

# CRYSTAL NEWS

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Issue No. 010

# 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

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.



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.



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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## CEO's Message



### 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 overspeeding, do not drink and drive, and ensure your vehicle is in good condition before trav-

ening.

• 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

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: Sustain-

able 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.

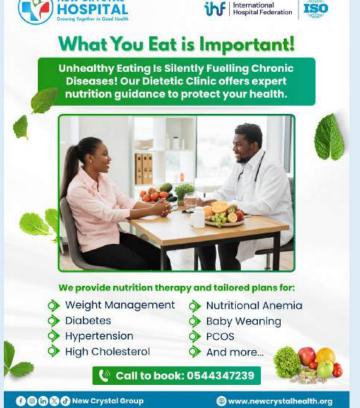
CRYSTAL NEWS
WISHES ALL OUR
CHERISHED READERS
A VERY MERRY

## 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.







# 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.



We invite all women of eproductive age to take oart in our FREE Pelvic Scan Campaign.



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

Screening available at all New Crystal Hospital branches.







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**NEW CRYSTAL** 

HOSPITAL



Call Us Today!

Hotline: 0544347239

Toll-free: 0800180260

International Hospital Federation



## Free Hepatitis B Screening For All!

Come for FREE Hepatitis B Screening, early detection protects your health and prevents liver disease

#### Why Screen

- Detect Hepatitis B early.
- Protect your liver.
- Prevent complications.
- Simple, quick, & life-saving.

Screening available at all New Crystal Hospital branches.





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Call Us Today!

@www.newcrystalhealth.org



### Smile Brighter with Our Expert **Dental Care**

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

**Our Services** 

Invisalian

Oral Surgery

Teeth Whitening

Monday-Friday

Pediatric Dentistry

Crowns & Dentures

Root Canal Treatment

**New Crystal Hospital** 

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Fillings & Restorations, etc



Call Us Today!

Hotline: 0544347239

Toll-free: 0800180260

mww.newcrystalhealth.org



## **Inquinal 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.



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



Monday-Friday

#### Call Us Today!

Hotline: 0544347239 MTN toll-free: 0800180260

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www.newcrystalhealth.org



## **Fibroid Surgery Promo**

@ Just GH (5,000!

Fibroids can cause heavy bleeding, severe pain, and even infertility. Don't wait until your chance of motherhood is at risk. 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



## Call Us Today!

Hotline: 0544347239 MTN toll-free: 0800180260



### 30% Discount on **Prostate Cancer** Screening!

We invite all men 40 years and above to take part in our discounted Prostate Cancer Screening.



#### Why Screen?

- Detect problems early
- Life-saving impact
- Simple and quick
- Better treatment outcomes

Screening available at all New Crystal Hospital branches.



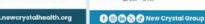




Hotline: 0544347239 Toll-free: 0800180260



www.newcrystalhealth.org



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## **Crystal Puzzle**



## Christmas Word Search

C D E C E R U S Т 0 R M В P G R E C 0 S R 1 H D W A R A A R R E 1 N D E R A В E R ı N S L E 1 G H E J A N S R C E G N G A S E 0 G 1 S A N T S E 0 S Т 0 C K 1 N G M 0 J E R R 1 H L V C N G D E R N 0 D В T C 0 D G L D N T Y T R Н A M E L G E E A T H G C S S S E V Е G L н D E Н A L C S Y T C E A 1 R D A Y 0 T N D C H R 1 S T M A S X L S E E F E A Y В R A S N R S C A R 0 S W R I N Т E S Т G 1 N G L L Y 0 R N A S T

CANDY CANE CAROLS CHRISTMAS DECEMBER ELVES GINGERBREAD JINGLE

HOLLY LIGHTS MERRY NORTH POLE **ORNAMENTS PRESENTS** REINDEER

SANTA SLEIGH STOCKING TREE WINTER WREATH







**HEALTHCARE** 



### **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

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

### **Our Branches**

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