



Burton Latimer Medical Centre

Winter Newsletter



Self Care

Think Self Care for Life: Think the Pharmacist for expert health advice

Burton Latimer Medical Centre wants to remind you of the health expert on the High Street, **the Community Pharmacist.**

Pharmacists are highly trained health professionals who can give advice and recommend treatments for self-treatable conditions such as coughs, colds, sprains and strains.

People go to the doctor with common ailments because they are unsure how long symptoms last and need reassurance that it isn't anything more serious. Instead of waiting for an appointment at your surgery, consider going to your local pharmacist first.

Pharmacists will help you choose the right treatment for your ailment and can explain the normal duration of symptoms. They can also offer you help to stop smoking, manage your weight, and can often provide blood pressure checks. Many pharmacies also have private consulting rooms.

If you have a cold or flu virus it is worth remembering that antibiotics won't help. In fact, taking them can reduce their effectiveness when they're needed for ailments they *can* help with.

If you have a long term condition and are worried how common ailments may be affecting you, or if you want advice on managing your medicines, visit your local pharmacist first.

Save yourself the time and bother of booking a GP appointment or visiting A&E.

Think the pharmacist. Think self-care for life.

Are you a carer?

FREE First Aid Training courses available in 2020.

Sessions teach basic life-saving skills, plus how to manage a range of other injuries or illnesses.

Get in touch today to secure your place. Places are limited, meaning booking is essential

Corby – 6th January
Kettering – 24th January

Call Nicole McMillan 01933 233 207 or email: nicole.mcmillan@nhs.net

Contact Details

www.burtonlatimermedicalcentre.co.uk

Burton Latimer Medical Centre 01536 723566