



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

CHOLESTEROL... WHY SHOULD WE LIMIT IT? - DR. VERA ODURO (KOMFO ANOKYE TEACHING HOSPITAL)

Cholesterol is a type of fat that the body uses to help repair damaged cells. However, too much of it in the blood has deleterious effects. What do high levels of cholesterol do in the blood? Well, they settle in the walls of the blood vessels which are supposed to be somewhat elastic and in turn harden and narrow the walls. These vessels which carry blood to different parts of our body and to the heart smoothly, now begin to experience increased pressure and turbulent flow.

Also, the narrowed vessels mean that adequate amount of blood may not reach the tissues they supply especially when there is increased demand. Turbulent flow also increases the risk of clot formation. When this occurs in the tiny heart vessels, it may lead to heart attacks and in the brain, to stroke. It only takes seconds for these tissues to die and the heart and brain cannot repair themselves.

The heart is what pumps the blood all around the body and therefore extensive damage may lead to heart failure. The brain controls most of our body functions and therefore damage to it leads to loss of body function (manifestations of stroke).

How can we prevent this? Healthy dieting with less unhealthy fats, more fibre, more fruits and vegetables, regular exercise and yearly checking of blood cholesterol levels with your doctor.
PREVENTION IS KEY!



THERAPEUTIC HORTICULTURE: HONOUR YOUR RETIREMENT WITH GARDENING - DESMA D. D. SOGA (DEPARTMENT OF HORTICULTURE-KNUST)

Finding it difficult to fill the extra hours you now have with meaningful activity? Try gardening!

Gardening can be a wonderful outdoor activity for both young and older people as it provides numerous mental and physical advantages. It awakens our senses and links us to the environment. Gardens can provide relaxation, quality of life, exercise, interest and a sense of caring for something. There is the simple joy of gardening, wandering around the garden watching things grow and rewarding us with lovely blossoms and tasty produce.

THE NUTRITION CORNER



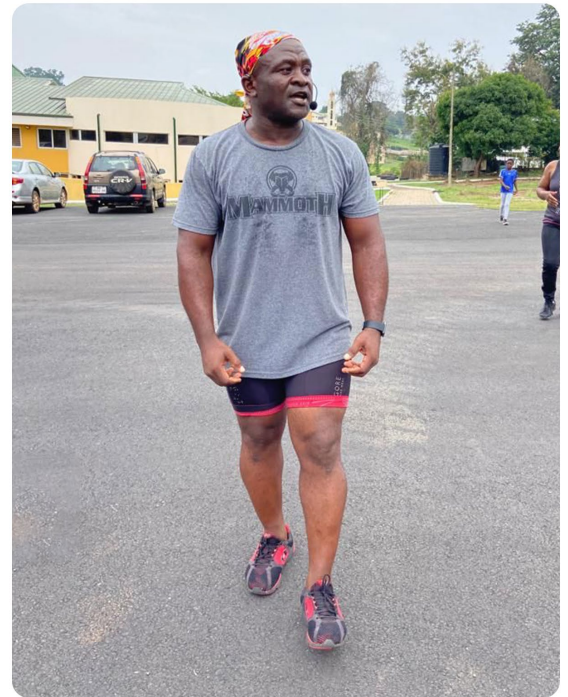
TIPS ON USING OUR LOCAL FOOD MATERIALS FOR MEALS -YOUR DIETITIAN, MARIAN ABRAFI OSEI (RD, FMGAND)

We have many nutritious cereals, grains, vegetables, fruits and tubers that can be used for interesting dishes as well as snacks.

To start with, we have vegetables such as kontomire, aleefu, dandelion, garden eggs, okra, tomatoes, pepper, cabbage, lettuce, beetroot, onions among others which are used for stew preparation. The most important aspect is to ensure that these vegetables are properly mixed with the proteins such as fish, beans, lean meat or eggs with moderate amount of oil used. This can then be consumed with our grains, cereals or tubers.

In this era of economic hardship, many people would be worried about the financial power to purchase most of these vegetables. The advice is however that we should make use of what is available in our communities or the vegetables we can grow in our backyard gardens or farms. If have enough space around your house, please consider making a small farm or a backyard garden to supply you with these essential vegetables to improve your diet and health. While you ponder on these tips, expect our next exciting edition.....!
Eat healthy Stay Healthy.

CONGRATULATIONS



We congratulate our Fitness Coach, **Mr Dominic Ofori (Dee)** of KNUST for his dedication and commitment to the Saturday Walk. You have been our trainer from the beginning and we appreciate your passion and and love for us all.

Ayekooo !!!



DID YOU KNOW?

Dehydration can have negative impact on your mood, memory and brain performance

<https://posthood.com/science-based-health-facts/#>