



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

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CARE FOR THE EYES DURING HARMATTAN

- MELVIC AMPONSAH MARFO, OD

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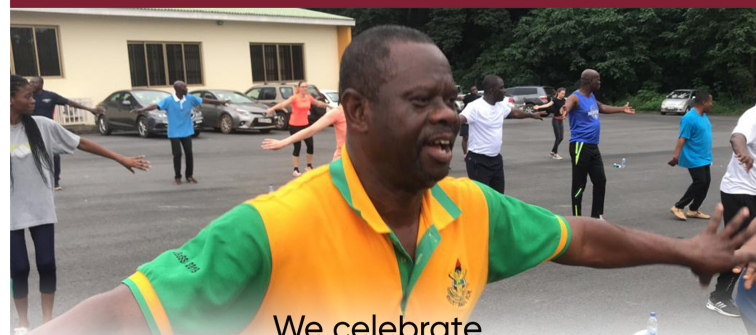
We all know February is supposed to be our 'saviour'. But it appears February 2023 has different plans. The weather is so hot. There is haziness in the atmosphere. The air is dry causing people to have cracked and sore lips. But is the eye also affected in this season? If yes, then how can we guard against the unfair treatment meted out by these climatic changes?

Weather conditions affect the entire body especially the eyes. Due to the direct contact between the eye and the environment, the entire ocular surface and surrounding ocular structures are influenced. Below are some few tips to help protect the eyes:

- Instead of rubbing your eyes when experiencing any form of discomfort or irritation in your eyes, use clean water to flush it out.
- If you have blurry vision and you are using prescribed glasses, endeavour to wear them always to see well through the harmattan haze
- Always wash your hands before touching your eyes when you go outdoors. Wash your hands if you touch dirty surfaces or objects before touching your eyes.

- Do not share personal items such as towels, handkerchiefs, bed linens or sheets. These items could facilitate the quick spread of eye infections. They should also be washed and changed regularly.
- Increase your water intake to keep the whole body hydrated.
- The use of eye lubricants such as artificial tears will help your eyes to remain well hydrated and prevent eye dryness. Endeavour to consult your eye doctor before purchasing any eye lubricant.
- If certain eye symptoms persist, see your eyecare specialist or visit the Optometry Eye Clinic at the Basement Room Number 24, Aboagye Menyeh Complex, College of Science, KNUST.

CONGRATULATIONS



We celebrate,

Mr. Oti Attah Eric

Eric, the deputy head of KNUST J.H.S,

for his consistency and determination towards the Saturday health walk and aerobics since the start of the new year. The KNUST Wellness Centre appreciates your effort and participation.

Ayekooo !!!

THE NUTRITION CORNER



HEALTHY EATING IN THE WAKE OF CLIMATE OR WEATHER CHANGES

-AMA AFRAKOMA AMOAH
(RD, MPHIL)

Change in the weather conditions consequently affects and changes the agricultural nature at a particular time and hence the accessibility and affordability of food. Healthy eating becomes an afterthought in these seasons. Here are some tips to eat healthy even amid changing weather conditions.

- Preparing meals from tubers, grains, vegetables, and fruits that are abundant in a particular season is relatively cheaper and easily accessible.
- Consciously avoid a monotonous meal. Just a change in the vegetable, fruit, cereal, grain, or the source of protein can increase dietary diversity and prevent nutrient deficiencies.
- Buy only what you need and store leftovers in hygienic conditions to be safe to use later.
- Abundance of a particular food does not mean overeating. Remember, eating in moderation promotes good health.
- Changes in the weather condition also increases the risk of infection like flu, common cold and other respiratory diseases. It is therefore important to maintain a robust immune system through adequate intake of fruits, vegetables, and fluid. month.

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 are short and impressive ways exercise can keep you in shape:

- **Reduces blood pressure:** Exercise helps reduce your blood pressure, in part, by attacking the plaque in your arteries leading to free blood flow.
- **Lowers Type 2 diabetes risk:** By engaging in regular physical exercise, you improve your body's ability to metabolize glucose, the key to starving off this disease.
- **Reduces body fat:** The more you exercise, the more you can work off your body fat because muscle "burns off" more calories, effectively speeding up your metabolism.
- **Keeps bones strong:** A normal age-related change is the loss of bone mineral strength. Once again, though, exercise is the key to maintaining your bone's health.
- **Improves breathing:** Exercise improves breathing by strengthening the muscles that help lungs expand to bring in oxygen and compress to push out carbon dioxide.
- **Improves mood:** It's a well-kept secret that people who exercise regularly also have lower risk of depression. These regular exercise-related boosts eventually improve your overall mental health over the long term.

Stay tuned for more in the next edition of The Wellness Newsletter!

DID YOU KNOW?

The healthiest fat for consumption is extra virgin olive oil?