



**PGEU GPUE**

*Pharmaceutical Group of European Union  
Groupement Pharmaceutique de l'Union Européenne*

# Self-Care, Safety and Public health

*Jan Smits, PGEU President 2016*



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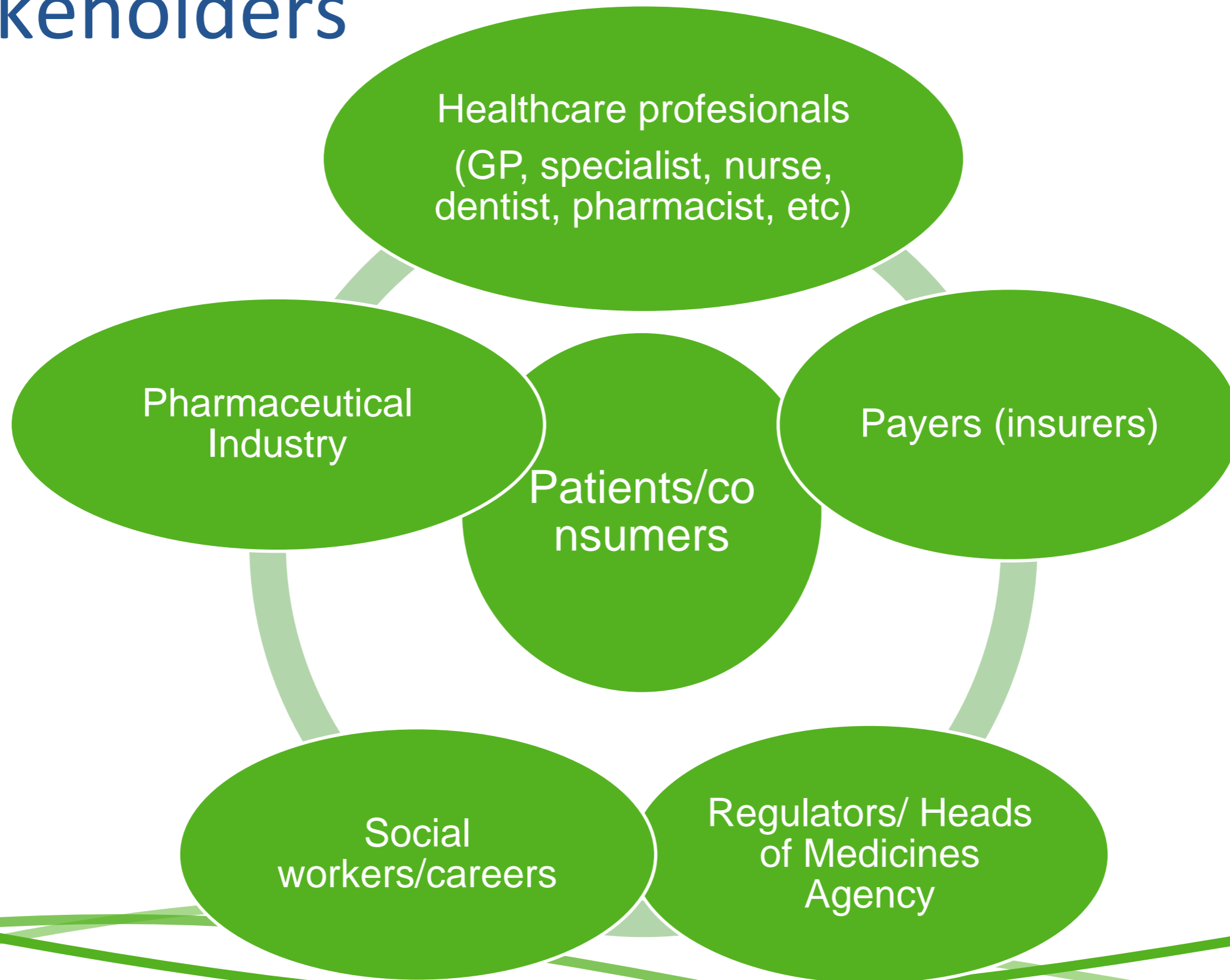
1959

2015

- 400.000 Community Pharmacists in Europe,
- 160.000 Community Pharmacies in Europe,
- 46 million citizens visit a pharmacy every day.

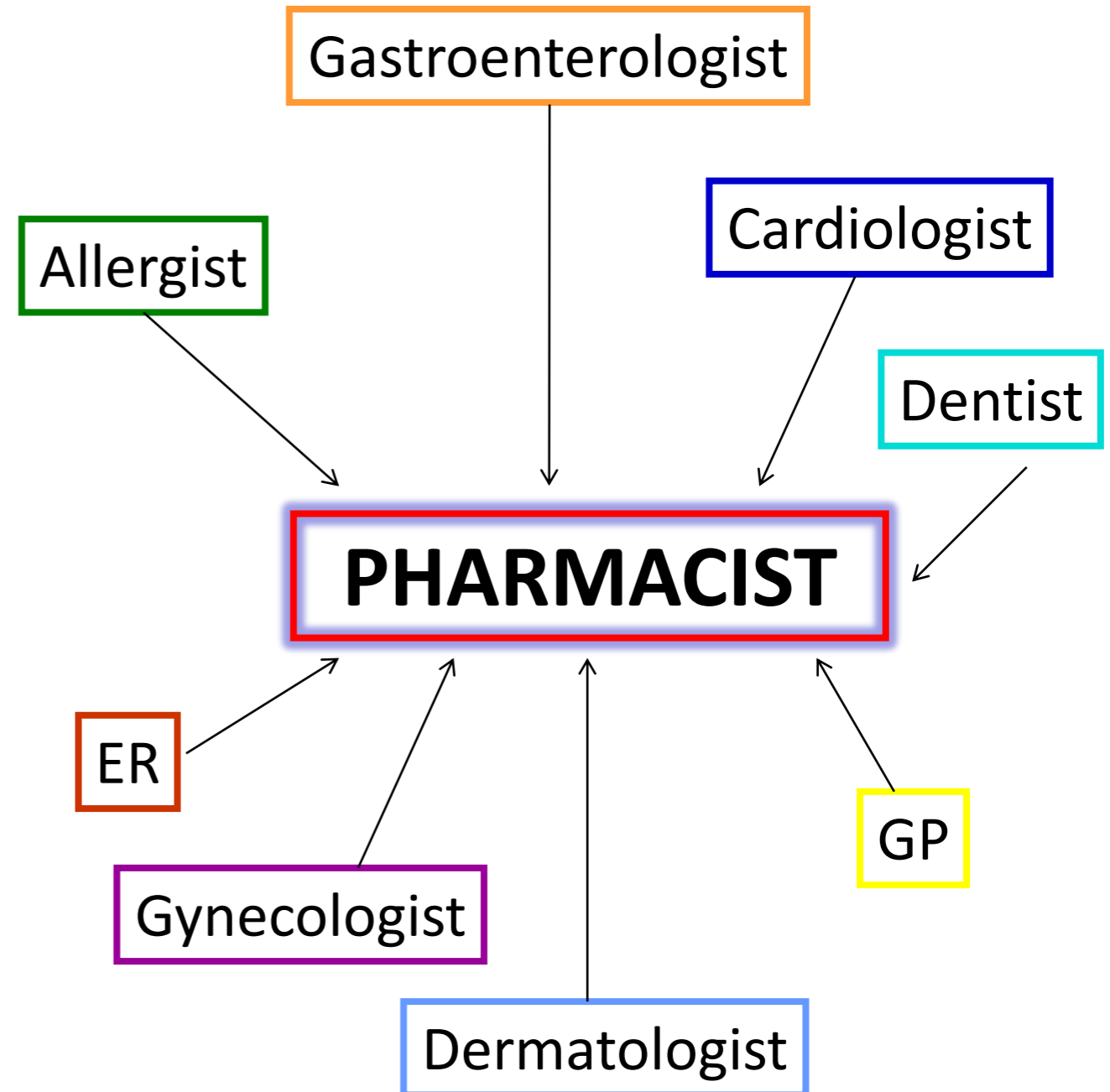


# Stakeholders

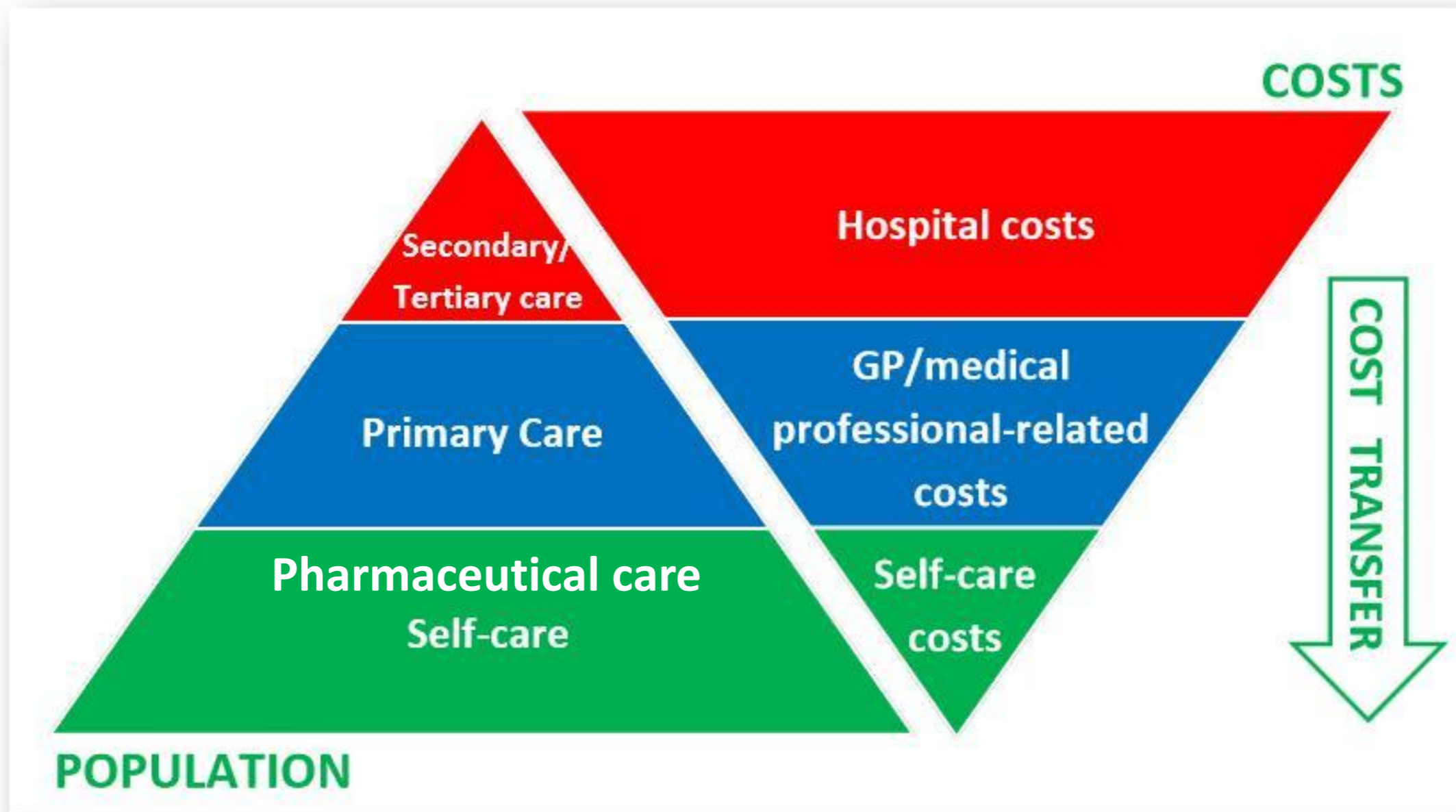


# Why Community Pharmacists?

- **Trusted** medication expert
- Most **accessible** provider in community
- **Key touch point** throughout continuum of care
- **Last** health care professional seen by patient **before medications are taken**



# Pharmaceutical care is cheap too!



# Role of community pharmacist

- Hygiene advice (general and personal),
- Nutrition advice and counselling (type and quality of food eaten, etc),
- Lifestyle advice and counselling (sporting activities, leisure, etc.),
- Self-medication support in treating minor ailments,
- Support for patients with chronic conditions to care of themselves.



S

C

# SELF CARE FACTORY agenda

<p><b>CV</b></p> <ul style="list-style-type: none"> <li>• Anti-Platelet</li> <li>• Borderline Hypertension</li> <li>• Oedema</li> <li>• Hypertension</li> <li>• Lipid Management</li> </ul>	<p><b>Derm (Skin)</b></p> <p>Acne, Actinic Keratosis, Age Spots,, Chronic Wound Healing, Diaper Rash, Eczema, Onychomycosis, Psoriasis, Ring Worm), Rosacea, Seborrheic Keratosis</p>	<p><b>Derm (Hair)</b></p> <ul style="list-style-type: none"> <li>• Androgenic Alopecia</li> <li>• Hair Removal</li> </ul>	<p><b>GI</b></p> <p>Chronic Constipation, Diarrhoea, Diverticulitis, Heartburn, GERD, IBS, Morning Sickness, Motion Sickness, Peptic Ulcer, Ulcerative Colitis</p>	<p><b>Gyn Health</b></p> <p>Bacterial Vaginosis, Endometriosis, FSD, Fibrocystic Breast, Heavy Menstruation, Oral Contraception, PMS, PMDD, UTI, Vaginal Candidiasis</p>
<p><b>Metabolic</b></p> <ul style="list-style-type: none"> <li>• Impaired Glucose Tolerance</li> <li>• Obesity</li> </ul>	<p><b>Men's Health</b></p> <ul style="list-style-type: none"> <li>• Male Contraception</li> <li>• Premature Ejaculation</li> </ul>	<p><b>Neuro/ Cog</b></p> <ul style="list-style-type: none"> <li>• Adult ADHD</li> <li>• Cognition</li> <li>• Movement Disorders</li> <li>• RLS</li> </ul>	<p><b>Oral Care</b></p> <p>Below Gum Tartar, Chronic Halitosis, Cold Sore, Dry Mouth, Gingivitis, Oral Candidiasis, Periodontal Disease, Sensitive Teeth</p>	<p><b>Pain</b></p> <ul style="list-style-type: none"> <li>• Fibromyalgia</li> <li>• General Acute Pain</li> <li>• Migraine</li> <li>• Muscle Relaxant</li> <li>• Neuropathic Pain (Sciatica)</li> <li>• OA Pain</li> </ul>
<p><b>Psych / Dependence</b></p> <ul style="list-style-type: none"> <li>• Alcohol Dependence</li> <li>• Mood Disorders</li> <li>• Tobacco Dependence</li> </ul>	<p><b>Respiratory</b></p> <ul style="list-style-type: none"> <li>• Allergy</li> <li>• Asthma</li> <li>• COPD</li> <li>• Cough/Cold</li> <li>• Influenza</li> </ul>	<p><b>Age 50+ Health</b></p> <ul style="list-style-type: none"> <li>• BPH</li> <li>• ED</li> <li>• Haemorrhoids</li> <li>• Hormone Replacement</li> <li>• Osteoporosis</li> <li>• Overactive Bladder</li> </ul>	<p><b>Sleep</b></p> <ul style="list-style-type: none"> <li>• Fatigue/Extreme Sleepiness</li> <li>• Primary Insomnia</li> <li>• Sleeplessness</li> </ul>	<p><b>Eye, Ear</b></p> <p>Bacterial Conjunctivitis, Chronic Ear Infection, Dry Eye, Eye Allergy (Conjunctivitis), Ocular Inflammation, Glaucoma, Swimmer's Ear</p>

Norway OTC Conference - February 2013

31 **ims**

**SELF CARE FACTORY**

Independent platform on trends and solutions in self care



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# THANK YOU

[www.pgeu.eu](http://www.pgeu.eu)



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