

Over the last year the NHS spent £19,373,228 on treatments for all common self care conditions

Choose
self
care

£16,449,800



spent on GP
appointments

£2,923,428



spent on
medicines



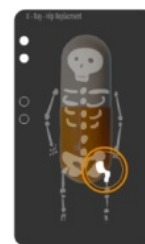
Speak to your
pharmacist for help
and advice on
managing your
symptoms for
common conditions

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



184
GPs

OR



3,438
Hip replacements