

Health checks

Allergies

1 in 3 people are affected by an allergy such as hay fever at some point in their life. Allergies can develop at any time and have wide ranging effects on an individual's quality of life.

If you think you are suffering from an allergy, or are experiencing sneezing, itchy eyes or a rash, ask your pharmacist for more advice.

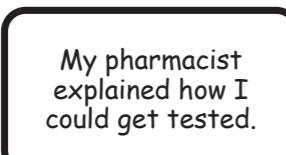
Chlamydia screening

As the signs and symptoms are invisible, most people with a Chlamydia infection don't know they have it. The most common bacterial sexually transmitted infection in the UK, it can stay undetected for months or years.

Passed on through intimate sexual contact, the infection can spread and cause serious long term problems, affecting fertility and sexual health in both men and especially women.

Just a simple urine test, carried out in the privacy of your own home, will confirm if you are carrying the infection. A number of pharmacies are already offering tests and treatment free on the NHS. If not, they'll tell you where you can get it free on the NHS or you are able to buy it over the counter.

My pharmacist explained how I could get tested.



Keeping you healthy

Stopping smoking

Giving up smoking requires will power and determination, but it's easier with the right support. Pharmacists are an accessible source of advice and support and if necessary, can refer you to an NHS Stop Smoking Service, if they are not offering the service themselves.

Flu vaccinations

For people at risk of getting flu, the chances of catching it can be considerably reduced through vaccination. As well as getting vaccines from your GP, some pharmacies will be able to supply and administer the vaccine.

Minor ailments

All pharmacists are able to advise on and sell over-the-counter medicines for minor ailments such as headaches and stomach upsets where appropriate.

My local pharmacy is a convenient place to get advice for my daughter's itchy skin.



More information

Pop into your local pharmacy to discuss what else your pharmacist can help you with and find out about the local services available to you.

What to do in an emergency

If you, or somebody else, has:

- taken too much of any medicine
- an allergic reaction to a new medicine (such as wheezing, rash, swelling or fainting)
- a serious side effect or unusual symptoms.

Don't delay, call 999 straight away.

To find your local pharmacy, simply put your postcode in to the pharmacy finder on

www.nhs.uk

or call

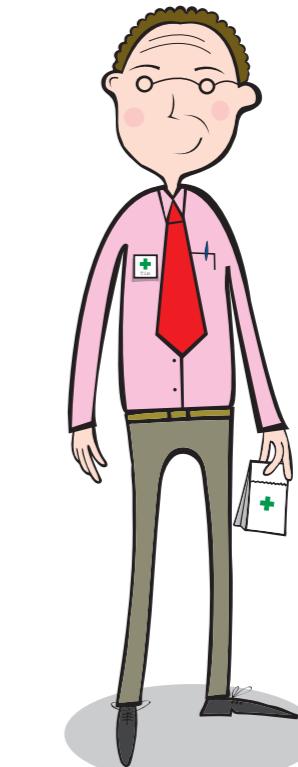
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Guide to Pharmacy Services

How to get the most from your local pharmacy



**It's
your
choice**

What can my pharmacy do for me?

Did you know that as well as giving advice, dispensing medicines and selling some medicines over the counter, there's much more your local pharmacy can offer?

Your pharmacist can give you help and advice about your health and well-being. Minor conditions can often be dealt with by a pharmacist without a prescription and without the need to see a doctor. They may be able to advise you on the most suitable treatment, which may include an over-the-counter medicine.

You don't need to make an appointment to see a pharmacist and you can talk to them in confidence, even about symptoms that are very personal. Many pharmacies now have a consultation room or area where you can have a conversation in private.

This leaflet outlines some of the help and advice your local pharmacy may offer and how they can give you information on other local services. If you want to know more, just ask your pharmacist.

Using medicines safely

In the UK, all medicines available from a pharmacy are tested and authorised to make sure that they are safe when used correctly.

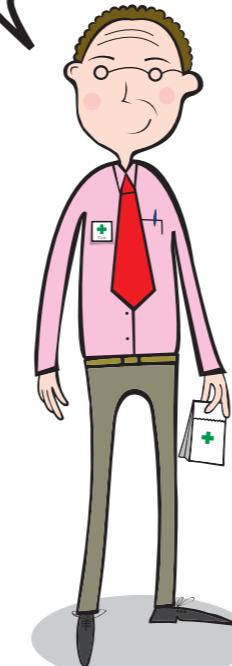
Pharmacists are experts in the safe use of medicines. They will help you to get the most from them and advise you about any side effects medicines might have.

If you're taking two or more medicines, even for the same condition and whether prescribed or bought over the counter, make sure you tell your pharmacist, as sometimes, when taken together, medicines can cause unwelcome side effects.

Always remember to tell your pharmacist if you are:

- allergic to any medicines
- taking prescribed medicines
- taking over-the-counter medicines or vitamin, mineral, or herbal supplements
- pregnant or breastfeeding
- buying or collecting treatments for someone else.

I'll explain how you take your medicines properly so you get the most from them.



Keeping up to date with your medicines

Did you know that up to 50% of people might not be taking their medicines as intended? Are you one of them?

Why not ask your pharmacist for a 'medicines check up', also known as a medicines use review (MUR). This is a one-to-one discussion to talk about the medicines you are taking, what they do, how well they work for you and how to get the most from them. Many pharmacies offer this as a free NHS service. It could pick up any problems you might be having with your medicines or find easier ways for you to take them.

Collecting and delivering prescriptions

Many pharmacies offer a prescription collection and/or delivery service, where it will be collected from your GP and taken to your local pharmacy. Some pharmacies help by delivering your prescription medicines to your home if you have problems collecting medicines yourself.

You don't always need to visit your GP for your repeat medicines. Ask your GP to arrange repeat dispensing by your pharmacy.

The pharmacy is a long way for me to walk, so I get my medicines delivered to my house.



Improving your health

Your local pharmacy could help to improve your health and well-being. They can advise you on how to adopt a healthier lifestyle by suggesting changes to your diet or increasing physical activity.

Blood pressure

You can't tell if your blood pressure is too high. Some pharmacists can now check your blood pressure and offer lifestyle advice about how to stay healthy.

Cholesterol

Some pharmacies offer a simple 'finger prick' test to assess your cholesterol level and give you the results while you wait. They'll also be able to give advice on how to reduce it if it's too high or refer you to a GP if appropriate.

My pharmacist gave me advice on how I can adopt a healthy lifestyle.

