

SEPTEMBER 2026 MONTHLY NEWSLETTER

Your Wellbeing, Our Priority

THE WELLNESS NEWSLETTER

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

Knustwellnesscentre KNUSTWELLNESSCENTRE http://wellness.knust.edu.gh 032 219 1673

THE KIDNEY CHRONICLES

A Monthly Publication on Health, and Daily Wellness

ATTA JUNIOR AMPONSAH- Student, Department of Biochemistry and Biotechnology

This month, we focus on two bean-shaped organs quietly performing some of the most complex tasks in your body: the kidneys. Nestled in the back of your abdomen, each about the size of a fist, these organs are frequently overlooked until function declines. Yet, they filter your entire blood volume dozens of times daily with unmatched chemical precision.

The Functional Architecture of the Kidney

Each kidney houses roughly one million nephrons—the functional microscopic units responsible

Core Physiological Duties

- Waste Elimination
- Homeostasis & Acid-Base
- Endocrine Function

DAILY RENAL SUPPORT PROTOCOL

Hydration	6 to 8 glasses/day
Nutrition	Low Salt and Whole Foods
Supplements	Use with Caution
Screening	Monitor estimated Glomerular Filtration Rate (eGFR) and Urine

Key Takeaways

1. Silent Progression: Kidney impairment is frequently asymptomatic in early stages.

2. Track Trends: A single laboratory snapshot is rarely conclusive; tracking eGFR and urine markers over time reveals the true trajectory.

3. Action: Everyday decision; sleep, movement, and nutrition—directly sculpt your internal molecular environment.



NUTRITION CORNER





ANNOUNCEMENTS



Saturday Walk and Aerobics is scheduled for every Saturday from 5:30am-7:30am at the KNUST Wellness Centre.
This is open to all and free for all.



Ask Me About Wellness!

Get your KNUST Wellness Centre T-shirt and join the movement to promote health and wellness.

Prices: Round Neck – GH 50 | Lacoste – GH70

Sizes: Medium, Large and Extra Large.

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Let's make wellness everyone's conversation