

Over the last year the NHS spent £9,828,025

on treatments for all common self care conditions

Choose self care

f913,724
f8,914,301

spent on GP spent on appointments medicines



Speak to your pharmacist for help and advice on managing your symptoms for common conditions

If we were more self care aware we could use these important resources to fund:



OR



7,229 Cataract operations 1,752 Hip replacements