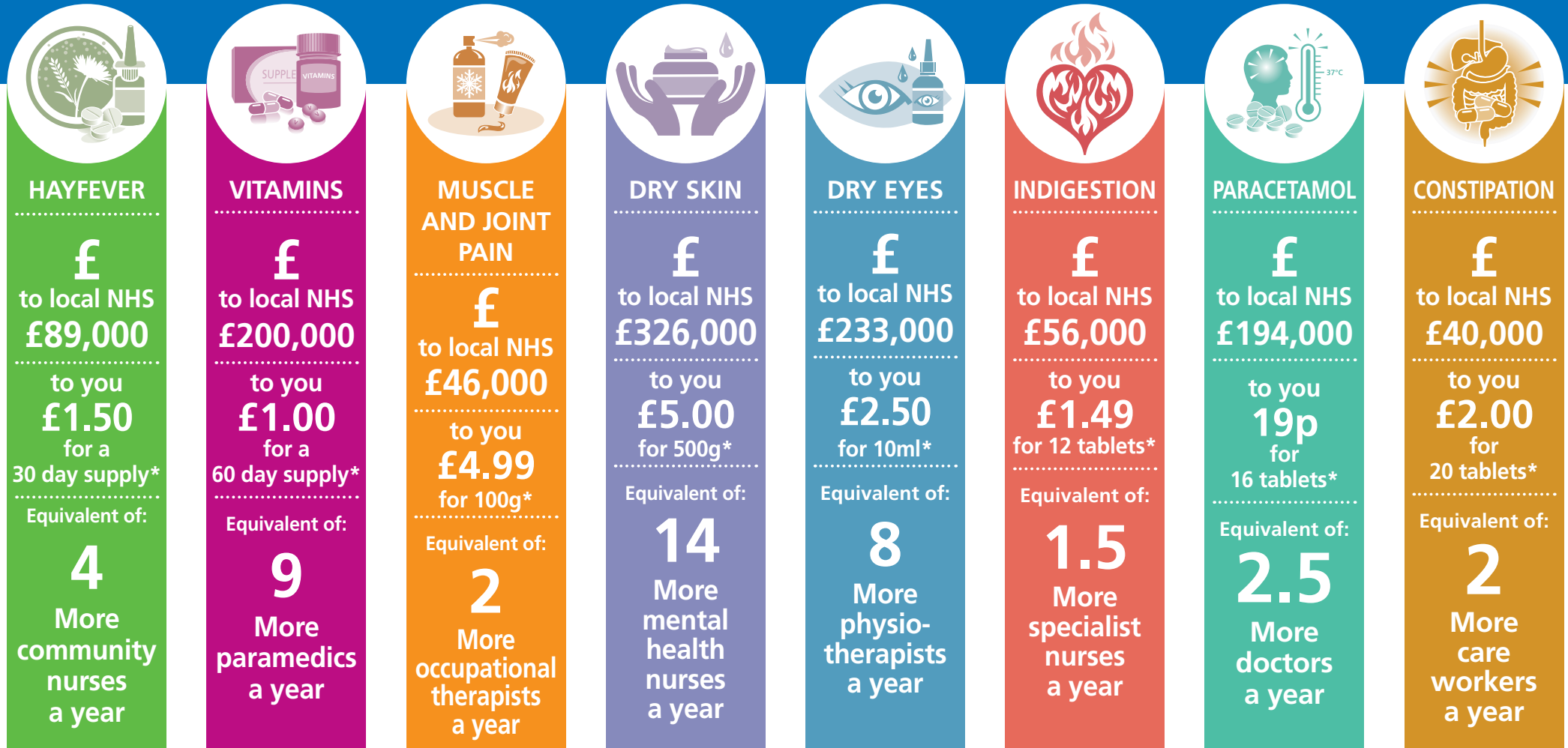


# How to manage your conditions and help the NHS



East Berkshire  
Clinical Commissioning Group

GP practices in East Berkshire spent over £3.7 million on prescribing medicines for all these conditions last year. In some cases, treatments for these conditions could have been bought from a local pharmacy without a prescription. It is cheaper for you then it is for the NHS \*\*



Look at [www.nhs.uk](http://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.

\*Prices are based upon a search of pharmacies and supermarkets accessible locally. \*\*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.