

PARACETAMOL

Do you really need Paracetamol on Prescription???. Last year GP Practices spent £1.78 m supplying Paracetamol on prescription. Did you know that 32 tablets on prescription costs the NHS approximately 3 times as much as it does to buy the tablets from a pharmacy or supermarket?

MEDICAL ADVICE AT YOUR FINGERTIPS FOR PARENTS

Download the new app for your Smartphone or Tablet—Simply search NHS Child Health in your App Store.

ANTIBIOTIC AWARENESS

Become an Antibiotic Guardian—Follow the link

<http://antibioticguardian.com/>

Listen to your GUT— <http://www.listentoyourgut.org.uk/>

Our gut is home to trillions of bacteria. Our bodies live in partnership with these bacteria. For instance, we know that these bacteria produce essential vitamins, such as Vitamin K. Some evidence suggests that these bacteria help us develop healthy immune systems, and may also help us digest our food in ways that keep us more healthy.

Antibiotics are designed to treat the infections caused by bad bacteria that make us ill, but they also kill off the good bacteria in your gut. These bacteria can take years to regrow. So we have to be careful to balance these good and bad effects of antibiotics.

We should try to avoid antibiotics when they are not likely to do us any good, such as for most coughs and colds, sore throats and middle ear infections. This is how we can prevent damage to your healthy bacteria. In the meantime, you can help your good bacteria by eating a healthy balanced diet with plenty of fruit and vegetables. So maybe the old saying ‘an apple a day keeps the doctor away’ was right all along!