

DIABETES – The Silent Killer

Come Friday November 14, 2025, Ghana will join the rest of the world to commemorate this year's World Diabetes Day under the theme, "Diabetes and Well-Being". This year's theme highlights the critical link between physical health, emotional balance and quality of life for people living with the disease, known commonly in medical circles as the 'Silent Killer'.

One is said to have Diabetes when the blood sugar level in the body's system is too high. Though there is no complete cure for the disease, experts say it can be managed and controlled to a very large extent. Diabetes is developed when one's pancreas does not produce enough insulin, (a hormone made by the pancreas that enables glucose get into the cells to be used for energy) or none at all.

You do not need to panic at all if you have been diagnosed with the disease because as mentioned earlier, Diabetes can be managed and controlled. On the other hand, complications can occur if people with the condition do not adhere to simple lifestyle changes, especially, when it comes to the consumption of certain foods.

Foods such as polished rice, white bread, sugar, fizzy drinks and pastries are number-one enemies of Diabetes. Diabetics should also avoid high-fat dairy products and animal proteins like butter, beef, hot dogs and sausages.



A healthcare provider checking the sugar level of a man with Diabetes

People with the disease are encouraged to consume foods such as whole grains, vegetables, fruits and legume-rich foods like beans and peas. Additionally, low-fat dairy products like milk and cheese are best for diabetics.

Since having been diagnosed with Diabetes is not a death sentence, diabetics are advised to live a normal life like any other normal person, but remember to live right because you are what you eat.

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A Diabetic foot

New Crystal Hospital Celebrates Pink October In Style

The month just gone by (October) was observed globally as Breast Cancer Awareness Month. Both public and private healthcare facilities across the country including New Crystal Hospital marked the month with various activities including outreach programmes. The facility in collaboration with Mama Zimbi Foundation, on Wednesday October 15th 2025, organized one of such outreach programmes at Klagon in Accra where hundreds of women were screened free of charge.

The well-attended and colourful programme formed part of activities marking the Foundation's 17th anniversary celebrations.

Health officers from New Crystal Hospital did not only screen the people, but also checked their vitals. The beneficiaries expressed appreciation to both the hospital and Mama Zimbi Foundation for the free offer.



Highlights from the collaborative Pink October event held at Klagon

Millions Of Adolescent Girls Vaccinated Against Cervical Cancer

Millions of adolescent girls between 9-14-year-olds have received the Human Papilloma Virus (HPV) vaccine, rolled out by the Ghana Health Service (GHS) on Tuesday October 7th through to Saturday October 11th, 2025 across the country.

The aim of the 5-day nationwide exercise was to among other things, vaccinate and protect young girls against Cervical Cancer.

Designated health care officers visited places like schools, markets and communities across the country to administer the vaccine to the adolescent girls. Earlier reports from some parts of the country were that parents and guardians of some of the girls pushed against administering the vaccine to their wards because they claimed the vaccine would render their girls infertile. Fortunately, the Ministry of Health quickly intervened and debunked the claim, saying, it was completely false and that the vaccine was safe. It further urged the public to ignore the misconceptions about the vaccination campaign.

According to the Ghana Health Service, the vaccine was rather meant to ensure a cervical cancer-free future for all Ghanaian girls.



Nine-year-old girl being vaccinated against Cervical Cancer



A 14-year-old girl undergoing the HPV vaccination

Unlicensed Health Facilities Shut Down

Officers from the Health Facilities Regulatory Agency (HeFRA), has shut down eleven (11) unlicensed health facilities across the country.

The move, according to HeFRA formed part of efforts to clamp down on unlicensed facilities, whose activities have the propensity of putting people's lives at risk.

PROMOTION! PROMOTION!! PROMOTION!!!

Hello valued clients! New Crystal Hospital is continuing its October promotional packages through to the end of December 2025. Don't let this opportunity pass you by; visit any of our facilities to have yourself checked at affordable prices. Let's keep growing together in good health. The fliers below contain all the details.



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.

Call Us Today!

Hotline: 0544347239
Toll-free: 0800180260

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

Call Us Today!

Hotline: 0544347239
MTN toll-free: 0800180260

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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.

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

Call Us Today!

Hotline: 0544347239
Toll-free: 0800180260

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

Monday-Friday
8AM-4PM

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.

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Call Us Today!

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New Crystal Group

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Crystal Word Puzzle

Diabetes

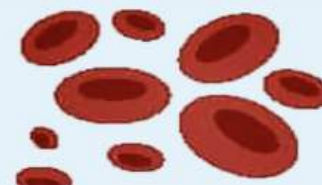
Word Search



- Diabetes
- Insulin
- Glucose
- Pancreas
- Exercise
- Diet
- Healthy
- Symptoms
- Fatigue
- Thirst
- Vision
- Monitor
- Needle
- Balance
- Foot Care
- Doctor
- Awareness
- Prevention



- Blood Sugar
- Medication
- Test Strips
- Carbohydrates



EMERGENCY

Our Services

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

CEO's Message



Prioritizing Health Beyond Breast Cancer Awareness

As we step into a new month, I want to take a moment to thank every patient, staff member, and partner who joined us in October to champion **Breast Cancer Awareness**. Together, we amplified the message of early detection, timely treatment, and hope.

At New Crystal Hospital, we believe health awareness should not be a one-month event but a continuous journey. With the same passion and commitment shown in October, we now turn our focus to other important global health observances this November — each carrying a vital message for healthier living and stronger communities.

Good health begins with **regular check-ups and preventive care**. I encourage everyone—young and old—to make their health a top priority. Schedule your screening, seek medical advice early, and support your loved ones to do the same.

At New Crystal Hospital, we remain committed to being your trusted healthcare partner—providing quality, affordable, and compassionate care across all our branches. Let's continue to take proactive steps toward a healthier Ghana.

Warm regards

November Health Focus

•November 12 – World Pneumonia Day

Pneumonia remains a major health concern, especially among children and the elderly. This day reminds us of the importance of vaccination, early diagnosis, and effective treatment to save lives.

•November 14 – World Diabetes Day

This year, we emphasize the need for lifestyle management, regular screening, and proper medical follow-up.

At New Crystal Hospital, our Dietetic Clinic provides expert dietary guidance, glucose monitoring, and support for diabetic patients to help them live healthier, more fulfilling lives.

•November 17 – World Prematurity Day

On this day, we stand with families and healthcare providers caring for babies born too soon. We continue to strengthen our neonatal and maternity services to ensure that every child receives the best start in life and every mother feels supported.

•November 17 – World Cervical Cancer Elimination Day

This global observance encourages us all to take preventive action. Through HPV vaccination, Pap smear screening, and accessible treatment, we can eliminate cervical cancer in our lifetime.

This month, New Crystal Hospital is running a Special Promo on Comprehensive Cervical Cancer Care, including Pap Smear and HPV screening, delivered by our skilled and compassionate team.

Dr. Wisdom Amegbletor

Founder & CEO, New Crystal Health Services Ltd.