

## OUR SERVICES

- General Health • Specialist in Skin Diseases
- Lab Services • Fertility Services
- Gynecology & Obstetrics • Neurology
- Pharmacy



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DOCTOR'S CORNER BY:  
DR. CLAUDIA M. DONKOR (MD)

## TIPS FOR HEALTHY SKIN

It's a new year and many have resolutions to live healthy lifestyles and take better care of themselves. One rewarding place to start is taking better care of your skin. **Did you know our skin is the largest organ of the body?** The following are simple tips that can help in achieving a healthier skin.

### STAY HYDRATED

It is recommended that we drink at least eight glasses of water daily. I am often asked what size of glass to use in achieving this. It is advised that **1 to 2 litres of water daily** is suitable. If one is very active, more would be ideal. Staying hydrated is essential for the transport of oxygen, nutrients and vital substances to the skin, as well as aiding with the removal of toxins and 'bad substances' from the body.

### FACE AND BODY CLEANSING

Washing at least once a day is a must, especially as we live in a hot, humid climate. Cleaning or washing our skin removes dirt and germs we might have picked up during our daily activities. Washing with antiseptics (soaps or liquids) offers some protection from infections. **Particular areas of our skin, such as the face, are more delicate than others and so extra care must be taken during washing.**

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Founder, Chief Dermatologist, Consultant  
Professor Edmund Nminyem Delle

### MOISTURIZING THE SKIN

This cannot be over-emphasized. Just as it is important to hydrate the skin by drinking water, using appropriate moisturizers for your skin type (consult a dermatologist or aesthetician for advice on which kind to use to suit your skin type) is a major contributor to having well hydrated and healthy skin. Moisturizers keep the skin from looking dry and wrinkled, and for those with sensitive skin, from symptoms such as itching. To get the best effect, **pat your skin dry after bathing** (do not rub your skin dry!), leaving a bit of moisture on the skin before applying your moisturizer.



### BE CAREFUL

There are countless stories of clients admitting to using skin care products/cosmetics which were recommended by friends. **Remember, we are all different. Our different skin types and skin sensitivities hinder a 'one size fits all' approach to skin care.** A consult with a dermatologist or aesthetician would be useful in this respect.



**KAREN A. S. HENDRICKSON**  
CEO, RABITO CLINIC

## THE NEW CEO

Dynamic hardworking, enthusiastic and fastidious are just a few of the adjectives that can be used to describe our new Chief Executive Officer. Mrs. Hendrickson has served on a variety of finance, banking, development and health steering committees, Boards and think tanks over her 30+ year career. She has worked for large multi-national companies spanning West Africa, Europe, Middle Asia and North America in senior management positions.

Mrs. Hendrickson is keen to make a positive contribution to our community and to bring long-term positive impact to both patients and staff at all the Rabito Clinics spread across the country.

## SAFE CARE CERTIFICATION

In line with Rabito's commitment to providing world class health services to all patients it is working towards the internationally acclaimed Safe Care Certification. This certification is designed to help national programs improve and raise the quality of health care in their countries. Our Safe Care ambassadors are working to ensure that all our branches, are providing safe and quality health care to patients.



**Rosina Obeng**  
Employee of  
the Year 2017  
(Koforidua Branch)

## OUR BRANCHES

Accra, Kumasi, Takoradi, Tema, Koforidua, Ho, Wa, Cape Coast, Bolgatanga, Tamale, Sunyani, Techiman, Winneba, Agona Swedru

MON. TO SAT. - 8 AM TO 7PM



## PATIENT'S CORNER

1. Why do I still get acne at 25?
2. Harmattan makes my skin very sore. What can I do?
3. My baby has all these small bumps on her body? What could it be?
4. What's the difference between Acne and Eczema?

*These and many other questions can be answered by our dermatologists*



Group picture of Osu, Tema, Kumasi, Tamale, Koforidua staff members at annual retreat at Tesano Gardens

## THERAWORX

**Theraworx** is a non-toxic product that kills most bacteria for up to 3 hours at a time **including the H1N1 Virus and the Ebola virus**. In the critical battle against hospital-acquired conditions, you now have an innovative new alternative—a simple, inexpensive, skin safe alternative—**Theraworx**, works to preserve the skin's permeability barrier and allows the skin to do its job in preventing water loss and avoiding dryness. Concerned about airborne bacteria and germs? Please ask us for more information regarding **Theraworx**.