

Got a Question?  
Scan the QR code below!

01212032888



**Dr Khuroo's Practice**  
NHS GP Surgery in Birmingham

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6DJ |

**Quit Smoking,  
Quit Vaping**



**Make 2026 the year  
YOU quit smoking for  
good!**

**Kickstart the new year off by quitting  
smoking and vaping!**

Smoking is the leading cause of cancer  
and is responsible for about 20% of all  
cancers and 30% of all cancer deaths.

Smoking and vaping significantly  
increases the risk of heart diseases,  
stroke and other cardiovascular diseases.

**Try these activities instead of smoking:**

- Go out for walking or stretching  
for 5 minutes.
- Change your diet to more leafy  
green food items from meaty ones
- Drink more water and fluids
- Try nicotine replacement  
therapies to help you quit.

**It all starts with a change and a push, so  
go on, YOU CAN DO IT!**

**We're Working  
Hard to Keep You  
Well!**



**Since January 2026, we have had:**

- **805** GP Appointments
- **582** Nurse Appointments
- **59** Pharmacy Referrals
- **48** Online Appointment Requests
- **2117** Calls Answered
- **106** Did Not Attend Appointments



**Have your say! Join Our  
PPG Meeting!**

We really value your ideas  
and feedback, and our PPG is  
a great way to help shape  
the services at Dr Khuroo's  
Practice. Ask for Bilal at  
reception to sign up or for  
more details!

**Think  
Pharmacy  
First!**



Your Local Pharmacy can see and  
treat you for a range of different  
conditions such as:

- Shingles
- Sore throat
- High Temp
- Earache
- Infected Insect Bite
- UTI

**Speak to your local pharmacy  
today!**



## Antibiotic Resistance

Antibiotic Resistance is where a microorganism, typically bacteria, become resistant and no longer affected by antibiotics that GP's and Pharmacists prescribe to kill, prevent and treat the disease.

While resistance is a natural phenomenon and not just a health issue, from a human healthcare perspective it is accelerated by:

- Misusing Antibiotics
- Not Taking The Full Course
- Poor Infection Prevention

The growing issue within the NHS is that there is a belief that antibiotics work for many illnesses, such as viral infections. This is NOT the case!

Viruses do NOT get managed by Antibiotics and therefore have NO effect.

For more information, speak to your local pharmacy or visit the link:

<https://www.england.nhs.uk/ourwork/prevention/antimicrobial-resistance-amr/>

## High Blood Pressure Management

As a Practice we understand that High Blood Pressure poses a risk for the general population.

We also recognise the phenomenon of "white coat hypertension" – this is the belief that when a patient enters a clinical setting, their Blood Pressure increases dramatically. This is due to a lot of different factors but is not always a straightforward case.

At Dr Khuroo's, you are more than welcome to loan a BP Machine and monitor your BP from home. If you already have one, let our reception team know and we can send scheduled texts to remind you to take your readings.

Ask at reception for more information!



## People Behind Your Care

Here's a little more information about who's in our team:

- **GP's** – at the heart of diagnosis and treating a wide range of conditions, prescribe medications and oversee your overall care.
- **Pharmacists** – experts in medicine who carry out reviews and are the first point of contact for minor illnesses.
- **First Contact Physiotherapists** – assess and treat muscle, joint and back problems directly, often without the need for a GP appointment.
- **Physician Associate** – work alongside a GP to assess and manage common health conditions
- **Reception and Admin Staff** – ensure your appointments, referrals, and test results are handled efficiently so your care runs smoothly.

### 4<sup>th</sup> February is World Cancer Day

We're raising awareness of the impact a cancer diagnosis can have on people's lives and highlighting the urgent need to provide better care.

## Cancer Awareness Month

We know that it is common to struggle with your mental health when you have cancer or care for someone with cancer. You are not in this alone!

<https://www.cancerresearchuk.org/about-cancer>

<https://www.macmillan.org.uk/cancer-awareness/world-cancer-day>

Macmillan: 08088080000

Cancer Research: 08088004040