SUPPORTING STATEMENT TO PARLIAMENT ON KIDNEY DISEASE, AN EMERGING DEBILITATING KILLER IN GHANA BY HONOURABLE DR ZANETOR AGYEMAN-RAWLINGS, MP FOR KLOTTEY KORLE - 9 MARCH, 2017

Thank you, Mr Speaker. Mr Speaker, I would congratulate both Hon Members who made the Statements regarding World Kidney Day. My comment would be that if we have a situation where we cannot completely regulate as yet the people on herbal medications, what we need to do is perhaps, raise the awareness that people need to understand that there are interactions between the herbs and the conventional drugs. So, when they meet the doctors, they make it a point to mention all the things that they are on, not just the conventional drugs.

I would also urge all Hon Members of Parliament to conscientise their constituents with regard to exercising regularly and eating properly, and in that vein, I would also perhaps, point out that a lot of the data suggest that many Members of Parliament at the end of their term end up with chronic diseases, a lot of the time hypertension related to increased stress and perhaps, the extended sitting hours.

I would use this platform to appeal to Mr Speaker to expedite the establishment of a gymnasium in Parliament so that — when Hon Members are on the premises between Sittings and perhaps, during hours when they are waiting to go home, they be given the opportunity —

Mr Speaker, they be given the opportunity to go to the gym, so that we can make up for the time we spend Sitting, because the extended Sitting hours do have an effect on our musculoskeletal system. And given the stress levels, it is well established that regular exercise is a good means of stress management.

Thank you very much, Mr Speaker —