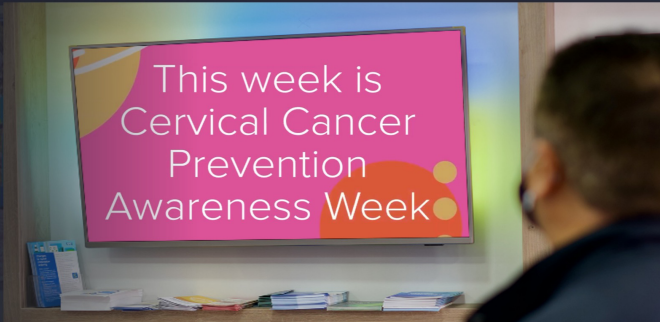




Pharmacy TV


















Home Pharmacy TV

January 2023












w/c	02/01/23	09/01/23	16/01/23	23/01/23	30/01/23
1 - 31 January Dry January					
	Alcohol	Alcohol and Heart Health Alcohol and Mental Health Alcohol and the Liver Change starts with you Dr Sarah Jarvis discusses what to expect if you talk to your GP about alcohol Dr Sarah Jarvis discusses alcohol and breast cancer Alcohol and Breast cancer Alcohol and the Liver			
	Antibiotics	NHS Keep Antibiotics working - <i>Highlighting the dangers of overuse and misuse of antibiotics a</i> No amount of antibiotics will get rid of your cold			
	Asthma	Asthma UK reminds patients - when to get help for your asthma Breathe 2025 - Make a Pledge Asthma medication - How your pharmacy can help you understand how to use it What is Asthma? - an animation How to prevent an asthma attack Looking after your spacer Tips to staying active at home when you have asthma - Sam's advice Can antibiotics help with asthma? Groundbreaking treatment for severe asthma - Rachel tells her story Asthma & Allergies - Kirsty's story			
	Atrial Fibrillation	Whats is atrial fibrillation? Why do blood groups matter? - <i>Blood types are determined by inherited genes</i> What's your blood type?			
	Blood Groups				
	Blood Pressure	Free blood pressure checks now available in-pharmacy A pharmacist's role in high blood pressure check Did You Know 1 in 3 adults in the UK have high blood pressure? - Your pharmacist can check your blood pressure and explain your numbers			
	Cancer	17 - 23 January Cervical Cancer Prevention Week NHS Cervical Screening Campaign A dad with cancer is still a dad A grandad with cancer is still a grandad Cancer Signs - Knowing what's normal for you It's just a little pain - your NHS is here to see you, safely It's just a little lump - contact your GP if you're worried about a symptom that could be cancer How to talk to someone with cancer - tips from patients Spot Cancer Sooner - get to know your body It's just bloating - your NHS is here to see you, safely It's just diarrhoea - your NHS is here to see you, safely It's just a little bit of discomfort - your NHS is here to see you, safely I Died For 25 Minutes - Laura's Story Don't ignore a persistent cough, visit your GP - cancer survivor, Ann Long's story Dr Ian Watson talks about the signs of lung disease, including cancer Dr Rosie Loftus talks about the symptoms of lung cancer, lung disease and heart disease What to do if you notice symptoms in loved ones - Gaby Roslin's personal experience What to do if you notice breathlessness in a loved one - Gloria Hunniford tells her story How to Spot Lung Cancer Early Denise Welch opens up about losing her mum to mouth cancer			
	Cholesterol	What should my cholesterol level be? High cholesterol and exercise High Cholesterol and statins Understanding Cholesterol			
	Cold	How to treat a cold - an NHS advisory How to treat colds and flu			
	COPD	COPD - Life is Calling When to seek help for your lung condition - crucial advice form the British Lung Foundation Understanding COPD - what is the impact of flare-ups			



	Covid19	<p>COVID-19 - Vital campaign updates from the government supporting all the latest messaging</p> <p>NHS Boost Day - it's not too late to boost your immunity</p> <p>NHS Every Mind Matters - Promoting a range of self-care actions to encourage everyone to look after their mental health and wellbeing</p> <p>Vaccines and pregnancy- vital campaign updates from the government</p> <p>Winter COVID-19 and Flu Vaccine Explained</p> <p>Omicron - all the latest UK Agency updates and public information</p> <p>Long Covid - does it really exist?</p>
	Dementia	<p>Dementia - what are the symptoms?</p> <p>Vascular dementia - what is it?</p> <p>Dementia & Coronavirus - How to help someone with dementia get their shopping and medication</p> <p>Dementia & Coronavirus - How to help someone with dementia stay socially distanced when out and about</p>
	Diabetes	<p>We are Diabetes UK</p> <p>The NHS Diabetes Prevention Programme - Tom's story</p> <p>Boxer Muhammad Ali - challenging my Type 1 diabetes</p> <p>What does a hypo feel like?</p> <p>Diabetes is relentless - together, so are we</p> <p>Exercise at home - we are undefeatable</p> <p>Diabetes and blood pressure</p> <p>Explaining Diabetes</p> <p>What is the Diabetes UK Helpline?</p> <p>Get Involved! - why we volunteer</p> <p>Diabetes - protect your family</p>
	Digestion	Heartburn treatment options - Dr Carol Cooper advises viewers
	EHC	<p>ellaOne - the UK's most effective morning after pill</p> <p>ellaOne - my Morning After</p> <p>Where can I get the morning after pill?</p>
	Erectile Dysfunction	<p>Viagra Connect - get help finding a way forward without a prescription, from your pharmacy</p> <p>Viagra Connect - start your new love story</p>
	Exercise	A series of 12 short walks around Britain - scenic walks throughout the year are the ideal way to help yourself stay fit and healthy
  	Flu	<p>All the latest information and advice from Public Health England - including the new extended pharmacy flu vaccination service for 50-65yr olds</p> <p>Help Us Help You - flu vaccine and pharmacist advice if you're 65yrs and over</p> <p>Flu Heroes - an explanation for children</p> <p>Suffering from a long term condition? - don't put off getting your flu jab</p> <p>The benefits of the flu vaccine - views from Mumsnet and other influencers</p> <p>Did You Know it's flu season? you're 60% less likely to be infected if you have a flu jab - ask your pharmacist now for the vaccination</p> <p>Are you pregnant? - the benefits of a flu vaccine for you</p> <p>Does man flu really exist? - Dr Sarah Jarvis answers the question</p> <p>Just the flu - it's more important than ever that eligible groups are vaccinated to protect from flu</p>
	Healthwatch	How we can help you - the national patient representation organisation Healthwatch explains its' activities
	Heart Health	<p>Hard & Fast CPR - Vinnie Jones CPR TV advert saved my life... Graham's story</p> <p>Sarah's story</p> <p>Talking about your heart condition</p> <p>Engrave a name this Christmas</p> <p>Five ways to look after your heart</p>
	Lung Health	<p>What is COPD?</p> <p>COPD - Life is Calling</p> <p>Understanding COPD and the impact of disease flare-ups</p> <p>What is COPD?</p> <p>What takes your breath away? British Lung Foundation</p>
	Meningitis	<p>The impact and effectiveness of the MenB vaccine</p> <p>Meningitis & Septicaemia Do You Know The Signs</p>
	Mental Health	<p>Help Us Help You: Mental Health Services</p> <p>NHS Every Mind Matters - promoting self-care actions to encourage everyone to look after their mental health and wellbeing</p> <p>Samaritans - breathing portraits to show we listen</p> <p>Before you say anything - advice from the Samaritans charity</p> <p>How to support someone with depression - advice from the Samaritans charity</p> <p>Listen with your eyes - it's what a Samaritan does</p> <p>Talk To Us - we're the Samaritans and we're here for you</p>
	Migraine	<p>Migraine - An NHS advisory film</p> <p>What Causes A Migraine</p>
	NHS Services	<p>NHS 24 When should you call 111</p> <p>General Practice Access Routes</p> <p>Top tips for phone and digital appointments - Cancer Research UK</p> <p>Video consulting with your NHS</p> <p>I use the NHS App because...</p> <p>NHS 111 - When and how to use it</p> <p>Dr Amir Khan Lets Keep Life Moving</p>
	Obesity	<p>10 - 16 January Obesity Awareness Week</p> <p>Childhood Nutrition: Better Health Food Scanner App</p> <p>Better Health: Pharmacy Adult Weight Management Campaign</p>
	OTC	Seasonal OTC products available from your pharmacy - including analgesics, cough and cold remedies, constipation, diarrhoea, diet products, eye health, flu remedies, first aid, homely remedies, haemorrhoid relief, indigestion, joint pain, lip care, sleep aids, sore throat products, vitamins, minerals and supplements
	Pain Relief	Can I take ibuprofen and paracetamol together? NHS Advisory



	Pet Medicines	Pets will be Pets - Treating fleas and ticks in the home Love is not Enough - Treating dog fleas
	Pharmacy Services	NHS Pharmacy Advice campaign NHS Pharmacy Teams - Adding years to life and life to years with pharmacy services and skills NHS 24 Pharmacy First Scotland - An introduction NHS Scotland - What is a pharmacist? Repeat prescriptions clarified Self-help guides from NHS24 When you should you go to A&E Pharmacy Opening Hours & Contact details - Animated graphics bespoke to your pharmacy NHS Pharmacy Teams - Use your pharmacy and help the NHS Pharmacy Opening Hours & Contact details - Animated graphics bespoke to your pharmacy Public Health England - Help Us to Help You Pharmacy campaign Patient Advice - Please Tell Your Pharmacist about any existing conditions or medication Patient Advice - What to keep in your First Aid Kit at home Patient Advice - Your Medicines Cupboard at Home and what should be kept in it Keep calm and ask a pharmacist this winter ASK Your Pharmacy Team Today - confidential information about all the services available from this pharmacy including flu and travel vaccinations, COVID Fit to Fly testing, Prescription Delivery, Ear Wax Removal, MDS, Chiropody & Podiatry, NMS, MUR, Ear Piercing, Needle Exchange, Private Prescribing, Pregnancy Testing and many others Help Us, Help You - your pharmacy team are healthcare experts and qualified to give advice about a wide range of health and wellbeing matters and when to see your GP Electronic Prescriptions in the pharmacy - an example for patients
	Pregnancy	Clearblue Digital Ultra Early Pregnancy Test (United Kingdom only) Maternity check ups Maternity from tomorrow Maternity visits back to normal
	Safeguarding	CSE - The signs of Child Sexual Exploitation Every 9 Minutes - Domestic Abuse Campaign Ad I See You - trapped at home with abusive partners The Naked Threat - ending image based abuse
	Self-Care	Self Care - your pharmacy is here to help and support you with self-care and the management of your long term conditions Be prepared to make over your medicine cabinet Can the pharmacist help with your symptoms? Home care is best
	Sepsis	Sepsis Awareness - an NHS Consultant outlines the similarities between Long Covid and Sepsis It's Sepsis, not flu - how to tell Sepsis - the warning signs What causes my symptoms ? Why sepsis awareness is so important
	Sexual Health	Viagra Connect - Get help finding a way forward without a prescription, from your pharmacy Viagra Connect - Start your new love story How the morning after pill works ellaOne - the UK's most effective morning after pill Where can I get the morning after pill
	Stop Smoking	Mind The Bump - the adventurer Having trouble giving up smoking? - get it right this time Better Health - Quit Smoking
	Stress	Doing What Matters in Times of Stress - the World Health Organisation illustrates the key signs to look out for
	Stroke	Act Fast - a stroke is a medical emergency, symptoms need to be taken seriously What is a stroke Public Health England advisory on stroke What To Do If Someone Has A Stroke - St John's Ambulance give advice How a pinprick could save a life
	Thrombosis	Understanding blood clots - signs, symptoms and diagnosis Understanding blood clots - reducing your risks of a deep vein thrombosis
	Winter Ailments	Feeling under the weather? - talk to your pharmacist about winter health Winter is Coming - ask your pharmacist for advice on homely remedies to help you be prepared Cold weather and our health The NHS says please 'Stay Well This Winter' Get vaccinated, get boosted, get protected The importance of winter vaccines for the over 50s Winter Vaccines and long term health conditions Flu and COVID-19 Vaccines - Explainer Video Flu and COVID-19 Vaccines - Explainer Video - Different Viruses, Different Vaccines Flu and COVID-19 Vaccines - Explainer Video - Both vaccines are important Flu and COVID-19 Vaccines - Explainer Video - Safety and efficacy of co-vaccination Winter Vaccinations - Public Facing Campaign NHS111 Wintree 2021/22 Health & Social Care Workers Winter Vaccinations
	Contractual services	
	National Campaigns	
	OTC Products	

