

Ensuring Healthy Christmas For All

All glory to the Lord for ushering us yet into another December where people the world over will soon start preparing towards the Christmas festivities. For us at **Crystal News**, the focus for this month is to feed you, our cherished readers with the right information on how you can have the healthiest Christmas celebrations ever.

Join us as we offer you some healthy eating tips as well as the dos and don'ts for this year's Christmas celebrations.

As we plan ahead for the yuletide, which is just a few weeks away, **Crystal News** urges you to not lay hands on just anything you see on the shelves but choose mindfully, especially groceries during your shopping spree for the Christmas.

Regarding what to eat during the period, experts advise that you fill at least half of your plate with vegetables and leave less room for unhealthy foods such as processed and canned foods that are to a large extent, sodium-based. Also, base your meals on high fibre starchy carbohydrates and eat lots of fruits and veggies.

It's World AIDS Day Today

Countries across the globe are observing World AIDS Day today December 1st 2025 under the theme, "Overcoming Disruption, Transforming the AIDS Response". The theme for this year focuses on calling for sustained political leadership, international cooperation and human-rights-centered approaches to end AIDS by 2030.

According to statistics from the Ghana AIDS Commission (GAC), a total of 330,000 people, including children are currently living with the disease in the country with a prevalence rate of 1.6%. It is important to note that sexual transmission remains the major mode of transmission with about 72% of infections occurring among the general, low risk populations.



Antiretroviral drugs

As you go shopping, remember not to be deceived by colours. Experts advise that instead of red meat, choose chicken which is healthier.

Also, do more of oily fish which is rich in omega 3 and cut down on saturated fat and sugars, get active to keep a healthy weight and do not get thirsty before drinking water. By drinking water, we advise that you sip and not just gobble it down the throat.

If you plan to attend an event, eat a healthy meal or snack before you go to such gatherings; scan the buffet before you start to fill your plate and don't drink your calories, but eat mindfully and don't forget to maintain an exercise routine.



Healthy food choices for the Season

Children, by nature, are lovers of sweets; it is therefore, advisable that you make time to monitor the type of food they consume during the period. Try as much as possible to take away from your list, fizzy drinks, processed foods and other unhealthy food choices that easily attract the attention of children. Introduce them rather to fresh fruit juices instead of soft drinks that are full of sweeteners and other additives that go to hurt their system in the long run.

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Dr. Wisdom Amegbletor
Founder & Chief Executive Officer
New Crystal Health Services Limited

Celebrating Safely and Setting Health Priorities for the Year Ahead

As we enter the festive season, I extend my warmest appreciation to all our patients, staff, and partners for your continued trust and support throughout the year. December is a time of celebration, togetherness, and reflection—and at New Crystal Hospital, it is also a time to encourage every individual and family to stay safe, stay healthy, and make intentional choices that protect their wellbeing.

Across Africa, the holiday season is filled with gatherings, food, travel, and celebration. While we embrace the joy and excitement of the season, let us also remember that good health remains our greatest gift.

Festive Season Health & Safety Tips

To ensure a safe and enjoyable December for you and your loved ones, we encourage everyone to take note of the following:

- **Drink responsibly.** Excessive alcohol intake increases the risk of accidents, dehydration, and long-term health complications. Pace yourself and stay hydrated.
 - **Eat mindfully.** Festive meals often come with rich foods. Be cautious of food poisoning—store food properly, avoid leftovers kept too long, and choose safe food vendors when travelling.
 - **Stay cautious on the road.** Road traffic accidents rise during the holidays. Avoid speeding, do not drink and drive, and ensure your vehicle is in good condition before travelling.
 - **Protect children.** Keep an eye on children during events, beaches, or crowded areas. Simple supervision can prevent accidents.
 - **Look after your mental wellbeing.** The season may come with pressure or loneliness for some. Reach out, stay connected, and seek support when needed.
 - **Keep managing chronic conditions.** Whether it's diabetes, hypertension, asthma, or other conditions, continue your medication, monitor your health, and visit the hospital if you notice unusual symptoms.
- The festive season is brighter when everyone returns safely and in good health.

Looking Ahead: Setting Meaningful Health Goals for 2026

As we prepare to enter a new year, I encourage each of us to set intentional health goals that will support long-term wellbeing. Meaningful goals are specific, realistic, and measurable. Here are examples to guide your planning:

Examples of 2026 Health Goals

Schedule a **full medical check-up** at least once a year.

Commit to **30 minutes of physical activity**, 3–5 times weekly.

Improve your nutrition—reduce excess salt, sugar, and oily foods, and increase fruits and vegetables.

If you smoke, plan a **quit-smoking program** with professional support.

Monitor chronic conditions more closely—with proper follow-up and medication adherence.

Prioritize mental health through rest, mindfulness, and seeking support when needed.

How to Set a Meaningful Health Goal

- **Be specific:** “I will walk 5,000 steps daily” is more effective than “I will exercise more.”
- **Track your progress:** Use a journal, app, or regular check-ups.
- **Start small and stay consistent:** Sustainable habits build lasting change.
- **Seek professional guidance:** Our healthcare team is here to help you set goals that fit your lifestyle and medical needs.
- **Celebrate small wins:** Every improvement counts toward better health.

**CRYSTAL NEWS
WISHES ALL OUR
CHERISHED READERS
A VERY MERRY**

SPECIAL CHRISTMAS OFFERS!!!

Hello cherished readers! Ghana's fastest-growing private healthcare facility, the New Crystal Hospital is giving special offers on its services ahead of this Christmas. Prioritize your health by taking advantage of the offers and have yourselves checked at affordable prices. Kindly refer to the fliers below for more details.



NEW CRYSTAL HOSPITAL
Growing Together in Good Health

GLOW INTO CHRISTMAS

Get Christmas-ready with our **Medical Aesthetic Services** and give your skin the care it's been waiting for.


Services




- ✓ Anti Aging
- ✓ Weight Loss
- ✓ Fat Reduction
- ✓ Instant Skin Glow
- ✓ Skin Rejuvenation

Book your session

Call Us Today!

Hotline: 0544347239
Toll-free: 0800180260





NEW CRYSTAL HOSPITAL
Growing Together in Good Health



International Hospital Federation



Do You Hide Your Smile Because Of Dental Issues?

At New Crystal Dental Clinic, we help you restore your confidence with healthy, beautiful smiles.

Before



After



Our Services


- ✓ Invisalign
- ✓ Oral Surgery
- ✓ Teeth Whitening
- ✓ Pediatric Dentistry
- ✓ Crowns & Dentures
- ✓ Root Canal Treatment
- ✓ Fillings & Restorations
- ✓ And many more...

Monday-Friday (8am-4pm)
Ashaiman & Tema Branch

Call to book: 0544347239

 New Crystal Group

 www.newcrystalhealth.org



NEW CRYSTAL HOSPITAL
Growing Together in Good Health



International Hospital Federation



What You Eat is Important!

Unhealthy Eating Is Silently Fuelling Chronic Diseases! Our Dietetic Clinic offers expert nutrition guidance to protect your health.




We provide nutrition therapy and tailored plans for:

- Weight Management
- Diabetes
- Hypertension
- High Cholesterol
- Nutritional Anemia
- Baby Weaning
- PCOS
- And more...

Call to book: 0544347239

 New Crystal Group

 www.newcrystalhealth.org

PROMOTION ! PROMOTION ! PROMOTION !

Hurray! New Crystal Hospital is still running its promotional packages till the end of December. We urge you to take advantage of this final opportunity to get yourself checked at affordable prices. Kindly check the details below.



Free Pelvic Scan!

We invite all women of reproductive age to take part in our **FREE Pelvic Scan Campaign**.

Why Screen?

- ✓ Detect fibroids early.
- ✓ Protect fertility.
- ✓ Prevent complications.
- ✓ Better treatment options.

Screening available at all New Crystal Hospital branches.

Sep.-Nov. 2025
Mon-Fri
Time 8am - 4pm

Call Us Today!

Hotline: 0544347239
Toll-free: 0800180260



Smile Brighter with Our Expert Dental Care

Experience **gentle treatments** that ease pain, restore beauty, and keep your teeth strong for life.

Our Services

- ✓ Invisalign
- ✓ Oral Surgery
- ✓ Teeth Whitening
- ✓ Pediatric Dentistry
- ✓ Crowns & Dentures
- ✓ Root Canal Treatment
- ✓ Fillings & Restorations, etc.

Monday-Friday
8AM-4PM

New Crystal Hospital
Ashaiman & Tema Branch



Inguinal Hernia Surgery Promo

@ Just GH¢2,700!

A hernia is **not** just a lump, if left untreated, it can cut off blood flow to your intestines, causing life-threatening complications. **Don't wait, get treated now.**

Why Choose Us

- ✓ Expert surgical team
- ✓ Safe & reliable procedures
- ✓ State-of-the-art facilities
- ✓ Proven track record

New Crystal Medical Mall
Ashaiman, Opp. Kuffuor Station

Monday-Friday
8AM-4PM



Christmas Word Search



CANDY CANE
CAROLS
CHRISTMAS
DECEMBER
ELVES
GINGERBREAD
JINGLE

HOLLY
LIGHTS
MERRY
NORTH POLE
ORNAMENTS
PRESENTS
REINDEER

SANTA
SLEIGH
STOCKING
TREE
WINTER
WREATH



Our Services



EMERGENCY



HEALTHCARE



DIAGNOSIS

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