



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

THE ROLE OF MASSAGE IN WELLNESS OR WELLBEING

MR. ISAAC MENSAH BONSU

(DEPARTMENT OF PHYSIOTHERAPY AND SPORTS SCIENCE,
FACULTY OF ALLIED HEALTH SCIENCES,
COLLEGE OF HEALTH SCIENCE, KNUST)

Massage can play an important role in promoting wellness and wellbeing by helping to reduce stress, relieve pain, improve circulation, and enhance relaxation. Here are some tips on how massage can contribute to overall health:

- 1. Reducing stress:** Massage can help to reduce stress by promoting relaxation and reducing tension in the body. This can lead to lower levels of stress hormones, such as cortisol, which can have a negative impact on the body when elevated for extended periods of time.
- 2. Relieving pain:** Massage can help to relieve pain by reducing inflammation and increasing blood flow to the affected area.
- 3. Improving circulation:** Massage can help to improve circulation by increasing blood flow and lymphatic drainage.
- 4. Enhancing relaxation:** Massage can promote relaxation by activating the parasympathetic nervous system, which is responsible for the "rest and digest" response in the body.
- 5. Boosting immune function:** Massage can also help to boost immune function by increasing the activity of natural killer cells, which are responsible for fighting off viruses and other pathogens in the body.

In summary, regular massage can contribute to overall wellness and wellbeing by reducing stress, relieving pain, improving circulation, enhancing relaxation, and boosting immune function.

EYE CARE

HAND SANITIZER

INADVERTENTLY ENTERS MY EYE

**ALBERT KWADJO AMOAH ANDOH, OD1
KWADWO OWUSU AKUFFO, OD, PHD1**

(DEPT. OF OPTOMETRY AND VISUAL SCIENCE,
FACULTY OF BIOSCIENCES, COLLEGE OF SCIENCE, KNUST)

The use of hand sanitizers has increased over the years, especially during and after the outbreak of COVID-19. Most hand sanitizers contain a form of alcohol. Therefore, getting such chemicals into the eyes can cause discomforting symptoms such as itching, redness, stinging or burning sensation, blurry vision, and tearing. In a situation where a chemical such as a hand sanitizer comes into contact with your eye, it is expedient to manage your eyes with care.

Here are some tips to minimize the risk of developing complications if you get hand sanitizer in your eyes:

- It is important to avoid rubbing your eyes.
- You should flush your eyes for at least 20 minutes with water at room temperature.
- When irrigating the eye, aim a gentle stream of water at your eye. Hold your eyelids open as you let the water flush your eye.
- After irrigating the eye, please see your eye care specialist.

Visit the Optometry Eye Clinic in the Basement Room Number 24, Aboagye Menyeh Complex, College of Science, KNUST (Tel.: 0500601666; Email: optometry@knust.edu.gh).

THE NUTRITION CORNER



HOW MUCH SODIUM DO YOU TAKE IN A DAY -AMA AFRAKOMA AMOAH (RD, MPHIL)

The recommended amount of sodium in a day is less than 2400mg which is equivalent to 5g of salt or 1 teaspoon of salt. Diets high in sodium are associated with an increased risk of developing high blood pressure which leads to stroke and other cardiovascular diseases. Here are healthy tips to cut down on sodium intake.

- **Read the nutritional label on food products. Choose no or reduce sodium.**

The amount of each nutrient is expressed as a percentage of the daily value (DV). Daily value is the required amount of a nutrient to take in a day. 5% DV indicates low sodium content whereas 20% or more suggests a high sodium level.

- **Buy fresh and natural food items**

Choose fresh foods (vegetables, fruits, meat, fish, nuts and seeds) instead of processed varieties.

- **Wash sodium off**

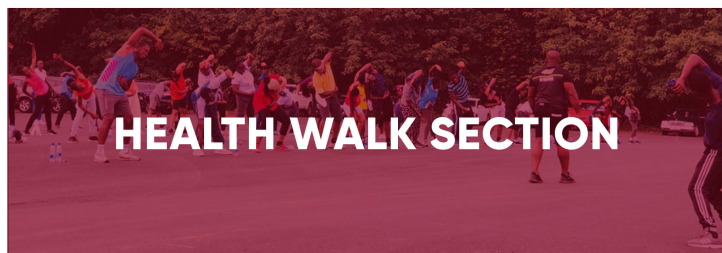
Rinse sodium-containing foods such as salted fish 'koobi'. This removes some amount of sodium from it.

- **Prepare what you eat**

Limit eating food outside home and choose low sodium food options when eating out.

VIRAL HAEMORRHAGIC FEVERS (VHFS) -DR. VERA ODURO (PUBLIC HEALTH UNIT, KATH)

Lassa fever, which you may have heard of, falls under an umbrella of illnesses referred to as Viral Haemorrhagic Fevers. Illnesses may range from mild disease where they present with fever, headache, general body weakness, dizziness, body aches and diarrhoea to life threatening disease where they present with bleeding, organ failure and ultimately death. Other common VHFs include: Ebola, Yellow fever and Dengue fever. They naturally exist in animal (rodents, bats, cattle) or insect (mosquitoes) population as their primary host but can also be transmitted to humans via bites, contact of rodent faeces or urine with food or household items and from human to human via direct contact, contact with an infected person's body fluids or items which have come into contact with infected fluids. Safety protocols such as regular washing of hands, proper food handling, isolation of suspected cases, elimination of primary hosts must be adhered to. Most VHFs do not have cures and therefore management is by treating symptoms. Currently, the antiviral drug of choice for Lassa fever is unavailable in the country and therefore prevention is key!



HEALTH WALK SECTION

KNUST Saturday Walk and Aerobics is one year old and we are grateful to all faithfuls who have made the exercise a success. We humbly entreat all University community members to see wellness as a culture and join in driving the wheels of wellness in KNUST. We pray for more successful events and good health in the years ahead.

We are grateful to VC and management for their unflinching support and encouragement. We look forward to your participation and remember, for us at the Wellness Center, Your Wellbeing is Our Priority. God bless Wellness Center, God bless KNUST.

~Wellness Committee