

## PROTECT YOUR UNBORN BABY, GET A JAB

The chance of a premature birth increases if you contract flu. A new-born child is one of the greatest moments in your life. Having a healthy baby means making sure you're healthy too. Visit your pharmacist to learn what you can do before, during and after pregnancy to give your baby a healthy start to life.

Pharmacists are experts in medicines who can advise on prescribed and over-the-counter medicines on how they can affect you and your unborn child. Helping you stay in control and get the best out of your medicines.



## TAKE CONTROL OF FALLS

1 in 3 adults over 65 has a fall, many older people are seriously concerned by having fallen, and how to prevent that happening again. Medicines can sometimes increase the chance of you falling. The risk of falling can be minimised by looking at all the risks to an individual person and then dealing with each of them. Ask your pharmacist for FREE Medication Use Review to prevent falls and receive advice for this winter.

Medicines Use Review can help make sure that:

- All your current medicines are working properly
- Your medicines are appropriate for you
- You have the chance to ask any questions you may have about your medicines

Falls can be prevented by looking at all the risks to an individual person and then dealing with each of them.

Falls are not inevitable as you grow older but many older people are seriously injured by falling. Medicines check can help prevent a fall due to side-effects.

If you fall, your chance increases of being less able to move about easily, of breaking a bone, of becoming fearful of falling, of losing your independence and of becoming less able to get out. You can obtain information from your pharmacy about mobility aids to live an independent and healthy life.

## TAKE CONTROL OF SMOKING

Pharmacists in NE London help 6,000 smokers give up a year, you only need to ask for their help to take control of your smoking and health.

Quitting smoking greatly reduces the risk of developing smoking-related diseases. Give yourself, your friends and relatives a gift: your health and peace of mind. Quit smoking.

Smoking is one of the biggest causes of death and illness in the UK. Every year around 100,000 people die from smoking, with many

more deaths caused by smoking-related illnesses.

The legend of Robert the Bruce and the spider is world famous:

*"It is said that in the early days of Bruce's reign he was defeated by the English and driven into exile. He was on the run - a hunted man. He sought refuge in a small dark cave and sat and watched a little spider trying to make a web.*

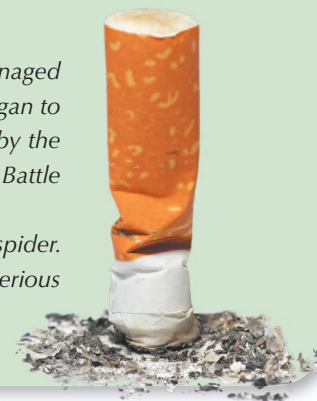
*Time and time again the spider would fall and then climb slowly back up to try again.*

*If at first you don't succeed - try, try again.*

*Finally, as the Bruce looked on, the spider managed to stick a strand of silk to the cave wall and began to weave a web. Robert the Bruce was inspired by the spider and went on to defeat the English at the Battle of Bannockburn."*

*You have more determination than a spider. Take control of your life. Reduce the risks of serious illness by giving up smoking.*

Contact your pharmacy now.



See [www.nelppp.org.uk](http://www.nelppp.org.uk) for participating pharmacies

# FREE NHS FLU and Pneumonia vaccination

Ask for details at your Pharmacy

# FREE STOP SMOKING VOUCHER

Ask for details at your Pharmacy  
or go to [www.nelppp.org.uk](http://www.nelppp.org.uk)



## TAKE CONTROL OF YOUR MEDICINE CABINET

### Reduce the risk of harm: Give your medicines cabinet a makeover this winter.

Winter is coming. The best thing you could do this winter is to arrange a well-stocked medicines cabinet. Your local pharmacy can help you do this.

Most winter ailments such as coughs and colds can be treated at home with a well-stocked medicines cabinet. Save time and avoid booking an appointment with your GP. Your local pharmacist and pharmacy team would like to help you become more confident in treating such ailments at home. It is also a good time to check prescription medicines are in date.

Stay in control this winter. Get a checklist of medicines. This will help you and your family through the winter season and at a time of need.

## PREVENTING PREGNANCY

Fifty percent of pregnancies are unplanned. Your community pharmacists can provide professional, confidential information and advice.

Talking to your pharmacist and pharmacy team will help you understand the role of emergency contraception and how effective use of condoms can prevent unwanted pregnancy. Some pharmacies provide a free condom service. Contraception can be a sensitive topic, so pharmacies have consultation rooms for private conversations.

