

How to manage your conditions and help the NHS



Oxfordshire
Clinical Commissioning Group

GP practices in Oxfordshire spent over **£3.3 million** on prescribing medicines for all these conditions in the last year. In some cases, treatments for these conditions could have been bought from a local pharmacy.

It is cheaper for you than it is for the NHS.

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.

ANTI-HISTAMINES

Cost to the local NHS

£299,000

This is the equivalent to approximately

9 MORE DISTRICT NURSES A YEAR

The cheapest available product in your pharmacy/supermarket would cost you...

£2.50

for a 30 day supply

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MULTI-VITAMINS

Cost to the local NHS

£42,000

This is the equivalent to approximately

1 1/2 MORE HEALTH VISITOR A YEAR

The cheapest available product in your pharmacy/supermarket would cost you...

£1.50

for 90 tablets

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MUSCLE AND JOINT PAIN

Cost to the local NHS

£375,000

This is the equivalent to approximately

11 MORE OCCUPATIONAL THERAPISTS A YEAR

The cheapest available product in your pharmacy/supermarket would cost you...

£1.59

for 30g

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DRY SKIN

Cost to the local NHS

£1,312,000

This is the equivalent to approximately

50 MORE MENTAL HEALTH NURSES

The cheapest available product in your pharmacy/supermarket would cost you...

£3

for 400ml

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DRY EYES

Cost to the local NHS

£197,000

This is the equivalent to approximately

**8 MORE
PHYSIOTHERAPISTS**

The cheapest available product in your pharmacy/supermarket would cost you...

£2.50

for 10ml

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INDIGESTION

Cost to the local NHS
£295,000

This is the equivalent to approximately

9 MORE SPECIALIST NURSES

The cheapest available product in your pharmacy/supermarket would cost you...

£2
for 48 tablets

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PARACETAMOL

Cost to the local NHS

£744,000

This is the equivalent to approximately

**7 MORE DOCTORS
A YEAR**

The cheapest available product in your pharmacy/supermarket would cost you...

19p

for 16 tablets