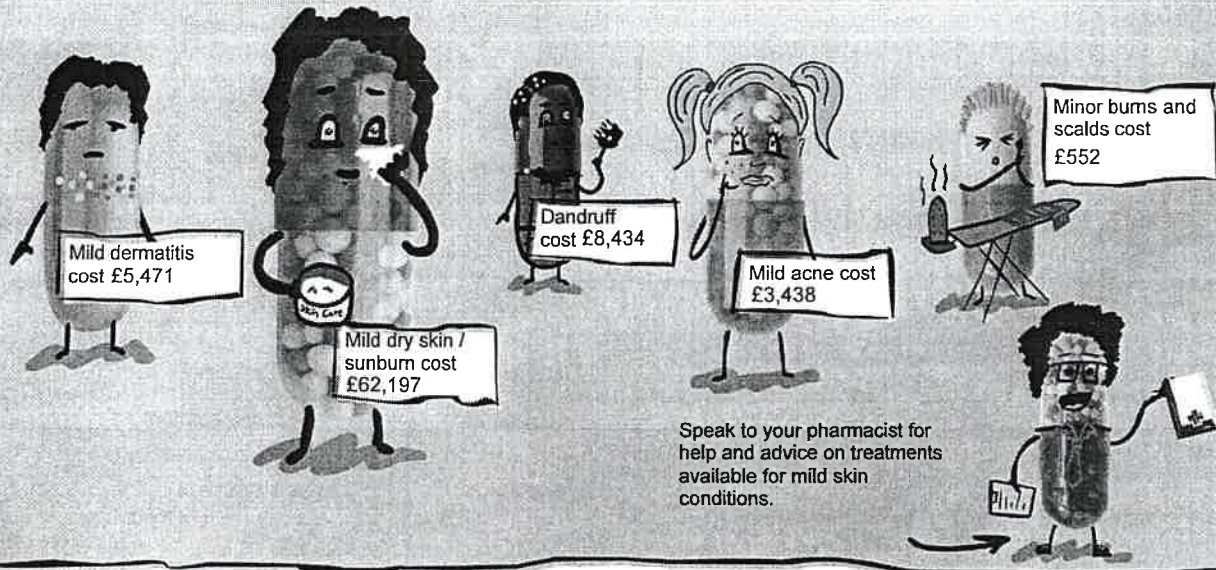
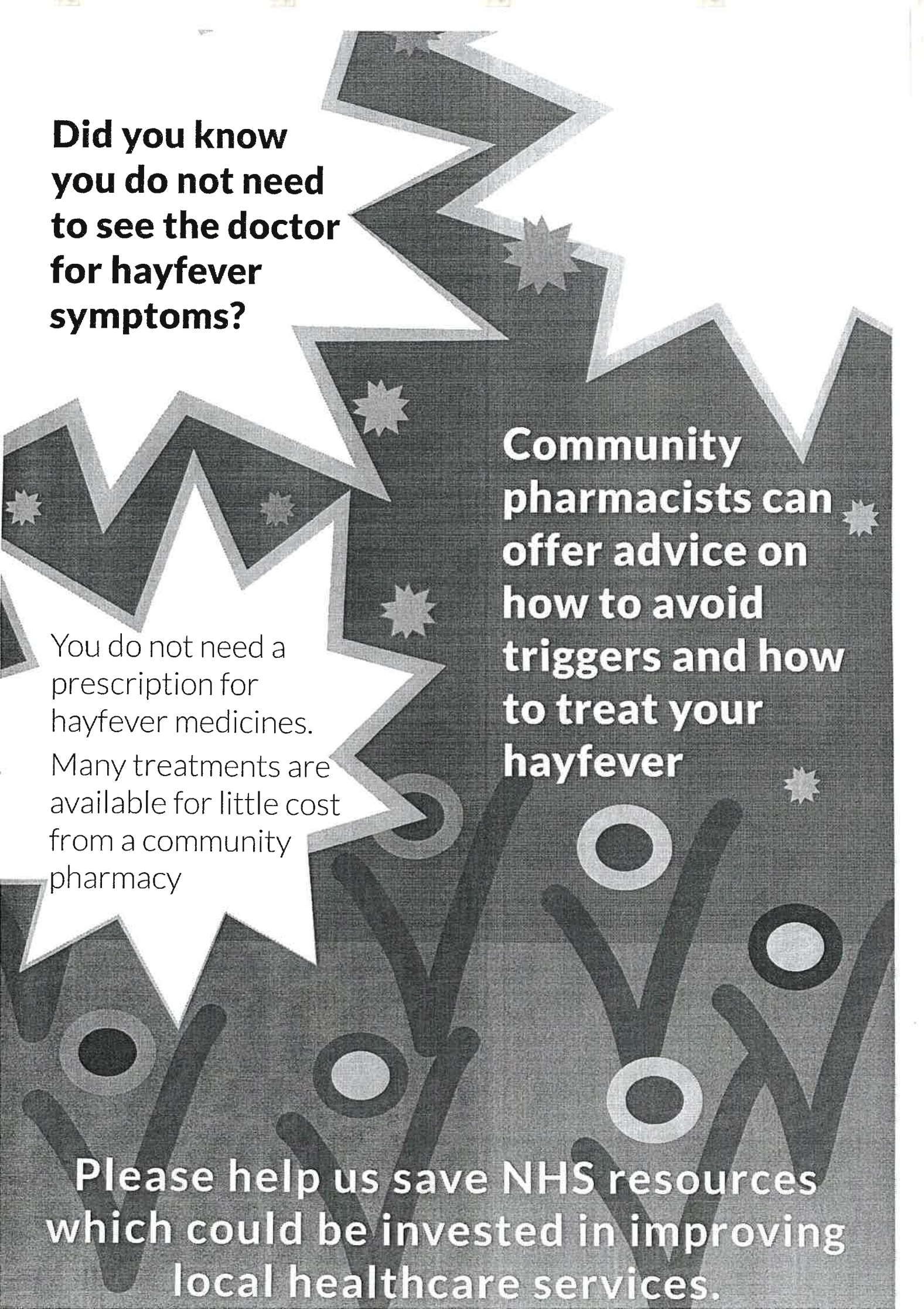


# Healthy skin starts here, look after your skin today.

Over the last year we spent £80,092 on treatments for mild skin conditions in ENFIELD CCG. If we were more self care aware our local NHS could use these important resources elsewhere.



Speak to your pharmacist for help and advice on treatments available for mild skin conditions.



**Did you know  
you do not need  
to see the doctor  
for hayfever  
symptoms?**

You do not need a prescription for hayfever medicines. Many treatments are available for little cost from a community pharmacy

**Community  
pharmacists can  
offer advice on  
how to avoid  
triggers and how  
to treat your  
hayfever**

**Please help us save NHS resources  
which could be invested in improving  
local healthcare services.**

IN EAGLE HOUSE SURGERY



Over the last year this practice spent £47,843 on treatments for dry or sore tired eyes

Choose  
self  
care

£40,534



spent on GP appointments

&

£7,310



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:



0  
GP

OR



182  
Chemotherapy treatments

IN EAGLE HOUSE SURGERY



Over the last year this practice spent £34,387 on treatments for mild dry skin/sunburn

Choose  
self  
care

£29,208



spent on GP appointments

&

£5,179



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:



0  
GP

OR



6  
Hip replacements