

How to manage your conditions and help the NHS

The NHS in Suffolk spent **£3,417,719** on prescribing for all these conditions in 2015/16. You can help by buying your own treatments. It is cheaper to you than it is for the NHS.**



ALLERGIES

£
to local NHS
£440,145

to you
£1.55
for 28 day supply*

Equivalent of:

20
MORE
COMMUNITY
NURSES
a year



VITAMINS

£
to local NHS
£32,365

to you
£2.75
for 90 tablets*

Equivalent of:

1½
MORE
PARAMEDICS
a year



MUSCLE AND
JOINT PAIN

£
to local NHS
£377,314

to you
£1.49
for 50g*

Equivalent of:
17
MORE
OCCUPATIONAL
THERAPISTS
a year



DRY SKIN

£
to local NHS
£818,214

to you
£2.00
for 500g*

Equivalent of:

37
MORE
MENTAL
HEALTH
NURSES
a year



DRY EYES

£
to local NHS
£299,889

to you
£1.88
for 10ml*

Equivalent of:

11
MORE
PHYSIO-
THERAPISTS
a year



INDIGESTION

£
to local NHS
£233,339

to you
£2.00
for 48 tablets*

Equivalent of:

6
MORE
SPECIALIST
NURSES
a year



PARACETAMOL

£
to local NHS
£1,094,520

to you
19p
for 16 capsules*

Equivalent of:

14
MORE
DOCTORS
a year



DIARRHOEA

£
to local NHS
£121,933

to you
£1.00
for 6 capsules*

Equivalent of:

7
MORE
CARE
WORKERS
a year

Look at www.nhs.uk for advice on how to stay well and reduce symptoms for minor conditions. Make sure you have enough of the medicine you need.

*All prices are based on a quick search of the cheapest available product in your local pharmacy (as at May 2016). **It costs more to the NHS than the purchase price from pharmacies and supermarkets because the NHS price is set nationally and additional fees are added to cover the process of checking and dispensing the prescription. There are also costs to the NHS associated with GP and nurse appointments and time spent by prescription clerks.

