



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

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<http://wellness.knust.edu.gh>
[032 219 1673](tel:0322191673)

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

-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, PMS and PMDD

How to deal with PMS and PMDD

For many women, lifestyle changes can be a successful part of PMS treatment. For women with severe PMDD, medication may be needed. The following PMS treatment options can help stabilize mood swings and improve a woman's emotional health in the weeks before menstruation:

- **Exercise:** It's believed that the chemical in the brain responsible for good feeling, endorphins, are released during exercise and it can help counteract some of the hormone changes that may trigger severe PMS. Aerobic exercises like walking, running, bicycling, or swimming can lift moods and improve depression.

- **Small, frequent meals:** Eating small meals throughout the day rather than two or three big meals may also help ease PMS symptoms. A large meal, particularly one high in carbohydrates, can cause blood sugar swings, which could worsen PMS. Try to eat six small meals a day to keep your blood sugar levels steady.

- **Avoid caffeine, alcohol, and sweets:** Staying away from coffee and other caffeinated drinks for two weeks before your period may make a difference in

your mood because caffeine can worsen anxiety, nervousness, and poor sleep.

- **Learn to beat down stress:** Stress can make severe PMS symptoms worse. Try relaxation techniques such as deep breathing, and yoga.

- **Specific Antidepressants:** These medications have been shown to ease the mood symptoms that occur during PMS or PMDD. Talk to your Psychiatrist to see whether you would need any of these medications and which doses would be appropriate for you.

WHAT IS KARATE?

-SHIHAN KWABENA AFRIYIE POKU

(DEPARTMENT OF PAINTING AND SCULPTURE
CHIEF INSTRUCTOR OF KNUST KARATE
TECHNICAL DIRECTOR – GHANA KARATE-DO
FEDERATION)

Translated Empty-Hand, Karate is a classic martial art emphasizing striking techniques and sweeps. Karate is designed to improve the practitioner's physical fitness and self-defense techniques. It emphasizes discipline, respect, perseverance, self-control, mental focus, and stress relief. It also embodies a rich cultural heritage and tradition that connects practitioners to its historical roots. Karate has become recognized, providing athletes with opportunities, and promoting healthy growth.



THE NUTRITION CORNER

IRRITABLE BOWEL SYNDROME AND NUTRITION

-ELIZABETH GYAKYEWAA KWARTENG (RD)
(UNIVERSITY HOSPITAL, KNUST)

Irritable bowel syndrome (IBS) is a common digestive disorder that affects a lot of people worldwide. The exact cause of IBS is unknown but a combination of factors such as diet, stress, hormones, and genetics are believed to be related to its onset. Symptoms of IBS include abdominal pain, bloating, gas, diarrhea, and constipation. Nutrition is one of the key management tools of IBS and below are some quick tips to help curb this disorder.

- **Increase fiber intake:** High-fiber foods such as vegetables, fruits, whole grain cereals, and legumes can help regulate bowel movements and alleviate constipation.
- **Limit trigger foods:** Avoid fatty or spicy meals, alcohol, carbonated and caffeinated drinks, and sorbitol containing sweeteners as they can trigger IBS symptoms.
- **Stay hydrated:** Drink enough water and fluids to reduce bloating and prevent constipation.
- **Reduce stress:** Relaxation techniques such as deep breathing, meditation, and yoga can help reduce stress and alleviate symptoms.


DEE'S CORNER

EXERCISE

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

Regular exercise is a must for people that are suffering from diabetes. You need to keep at least half an hour for exercise every day. Joining a gym is another good option since it helps maintain the regularity and motivation. Exercising eliminates obesity and lowers blood sugar levels significantly, therefore reducing your chances of diabetes. The energy required for physical activity needs to have a source, and that will stimulate the uptake of simple sugars like glucose from your bloodstream into your muscle tissues and cells, thereby doing the same job as insulin, while you lose weight and increase your health at the same time!

What an easy way to deal with diabetes!
Get moving!



DID YOU KNOW?

That the amino acid content of eggs is good for reflexes?