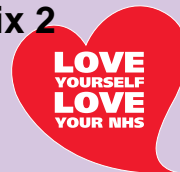
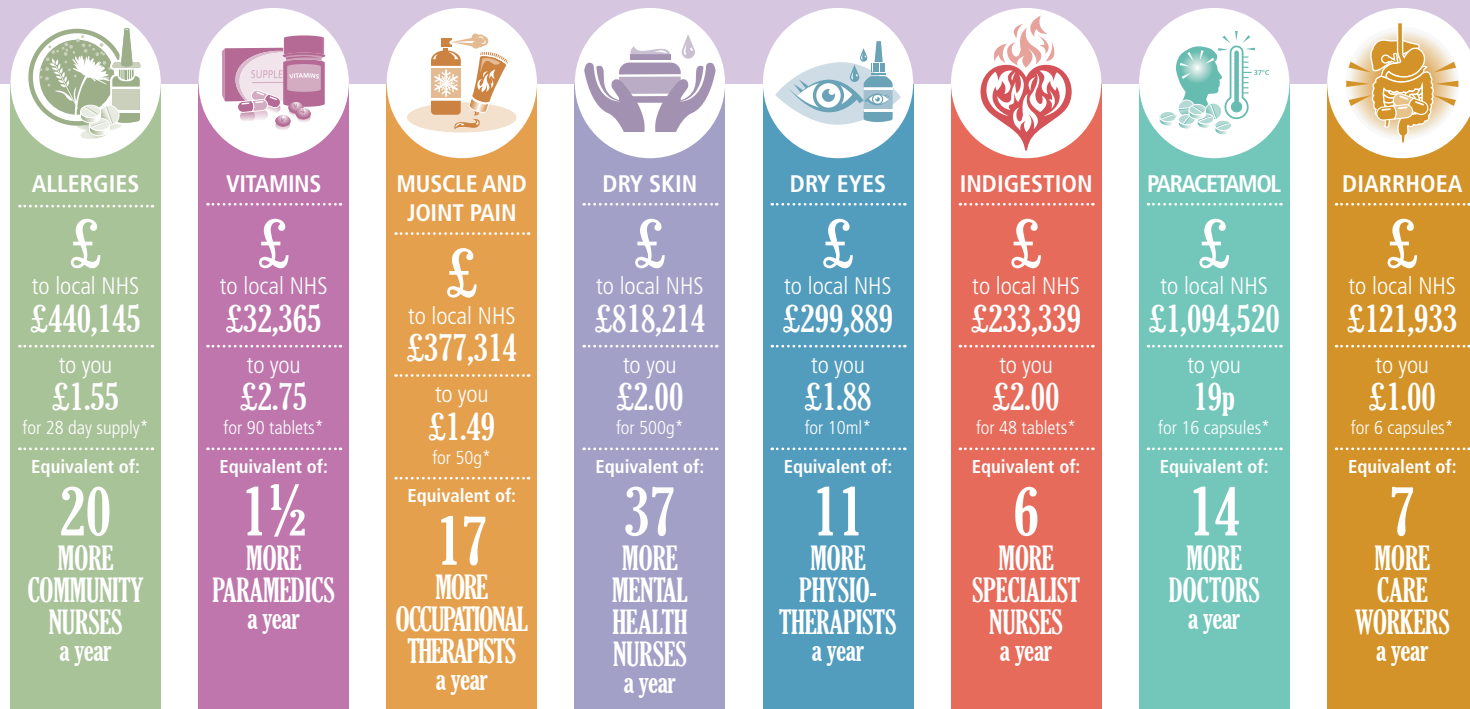


# How to manage your conditions and help the NHS

Appendix 2



The NHS in Suffolk spent **£3,417,719** on prescribing for all these conditions in 2015/16. You can help by buying your own treatments. It is cheaper to you than it is for the NHS.\*\*



Look at [www.nhs.uk](http://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.

\*All prices are based on a quick search of the cheapest available product in your local pharmacy (as at May 2016). \*\*It costs more to the NHS than the purchase price from pharmacies and supermarkets because the NHS price is set nationally and additional fees are added to cover the process of checking and dispensing the prescription. There are also costs to the NHS associated with GP and nurse appointments and time spent by prescription clerks.