



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

SICKLE CELL AWARENESS -DR. NANA AKUA ABRUQUAH AND DR. ERIC ODURO (UNIVERSITY HOSPITAL)

Sickle cell is a genetic red blood cell disorder that is passed down from parents to children similarly to how people inherit eye, skin, and hair color. It is not contagious.

In Ghana, it is reported that one in four people carry the sickle cell trait, and one in fifty people live with sickle cell disease and this population keeps growing.

Sickled red blood cells are stiff and sticky, and don't move freely throughout the blood vessels like normal red blood cells should. They can pile up and block blood flow like a traffic jam, keeping healthy red blood cells carrying oxygen from getting where they need to go. This may prevent your organs from getting the oxygen they need and can lead to complications depending on the part of the body deprived of oxygen, and majorly manifests with bone pain. Sickled red blood cells also break down leaving few red blood cells to carry oxygen. When there are too few red blood cells carrying oxygen, anemia can result which causes you to feel weak and tired.

Although pain is the most common symptom, sickle cell is much more than pain. Sickled red blood cells don't deliver oxygen to your body's organs, tissues, and bones as well as healthy red blood cells do. There may be gradual damage that happens to your body's organs, tissues, or bones that you might not see or feel. This damage can add up over time and may occur even if you don't have a

pain crisis. It can also occur long after a pain crisis has passed. That's the silent damage of sickle cell.

With sickle cell, damage may be happening to your body whether you have pain or not. And it's all because your red blood cells are not delivering enough oxygen to your body. Without oxygen, any organ in your body can be affected over time. That includes your:

- Brain
- Eyes
- Heart and lungs
- Liver and gallbladder
- Spleen
- Kidneys
- Bones
- Other organs

So, do you know your status? It is important to get screened and be sure, so you can have honest open and transparent conversations with your significant other.

The university hospital has a fully functional sickle cell clinic, that caters to the needs of its patients with the disorder. You are welcome to register and attend.

Get Tested! Break the cycle!



DID YOU KNOW?

Whole grains are a good source of complex carbohydrates, fiber, and nutrients?

THE NUTRITION CORNER



MANGO JUICE

SOURCE: SWASTHI'S RECIPES –
INDIANHEALTHYRECIPES.COM

Mango juice has all the fruit fiber intact and is in fact healthy! Regular consumption of mango juice can do wonders for your body, especially for digestion. Here is how to make it:

- Choose fully ripe sweet mangoes and rinse them well under running water.
 - Cut the mangoes into halves and remove the seed.
 - Cut the inner flesh into cubes without cutting through the skin of the mango.
 - Use a spoon to scoop out the cubes into a blender along with 2 tbsps of honey.
 - If you want, you can add ginger.
 - Add some cold water or ice cubes and blend until smooth.
- Enjoy your natural mango juice!

DEE'S CORNER

WHY YOU SHOULD LIFT WEIGHTS IF YOU'RE A WOMAN

-MR. DOMINIC OFORI
(FITNESS COACH, KNUSTWELLNESS CENTRE)

...Continued from previous edition.

In the previous edition of **The Wellness Newsletter**, we saw five reasons why women need to take strength training seriously. Here are five more!

- **You will reduce your risk of injury, back pain, and arthritis:** Strength training not only builds stronger muscles, but also builds stronger connective tissues and increases joint stability.
- **You will reduce your risk of heart disease:** Weight training can improve cardiovascular health in several ways, including lowering LDL ("bad") cholesterol, increasing HDL ("good") cholesterol, and lowering blood pressure.
- **You will reduce your risk of diabetes:** Weight training may improve the way the body processes sugar, which may reduce the risk of diabetes.
- **It is never too late to benefit:** Women in their 70s and 80s have built up significant strength through weight training and studies show that strength improvements are possible at any age. Note, however, that a strength training professional should always supervise older participants.
- **You will improve your attitude and fight depression:** Women who strength train commonly report feeling more confident and capable because of their program, all important factors in fighting depression.