



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

DENTAL TIPS

TOOTH BRUSHING

-DR PHILIP B. FRIMPONG

MEDICAL OFFICER (DENTAL) - UHS

Do you know the type of toothbrush you use can affect your teeth?

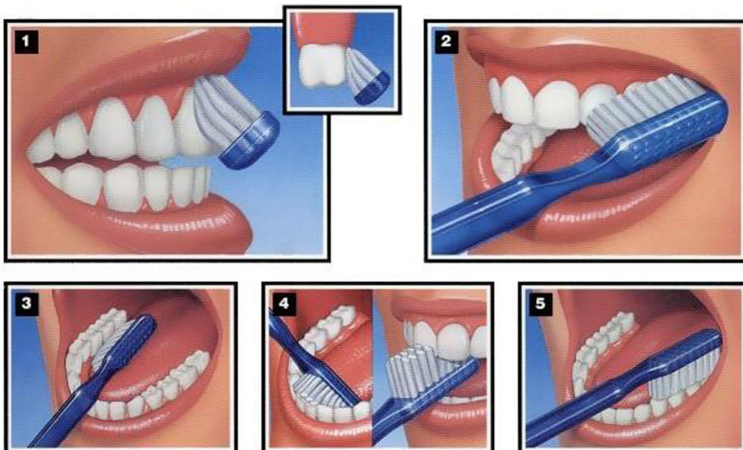
The recommended tooth brush for adults is one with the medium bristle.

Next time you buy a toothbrush, kindly look for the inscription 'MEDIUM' on the label.

Hard bristled toothbrushes remove the outer layer of your teeth, causing tooth sensitivity to hot and cold food.

When buying tooth brushes for kids, select the one with correct age range as stated on the label. Do not give an adult toothbrush to children below age 12.

Toothbrushes are to be replaced every three months after use.



ENLIVEN YOUR ROOM WITH PLANTS – PART 1

-DESMA D. D. SOGA

(DEPARTMENT OF HORTICULTURE)

The term "indoor plants" is used for green plants used in homes. They transform a room from ordinary to extraordinary by adding colour, texture and natural beauty.

Additionally, ornamental plants used as home décor have a soothing effect on our bodies and mind. They also serve as air-purifying tools, enhancing the quality of the air in homes. Natural plants breathe new life into your interior design and do not break your budget. Best of all, these plants are very easy to grow and take care of even for those without green thumb.

There are some important guidelines that one would require in setting up an indoor garden. These are;

- i. Type of Plants.
- ii. Available Space
- iii. Amount of Light.
- iv. Type and Size of Containers.
- v. Household Structure
- vi. Plant Media.
- vii. Form of Planting
- viii. Fertilizer and Water Requirements
- ix. Pest and Disease Control
- x. Temperature and Humidity Control
- xi. Time

In our next article, we will be ready to embark on what could be a lifelong activity of indoor gardening that will benefit you in so many ways.

PROSTATE CANCER AWARENESS

DR. ADDAI ARHIN APPIAH
(Urologist, Snr Lecturer, KNUST/
SMD, Head of Urology, KATH)

Who can get Prostate Cancer?

Every male above 40years can get Prostate Cancer

Risk Factors For Prostate Cancer?

- Age
- Race
- Genetics (5-10%)
- Sedentary life style
- Diet (Fatty foods)
- Alcohol
- smoking

Symptoms of Prostate Cancer?

- Early cancer has no symptoms.
- Early cancer is detected by regular DRE & PSA or by Accident
- Early cancer can be cured.

Symptoms of late disease

- Bone pain
- Waist pain
- Difficulty passing urine
- Weight loss
- Weakness in the legs
- Inability to walk
- Symptoms of anaemia

Treatment Of Prostate Cancer

EARLY CANCER:

- Active Surveillance
- Watchful Waiting
- Prostatectomy
- Radiotherapy

LATE CANCER:

- Chemical or Surgical Castration

Early detection saves life and fighting for the cure is the way of life. Get screened today.



We celebrate,
Mr. Edward Yeboah
of the Accounting and Finance
Department in a special way for his
consistency and determination
towards the Saturday Walk. The
KNUST Wellness Centre appreciates
your effort and participation
throughout the journey.

Ayekooo !!!

NUTRITIONAL TIPS

Please cook and eat more healthy foods from home as against regularly eating foods outside.