

Choose self care

IN BROWNSOVER MEDICAL CENTRE
Over the last year the NHS spent £96,433
on treatments for all common self care
conditions



£86,179
spent on GP
appointments



£10,254
spent on medicines



Speak to your
pharmacist for
help and
advice on
managing your
symptoms for
common
conditions

If we were more self care aware we could
use these important resources to fund:



17

Hip replacements

OR

77

X-rays, ultrasounds and
echocardiograms

