



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

@knustwellness @knust_wellness_centre KNUST Wellness Centre
<http://wellness.knust.edu.gh> 032 219 1673

SEASONAL ALLERGIC CONJUNCTIVITIS

-JOSEPHINE AMPOMAH BOATENG OD1
 -KWADWO OWUSU AKUFFO, OD, PHD1

(DEPARTMENT OF OPTOMETRY AND VISUAL SCIENCE, FACULTY OF BIOSCIENCES, COLLEGE OF SCIENCE, KWAME NKRUMAH UNIVERSITY OF SCIENCE AND TECHNOLOGY, KUMASI, GHANA)

Seasonal allergic conjunctivitis is a condition that occurs because of the introduction of allergens to the conjunctiva of the eye. The conjunctiva is a sensitive layer covering the eye's white part (sclera). Allergens are substances that the immune system recognizes as dangerous or harmful. Due to the sensitive nature of the conjunctiva, it is more susceptible to these substances. Allergic conditions can be especially aggravated in certain seasons like harmattan where it gets windy and dusty which allows for allergens like pollen spread easily.

Symptoms include redness and itching of the eyes, foreign body sensation of the eyes and tearing. Symptoms may also involve the upper respiratory tract with nasal congestion and irritation of the throat.

Tips to note to avoid seasonal allergies:

- Wash towels, curtains and bed sheets regularly.
- When experiencing itching, apply cold compress but do not rub your eyes; that will make your eyes more irritated and red.
- Frequent washing of hands especially after spending time outside.
- Washing of face after spending time outdoors.
- Wear nose masks when dusting or sweeping.

Please see your eye care specialist or visit the Optometry Eye Clinic in the Basement Room Number 24, Aboagye Menyeh Complex, College of Science, KNUST
(Tel.: 050060166; Email: optometry@knust.edu.gh).

MOOD SWINGS IN WOMEN: YOUR CYCLE AND YOUR MENTAL HEALTH- PART TWO

-DR. RUTH OWUSU-ANTWI

(PSYCHIATRIST, BEHAVIOURAL SCIENCES DEPARTMENT, SCHOOL OF MEDICINE AND DENTISTRY)

Two main mental conditions are associated with the menstrual cycle of women. We discussed PMS in the previous edition. The second is:

1. Premenstrual dysphoric disorder (PMDD)

Women with PMDD become seriously depressed a week or two before their periods. With PMDD, major depression and extreme irritation are the key symptoms.

To be diagnosed with PMDD, a woman must have at least five of the following symptoms around the time of her period:

- Deep sadness or despair, with possible suicidal thoughts
- Lasting irritability and anger, which may include frequent outbursts at loved ones.
- Feelings of tension or anxiety
- Mood swings
- Crying
- Disinterest in daily activities and relationships
- Trouble thinking or focusing.
- Feeling out of control or overwhelmed
- Fatigue
- Food cravings or binge eating
- Panic attacks

These symptoms will disappear shortly after menstruation starts and should not last all month.

THE NUTRITION CORNER



EAT WITH THE ENVIRONMENT IN MIND

-DR MARY AMOAKO


(DEPARTMENT OF BIOCHEMISTRY AND BIOTECHNOLOGY, KNUST)

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

Source: Academy of Nutrition and Dietetics, USA

DID YOU KNOW?

Consuming processed foods in excess can cause a lot of chronic health problems such as obesity, high blood pressure, and heart disease?



DEE'S CORNER

REASONS TO GET IN SHAPE & EXERCISE MORE

-MR. DOMINIC OFORI

(FITNESS COACH, KNUSTWELLNESS CENTRE)

Every day brings with it a new scientific report on the benefits of exercise. Here's the short and sweet on these impressive ways that exercise can keep you in the best possible shape.

• **Maintains immune system functioning:** Even short-term exercise programs can reverse some of the deleterious effects of aging on this sensitive, complex, and crucial regulatory system which controls so much of your everyday health.

• **Builds muscle mass:** Keeping your muscles strong also helps you stay more aerobically fit and helps you maintain a healthy lean (or fat-free) body mass.

• **Boosts your energy:** Although going to the gym early in the morning or late in the afternoon may feel like the last thing you have energy to do, once you build exercise into your daily routines, these workout bouts will seem less tiresome because you'll feel more mentally and physically capable of carrying them out.

• **Brings about better sleep:** The physical exertion you engage in during the day helps your body's circadian rhythm keep in tune.

• **Improves breathing:** Exercise improves breathing by strengthening the muscles that help lungs expand to bring in oxygen and compress to push out carbon dioxide.

• **Corrects bad posture:** Exercise helps to build the muscles which holds your back to get a good posture.