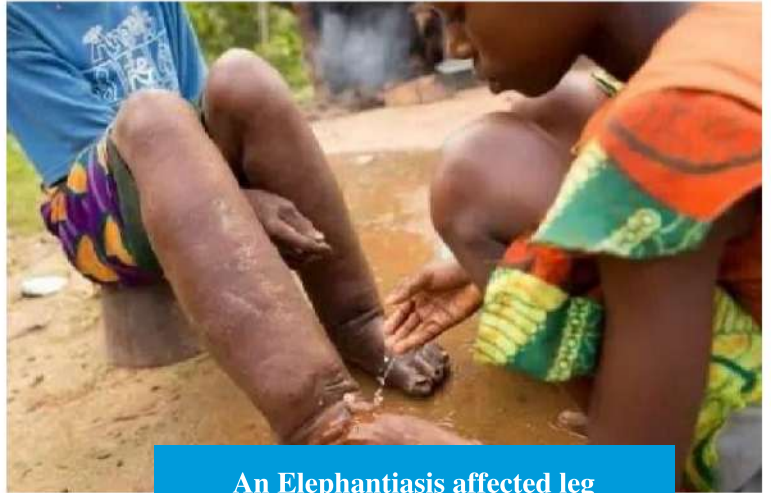
Dr. Samuel Kaba Akoriyea, Director-General of the Ghana Health Service who launched the campaign in Accra said urgent action was needed to eliminate NTDs.

Neglected Tropical Diseases are a diverse group of conditions caused by a variety of pathogens, including viruses, bacteria, parasites, fungi and toxins associated with devastating health, social and economic consequences.

The exercise is being rolled out by the Ghana Health Service (GHS).



A child being vaccinated against NTD



An Elephantiasis affected leg

## EBOLA SURVEILLANCE STRENGTHENED AT COUNTRY'S ENTRY POINTS

A number of health posts have been deployed at the country's various entry points to screen people of symptoms of the deadly Ebola disease.

The initiative is to among other things ensure that nobody enters the country with the disease.

Dr. Mrs. Grace Ayensu, Deputy Minister of Health recently led a delegation of key stakeholders, including security officers to tour the various borders to ensure compliance.



# CRYSTAL WORD PUZZLE

## Sickle Cell

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

red blood cells

Transfusions

abnormal

dehydrated

morphine

strokes

anemia

pain

cell

crescent shape

hemoglobin

genetic

sickle



### EMERGENCY

## Our Services

### HEALTHCARE



### DIAGNOSIS

#### 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

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

#### Specialist Services

#### Our Branches

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

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