

Help Look after the NHS

In 2010 GPs wrote prescriptions costing over £2.7 million for medicines you can buy at a pharmacy

Treating minor conditions used a lot of GP appointments preventing other patients from being seen quickly

The NHS cannot maintain this long-term

What you can do to help;

- *Visit your pharmacist for advice before visiting the doctor*
- Look after your own health and keep a well stocked medicine cupboard
- Buy your own medicines when you can

What problems can I ask the pharmacist about?

- Athletes foot • nappy rash • coughs and colds
 - constipation and diarrhoea • ear wax • hay fever
 - head lice • sore throats • facial hair
 - minor aches and pains • minor acne
 - threadworm • slimming • indigestion • injuries
 - travel medicines • sun protection • vomiting
 - piles • thrush • dry skin • excess perspiration
- and many more so go and Ask your Pharmacist...