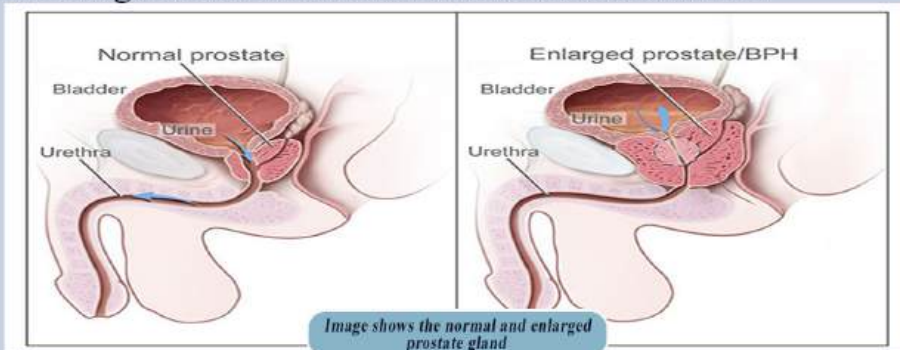


## HELLO MEN! HAVE YOU HAD YOUR PROSTATES CHECKED YET?

If you have clocked age 30 and have not yet had your prostate checked, Crystal News advises that you do so immediately before it is too late. Startling statistics gathered from the Urology Department of the Korle-Bu Teaching Hospital indicate that out of about five hundred (500) men who visited the facility between September 2024 to March 2025, more than two hundred (200) of them between age 30 to 38 were diagnosed with mild to severe prostate related problems. These figures are really disturbing considering the fact that just a few years ago, some Schools of Thought recommended that men in their 40s ought to check the state of their prostate. The statistics from Korle-Bu is a wake-up call on every young man to have his prostate checked since it is now clear that the age bracket has reduced to the 30 bracket column.



The prostate is a small, walnut-shaped, fibromuscular gland whose shape is like an inverted cone having a base above surrounding the neck of the urinary bladder organ. It is located just below the male bladder and in front of the rectum. Its primary functions include the creation of fluids in the semen and forces semen through the urethra during the process of ejaculation. The prostate surrounds the top part of the tube that drains urine from the bladder, called the Urethra. Its main job is to make the fluid that feeds and carries sperm, called seminal fluid. Remember that the prostate is part of the male reproductive system and will likely get larger as you age which according to experts, is very normal.

### Inside this issue :

- ✓ Free Foot & Ankle Surgery for Ghanaians
- ✓ Personality Profile
- ✓ Special June Promo for Men
- ✓ Crystal Word Puzzle

### Main functions of the prostate gland

- The prostate produces seminal fluid
- The prostate protects the sperm
- The prostate regulates urine flow

Note that there are 4 major zones within the normal prostate; they are the Peripheral Zone (constituting 70 per cent of glandular tissue), the Central Zone (constituting 20 per cent of glandular tissue), the Transition Zone (constituting 75 per cent of glandular tissue) and the Anterior Fibromuscular Stroma.

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### Message From The CEO



Dr. Wisdom Ameghietor,  
Chief Executive Officer of  
New Crystal Health Services Ltd.

June is globally recognized as Men's Health Month, a dedicated time to raise awareness about the health challenges men face and to encourage early detection and treatment of preventable diseases. At New Crystal Hospital, we believe that men's health is vital to the well-being of families, communities, and the nation at large.

Sadly, many men tend to delay medical check-ups, often ignoring symptoms until conditions become severe. This approach puts lives at risk and affects the quality of life for countless individuals. Our role as a healthcare institution is not only to treat illness but to empower men with the knowledge and resources to live healthier, fuller lives.

That's why we have introduced our Men's Full Medical Check-Up Package this June, a comprehensive and discounted health screening designed to assess key indicators such as heart health, liver function, blood sugar levels, and prostate health. With this package, we're offering men the opportunity to take charge of their health through early detection and preventive care.

I encourage every man, whether you feel healthy or not, to invest in this health check-up. Good health is not just the absence of illness; it's the confidence that comes from knowing you are being proactive about your well-being. Let's break the silence around men's health and make wellness a priority. At New Crystal Hospital, we're committed to growing together in good health.



# NEW CRYSTAL HOSPITAL PARTNERS HELPER MEDICAL MISSIONS TO OFFER FREE CORRECTIVE SURGERY TO GHANAIAANS



*Dr. Chrisbel Dafeamekpor narrating the purpose of the medical mission*

A team of doctors, led by Dr. Chrisbel Dafeamekpor, a US-based Ghanaian Foot & Ankle Surgeon, have in collaboration with New Crystal Hospital (NCH) conducted free surgery on about thirty (30) people with foot and ankle deformities.

The objective of the free exercise was to among other things, help beneficiaries get back on their feet as well as restore movement and dignity to people with the condition

Mr. Sebbie Abednego Tetteh, the Marketing Manager of New Crystal Hospital, said the collaboration with Helper Medical Mission has been ongoing for the past three (3) years and that the aim was part of the hospital's commitment to providing quality and accessible healthcare to its valued clients in all of its operating communities.

Two of the beneficiaries, Zion Nana Kwame Heritage and Bennita Mensah, expressed their profound appreciation to the team for the gesture, adding, "We are very grateful to the team for helping us get back on our feet again and regaining our place in the society; God bless Dr. Chris Bell and New Crystal Hospital." The beneficiaries were all drawn from Ashaiman and its environs.



*A patient undergoing surgical procedure*



*Dr. Chrisbel attending to one of the beneficiaries*



*How are you feeling? (A health care provider seems to be asking a patient who went through the free surgery)*



*Outreach Beneficiary  
MENSAB AMERLEY BERNITA*



*A patient being taken to the theater for the free surgical operation*



# PERSONALITY PROFILE

*We bring to you the profile of Dr. Biasongo Adua, one of our dedicated medical officers; please read on.....*



**Dr. Biasongo Adua**

## **Qualifications:**

Bsc Human Biology, MBChB - KNUST, Leadership & Management in Health- University of Washington (USA), Advanced Cardiac Life Support (ACLS) certification 2024- Postgraduate Institute of Medicine-USA, certificates in Medical Ethics, Dealing with difficult patients- Medscape Business Academy. challenge with a solution-driven mindset, combining

## **Inspiration:**

CEO of NCH, Dr Wisdom Amegbletor. I admire his business acumen and management skills. I am learning a lot from his business model which has made NCH one of the biggest brands in private healthcare.

With a special interest in the surgical field, Dr Adua sees each day at work as an opportunity to leave a good impression on the minds of people seeking healthcare. He believes in duty of candour and strives for high standards in professional and ethical context.

An ACLS 2024 certified senior medical officer with over 7 years post qualification experience. A graduate of the School of Medical Sciences, KNUST, Dr Adua is passionate about patient-centred care and exemplifies this in his daily practice.

## **Hobbies:**

Listening to inspirational music. Music is food for the soul. The music we choose to listen to is a reflection of our inner being. In the absence of medicine, I would have loved to be a journalist.

## **Areas of specialization:**

Dr Adua enjoys working in theater and would consider a surgical field for specialization. He has interest in Obstetrics and Gynecology, Orthopaedics and Otorhinolaryngology (Ear, Nose and Throat surgery). Outside of surgical field, I would enjoy a career in Psychiatry.

## **Family life:**

The first of 6 children. Married with 2 children.

## **Favorite medical quote:**

‘ Sometimes we cure, often we treat, we comfort always’ -Hippocrates



# Special June Promo !!!



**NEW CRYSTAL  
HOSPITAL**  
Growing Together in Good Health

In celebration of Men's Health Month, we're rolling out a special promo on our Men's Full Medical Check-Up Package. It's a comprehensive screening designed to help men detect health issues early and stay on top of their wellness. Because strong families start with healthy fathers. Book your slot today and take charge of your health.

*Crystal News* advises its cherished readers, particularly men, to regularly visit health facilities to check their reproductive and urinary health to facilitate the early detection and treatment of disorders. Let's continue to grow together in good health because health is wealth.

## Men's Full Medical Check-Up Package!

**@Just GHS 1,000**

Invest in your health  
with our special  
discounted package.

**30%  
OFF**

### Package Details

**1st - 30th  
June**

- ✓ Full Blood Count.
- ✓ Liver Function Test.
- ✓ Electrocardiogram.
- ✓ Fasting Blood Sugar.
- ✓ Fasting Plasma Lipid Profile.
- ✓ Urine Routine Examination.
- ✓ Abdomino-Pelvic Ultrasound.
- ✓ Blood Urea, Electrolytes & Creatinine.
- ✓ Prostate-Specific Antigen test.



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## Prostate

Causes of prostate problems

The prostate is part of the male reproductive system. It's often not clear what causes prostate cancer but experts have found some factors that raise the risk of this problem. These include older age, obesity and family history of prostate cancer.

Crystal News agrees with Professor Mathew Kwame Yamoah Kyei, head of the Department of Surgery at the University of Ghana Medical School (UGMS), who at a recent lecture in Accra, called for the need to incorporate prostate checks at healthcare facilities across the country. "We recommend that as a policy, antenatal scans should go a step further to assess kidney health, while prostate screening must be encouraged at health centres."

He further advised individuals diagnosed with reproductive and urinary system disorders, collectively known as genitourinary disorders not to shy away from undergoing surgical interventions when necessary, as early detection and treatment could be life-saving.

He highlighted the importance of regular prostate cancer screening, adding that both the prostate-specific antigen (PSA) test and digital rectal examination were effective tools for early detection of prostate problems.

It must be noted that individuals with a PSA level between 4 and 10 are 90 per cent safe from prostate cancer. By this, men who are over 50 years are encouraged to undergo PSA test every (two) 2 years.

Studies show that Radical Prostatectomy, a surgical procedure to remove the prostate gland, was a highly effective treatment for prostate cancer despite its challenges.

## On-going Events

- Dialysis Promo Campaign  
April - June
- Free Ankle & Foot Surgery  
May - June
- Men's Full Medical Check-up Promo.....June

*New Crystal health Services is reiterating it's call on all and sundry to continuously strive together to grow in good health because Health is Wealth*

**New Crystal Hospital.....  
growing together in good health!**

# Crystal Word Puzzle



## MEDICAL TERMS



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

AMBULANCE  
BRAIN  
INJECTION  
SCALPEL  
HOSPITAL

APPOINTMENT  
DOCTOR  
MEDICINE  
SURGEON  
BONES

BLOOD  
EMERGENCY  
MONITOR  
VITAMIN  
NURSE



## Services Offered at New Crystal Hospital :

### We Offer General & Specialized 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