



## SAFE SURGERIES

Proud to be a Safe Surgery



**Armed Forces veteran friendly accredited GP practice**

**Kirpal Medical Practice and Dr. Bhalla & Partners Surgery's are now a Veteran Friendly Accredited Practice.**



**Social Prescribers are running Menopause Clinic at Soho Health Centre**

Please Contact the Front Reception For more information.

### Online Appointments

Our practice has been enabling online bookings for GP telephone appointments (Please **DO NOT BOOK** if you have Abdominal Pains, Rashes and conditions which require you to be seen face2face.

**PLEASE NOTE:** The practice has the right to cancel this appointment if they feel this has been inappropriately booked (SICKNOTES, REPEAT PRESCRIPTIONS, REQUESTING LETTERS) and any conditions which can be dealt with PHARMACY FIRST). You can also book telephone consultations online if you feel your problem can be dealt with over the phone. To utilize this facility, it's necessary to be enrolled as a patient within our practice. Once you've completed your registration with our practice, you can then proceed to register for this service. In future we endeavour to provide face to face appointments.

This can help us save a GP appointment for you when you really need it.

**Thank you for your understanding.**

*Pre-bookable Slots for following week  
Call Every Friday  
Between  
5:00PM & 6:00PM*

**KIRPAL MEDICAL PRACTICE**  
**&**  
**DR BHALLA AND PARTNERS**

**APRIL NEWSLETTER**  
 Information for Patients

Updated: 29/03/2024  
 Review: 23/04/2024

<https://kirpalmedicalpractice.co.uk/>  
<https://www.drballaspractice.nhs.uk/>

Phone Number: 0121 203 5100 Bhalla  
 Phone Number: 0121 203 5040 Kirpal  
**Address: 247-251 Soho Road Health Centre  
 Handsworth, Birmingham  
 B21 9RY**

#### OPENING TIMES

**Monday:** 8.00 - 6.30

**Tuesday:** 8.00 - 6.30

**(Extended Access 06:30 Pm – 08:00 Pm)**

**Wednesday:** 8.00 - 8.00

**Thursday:** 8.00 - 6.30

**Friday:** 8.00 - 6.30

**Saturday:** **Closed**

**(Extended Access 09:00 Am – 05:00 Pm at Holyhead Primary Healthcare Centre)**

**Sunday:** **Closed**

**Disclaimer:** Appointment times are 9am till 11.30am for the morning and 3pm till 5.30pm for the afternoon.

## STRESS AWARENESS MONTH

When stress takes hold of your body, it's noticeable. Your heartbeat quickens, muscles tense up, and your stomach feels like it's tied in knots. While this reaction can sometimes be beneficial, such as aiding in escaping danger or performing well in sports, persistent stress can adversely affect your physical health.

The effects of stress can have effects throughout your body on both your physical and mental health. It can affect:

### Digestion

Stress hormones slow the release of stomach acid and interfere with how well the stomach can empty itself. This can cause stomach-aches. These same hormones cause the colon to work faster and may lead to diarrhoea.

### Heart, brain, and blood vessels

High levels of the stress hormone cortisol increase your heart rate and your blood pressure. Cortisol can also raise your cholesterol levels. These factors raise your risk for heart attacks and strokes.

### Immune system

Normally, your immune system responds to infections by releasing chemicals that aid in the healing process. The stress response weakens your immune system, slowing wound healing and making you more likely to get colds and infections.

### Weight

Cortisol can trigger cravings for fatty and carbohydrate-rich foods, potentially leading to weight gain. Additionally, it can contribute to increased fat deposition in the abdominal region. Accumulation of weight in this area elevates the risk of developing heart disease and diabetes.

### Mental health

Continuous exposure to stress hormones can perpetuate a persistent feeling of tension and anxiety. This prolonged state may predispose individuals to conditions like depression, headaches, or other health issues, particularly if there is a familial history. Moreover, heightened arousal levels can disrupt sleep patterns, leading to difficulties in falling or staying asleep.

### Regaining your balance

If stress has taken over your life, it's time to regain some control. Your health depends on it. Here are some ideas:

#### Make time for regular, moderate exercise.

It's one of the best stressbusters, and it can improve your mood and help control your weight. Check with your doctor to see what activity level is right for you.

#### Spend some time doing things you enjoy.

Go to a funny movie, take your kids fishing or have dinner with a dear friend.

#### Learn some relaxation techniques, such as deep breathing or meditation.

### Treat yourself well

Make time for healthy meals and getting enough sleep. Avoid smoking, drinking too much and overeating. If you still cannot get a handle on your stress, talk to your doctor. He or she might recommend a counsellor who could help you find other ways to reduce or manage the stress in your life.

### Repeat prescriptions.

A GP must authorise every repeat prescription. This takes 48hours/2 full working days. Please Note, at busy times, it may take little longer.

Day Request Received	Day your [Prescription/ Medication] is ready to collect after 2.00 Pm
Monday	Wednesday
Tuesday	Thursday
Wednesday	Friday
Thursday	Monday
Friday	Tuesday

\*\*\*Please note, you can request a repeat prescription online, ask a member of our staff for the details. We do not accept repeat prescription over the phone.\*\*\*

In an emergency, Visit A&E immediately or call 999.

FOR ANY FURTHER DETAILS OR QUESTIONS, PLEASE FEEL FREE TO SPEAK TO A RECEPTIONIST.