

Media Release

For Immediate Release

Get Help, Stay Healthy

When you're a bit older, your minor winter ailments can become serious and lead to hospital admittance for treatment. Seeking pharmaceutical advice in the early stages of your minor illness may improve your chances of avoiding a serious issue and hospitalization.

It's not easy for everyone to ask for help. Many feel like seeking the aid of a pharmacist due to minor ailments, such as colds and sore throats, is a potential waste of their time. Those few people could not be more wrong - they want to help! Your local pharmacist has your best interest at heart and would not turn you away. The sooner you seek help from your pharmacist, the sooner you will recover and get back on your feet.

An ever-increasing amount of people are visiting their local pharmacists for help and advice. This is because pharmacists are a trusted, highly trained and convenient source of health advice. As soon as symptoms begin to occur, talk to your pharmacist. They are the heart of the community.

Local community pharmacists can:

- Give you expert advice to help prevent and relieve common conditions such as coughing, respiratory problems, colds and sore throats.
- Help you manage a long term condition.
- Offer longer opening hours than many GP surgeries without the requirement of an appointment.
- Provide private consultations
- Tell you if you need to see your GP

Gill Treharne, a pharmacist in Boroughbridge said, “I have been advising people for a number of years on the best ways to treat minor ailments, and I always am willing to do so. If more people were to use their local pharmacies it would save them a lot of time booking appointments with their GPs, whilst still receiving expert healthcare.”

Elliot Goran, a pharmacist from York said, “As we are at the heart of our communities, we are always willing and able to advise those with minor ailments. It’s important that they talk to us as soon as the symptoms start to occur in order to avoid the prospect of serious illness.”

End

Editor Notes

For further information and an opportunity to visit or speak to a pharmacist locally

Please contact...

Jack Davies

Tel: 01482 840749

Mob: 07813 135433

Email: jack.davies@cpny.co.uk