

Choose well for good care



THE NHS IS NEARLY 70 YEARS OLD, AND IT'S TIME WE STARTED TAKING CARE OF IT. DR ELLIE SAYS A GOOD PLACE TO START IS KNOWING THE RIGHT PLACE TO GO FOR HELP



Do you know where to get the correct help when you have a medical issue? The NHS's nationwide campaign, Choose Well, aims to make sure we know where to go for the right assistance. Knowing which service to contact saves precious NHS funds and your time – and ensures you're helped quickly.

GIVE YOURSELF SOME TLC

There are many things you don't need any medical help for. A common cold, skin grazes, bad dandruff or a mild sore throat can all be dealt with at home. You can find great information online at nhs.uk, which is full of advice. Self-care would be exactly the treatment your doctor would suggest if you saw them, so save your time and the NHS money by looking after yourself.

CALL FOR HELP

If you need NHS help fast but don't think you require 999 aid, call 111. The NHS line offers medical help and can direct you to the right service. The trained advisers deal with millions of calls every year, saving people from going to hospital or the GP unnecessarily. They can give you advice on medical treatment over the phone for minor ailments, or tell you where to go for assistance.



SAVE TIME BY SEEING A PHARMACIST

Pharmacists are a great source of health advice and treatment. You don't need an appointment, and they deal with a huge range of issues, from runny noses and rashes to diarrhoea and headaches. It's worth asking the pharmacist about an ailment before arranging to see your GP. Many larger chains offer specialist services for problems such as hair loss, diabetes and skin problems.

ONLINE ASSISTANCE

For more information on choosing the right medical help for your problem at any point, have a look at nhs.uk. You can find all types

of local medical services here, from pharmacies to hospitals and GPs. It's important we all use our NHS wisely. Although we don't pay at the door, going to A&E when you don't strictly need to wastes a great deal of our NHS money.

GO TO YOUR GP

Of course, we all know the kinds of issues your local GP deals with – ongoing coughs, chronic health problems and pains that won't go away. But don't forget about the out-of-hours GP services: all areas have them, manned by local GPs, to see you through the weekend and in the evenings. They can deal with acute issues, and save you going to the local emergency department.



Look younger with Lesley



Anti-ageing guru **Lesley Reynolds** reveals the latest treatments to help you stay youthful

Skin feeling dehydrated? The combination of sun exposure and extreme weather can leave your complexion crying out for a moisture boost. Here's how...

INJECT SOME RADIANCE

Injectibles are not always about filling or volumising.

Prophilo is a super skin-booster that uses hyaluronic acid to hydrate from the inside out, smoothing crepey skin. The 10-minute treatment involves five tiny injections on each side of the face, placed just underneath the surface

of the skin. The product gradually spreads through the surrounding tissues over the following weeks. There is no pain or bruising involved. Sessions are a month apart, with at least two needed for the best results, which last around six to nine months. From £500.

GIVE YOUR SKIN A DRINK

Promising a moisture boost in 30 minutes, the Baby Face 'Vitdrip' has been dubbed the new Botox.

The IV drip is more effective than taking vitamins orally, as they enter the bloodstream immediately. It contains ingredients to hydrate dehydrated skin, boost collagen and restore radiance. IV treatments should only be given in medical facilities by skilled practitioners, who can ensure the dosage is safe and right for you. From £250.



REHYDRATE WITH AN ENZYME FACIAL

The Enzyme Facial is a celebrity favourite for dull or sun-damaged skin – great for this time of year.

It contains potent proteolytic enzymes and helps gently peel away dead skin

build-up and impurities, resulting in skin that looks hydrated and polished, with a more even tone. There's no downtime required and it leaves your complexion glowing. From £70.

AND DON'T FORGET...

- Avoid skincare products containing harsh ingredients such as benzoyl peroxide, or too much salicylic acid, alcohol and perfume, which can all be drying.
- Try one of the new moisture-boosting essence lotions – they plump skin and are to be used after cleansing, but before moisturising.
- Scrubbing irritates skin, so gently exfoliate weekly with a glycolic formula, rather than a grain-based product.
- Alcohol is dehydrating and causes small blood vessels to widen, producing broken veins and flushed skin. Limit alcoholic drinks to weekends and alternate with water.
- Be careful not to have very hot baths and showers, as they can dry skin out.

For more information on Lesley and her team of doctors, please visit harleystreetskinclinic.com

A&E IS FOR SERIOUS PROBLEMS ONLY



IS IT REALLY AN A&E ISSUE?

Accident and emergency departments are for just that: emergencies, such as choking, chest pain or suspected strokes, or serious accidents. Keeping out of A&E when you could be elsewhere, such as the out-of-hours GP or a pharmacist, stops busy departments from being swamped and reduces the waiting lists so staff can deal with real emergencies. A&E departments usually have a target of seeing patients within four hours of their arrival.

MINOR MISHAP?

Knowing the location of your local minor injuries unit (MIU) is a must. Visiting one of these saves you time queuing in A&E, and they're just as well equipped to deal with minor accidents. They're the place to head to with bad cuts, bites, sprains and minor burns. MIUs offer X-rays and a treatment plan, and can prescribe any medicine you need, from early morning to late at night. Find yours by postcode on the nhs.uk site.