



# Media Release

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## For Immediate Release

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### **Government Encourages More People to Use Their Local Pharmacy In Relation to Minor Ailments, Instead of Visiting Their GP or A&E**

**Nigel Adams MP for Selby and Ainsty** will be visiting the Calcaria Pharmacy, 7-9 High Street, Tadcaster, LS24 9AP at 2pm on Friday 23<sup>rd</sup> January 2015. The purpose of his visit is to encourage people to use their local pharmacies to their fullest extent. This is because they are a convenient alternative to GPs and A&E when it comes to minor ailments such as, coughing, respiratory problems, colds and sore throats.

As age begins to become a factor to your health, it is possible for your minor winter ailments to become serious and lead to hospitalization for treatment. By making the most of your local pharmacy and seeking pharmaceutical advice in the early stages of illness, you may improve your chances of avoiding a serious issue and hospital admittance.

It is 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 pharmaceutical advice, 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.

**Nigel Adams MP for Selby and Ainsty** said,

“We need to encourage more people to make better use of their local pharmacies; especially when people are suffering from colds and sore throats. Pharmacists are highly trained and are a more convenient option than visiting your local doctor or the Accident & Emergency unit.

Pharmacists provide useful advice to help prevent minor ailments from becoming more serious matters. I know from talking to constituents just how helpful they have found a quick and convenient conversation in their local pharmacy. Pharmacies play this important role in their local communities which I know is appreciated by local GP practices and residents alike.

It is also evident that pharmacies become part of the fabric of a community alongside the local post office and independent shops. This is significant because it shows that not only do local pharmacies play an important role in people’s health and well-being but they help build stronger and more cohesive communities.”

**End**

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