

Newsletter - 12 For Patients

By the Patient Reference Group
July-August 2016

Our Doctors and staff - 1. Dr Iqbal

I was brought up in Birmingham from a young age and went on to study medicine at Leeds.

After five years at Leeds I returned to Birmingham to work at "Dudley Road Hospital" in 1992 which later became City Hospital. I did all of my training at City & Sandwell hospitals to become a General Practitioner.

I have been a G.P since 1998 and first started working at

Lee Bank Group Practice (Later rebranded as Bath Row Medical practice) in 1999 when I came to cover for Dr Lester's maternity leave and continued to cover for Dr Fletcher whilst he was off sick before retiring. Whilst settling into the practice

I saw major transformation to the Lee Bank area which has been completed demolished and renamed as Attwood green. I worked for this practice as a salaried doctor for five years before becoming a partner in 2006 to join Dr D'Urso and Dr Morgan. We suffered a big loss when sadly Dr D'Urso passed away in 2010. This came as a big shock to me as he was a personal friend and to the practice as he was such a key member of the practice. We have missed him dearly. When Dr Morgan retired in September 2014 I have had the role of senior partner at the practice.

I am married with four children aged between 19 years and 5 years old. They have kept me busy over the years as well as the full time commitment at work and the changing nature of general practice. I can only thank my wife who has taken the brunt of looking after the children whilst I have worked long hours. I enjoy walking weekends with friends and family and try to play badminton twice weekly. I have played golf in the past which I have not managed to do in the recent years and planning on taking this up again in the near future.

I plan on continuing to work at Bath Row Medical Practice until I retire.



Dr Amjad Iqbal 25.4.16

Healthy Living Chat

"Dr Ewan Hamnett has been appointed by the Health and Wellbeing Board to be Birmingham's new Champion for Tackling Physical Inactivity.

He said "..... as I see it, the purpose of my role is to cut down the barriers to everybody in Birmingham being able to be active, because activity will not only solve a lot of health problems but it will also solve a lot of social problems. It will make people happier." The appointment coincides with a warning from Mps that lack of exercise is creating "a tsunami of premature deaths".

Stirchley Baths - have a NEW Programme of Activities

Situated very near Bournville Station, - "Stirchley Baths is a place to bring people together for leisure, food, arts, heritage, film and wellbeing..... events, exhibitions, talks, tours, and an educational programme happening at this historical Birmingham gem. 0121 464 9072

*** Free Water-sports Edgbaston Reservoir**
Ask at the Ranger's office at the Reservoir

Have you seen these - Folding bikes for hire at 5

1. Outside Moor St Station
2. Opposite Snow Hill Station
3. On New Street
4. Aston University
5. Brindley Place



Men's Health week

A Cautionary Tale

(by PRG member - John)



"You've lost weight" said she "Yes" said he
"Have you seen the doctor" said she
"Yes" said he "he drives past our house - most days on the way to the surgery"
"You know what I mean" said she, a consultation"
"No, but I've thought about it" said he
"Don't think about it, do it, please for me," said she
So he did. His GP gave him a thorough examination but could find no evidence of ill health.
"You appear to be fine." He said. "Monitor your weight, & if weight loss continues, see me again. You have done the right thing. Its probably a quirk of your metabolism, but it could have been much more serious."

The Moral of this tale :- Don't ignore - Have your GP explore

Men's Health week was June 13th - 17th 2016

Led by the Men's Health Forum, the purpose of Men's Health Week is to raise awareness of preventable health issues and encourage men & boys to seek professional advice for health-related problems. www.nhsemployers.org

Come and join the Patient Reference Group

(give your name to a receptionist)

Our next meetings are at 6.15pm

Here at the Surgery on these dates:- Wed 20th July 2016

Wed 17th August 2016

Editor's Note

Wed 21st September 2016

You can see the Minutes of PRG meetings and all editions of The PRG Newsletter on the Practice website.

www.bathrowmedicalpractice.co.uk

Click on 'Have your say' Then
Click on 'Patient Representative Group'then
Click on 'Minutes, Reports and PRG Newsletter'then
Scroll down to the bottom of the page & click on the one you
Would like to see - wait a few seconds & it will appear.

(Don't forget to scroll down the page to see - page 2)

Just a thought for this month:-

Good things come to those who reach for their dreams!

(These thoughts have been sent in by PRG member - Ann)

Childrens Page Colour the Picture

Ask at Reception for coloured pencils



Have you seen
this too ?
Cycling Help
On the Canal by the
Sea Life Centre
Cycle Hire, repairs and help

My master isn't well
I hate it when he's not well



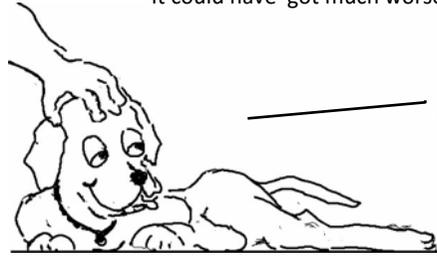
and I think he is too embarrassed
to go and see a doctor



There - at last he is
phoning his doctor



There !
That's much better !
It turns out is was not too serious but something that
is better dealt with in the early stages -
It could have got much worse !!!



I knew it !!!

A Personal Recommendation for Tai Chi for Health and Wellbeing

Disciplines similar to Tai Chi have been practised in China, where it originated, for over 2,000 years. From the eighteenth century onwards a series of fixed postures and movements which connect and flow into each other evolved into Tai Chi. These set patterns of 'Moving Meditation' are known as 'forms' and there are many different styles in existence but all linked by a strong set of philosophical and cultural traditions

Originally used as a form of self defence, Tai Chi's popularity in the west increased from early in the 20th century and is now practised by millions of people, the world over for its health benefits. It improves and maintains health and mobility, balance and co-ordination and is an excellent means of promoting tranquillity and mental harmony. It offers relief from stress and anxiety. Tai Chi is suitable for all ages and in particular is a gentle and effective way for the elderly to keep fit. No special skills are required and physical agility is not important. One of the basic principles of Tai - Chi is 'No Forcing', which requires that you do not over exert yourself as in some other forms of exercise. Tai Chi has proved over and over again to be one of the finest ways of improving health, assisting the flow of blood circulation, creating tranquillity and through the concentration it requires, acquiring a deep peace of mind. It is an ideal antidote to the many pressures of life. Tai Chi is very safe but if you have any health problems, always consult your GP before embarking upon any new form of exercise.