

Self-diagnosis & self management

- Acne
- Allergic conjunctivitis
- Cold
- Cold sores
- Constipation
- Cough
- Diarrhoea
- Emergency contraception
- Erectile dysfunction
- Fever
- Flu prevention
- Flu treatment
- Haemorrhoids

- Hayfever prevention
- Headache
- Indigestion/heartburn
- Insomnia (temporary)
- Mild/moderate pain
- Minor cuts and bruises
- Mouth ulcers
- Nausea from known causes
- Smoking cessation
- Sore throat
- Symptoms of PMS
- Topical bacterial infections
- Weight management

- Arthritic pain
- Caries prevention
- Cholesterol lowering/lipid control
- Dermatitis / eczema
- Hayfever treatment
- Male pattern baldness
- Neural tube defect prevention

Short-term use/ acute condition

- Bacterial conjunctivitis
- Cystitis
- Exercise-induced angina
- Helminth infections
- Lower urinary tract infection
- Vaginal thrush

Recurrent/ semi-chronic condition

- Anxiety
- Asthma
- Benign prostatic hypertrophy
- Chronic insomnia
- Depression (mild to moderate)
- Diabetes (prevention of complications and treatment with oral agents)
- Gout
- Heart disease prevention
- Herpes genitalis
- Hypertension

Long-term use/ chronic condition

- Incontinence
- Inflammatory bowel disease
- Irritable bowel syndrome
- Malaria prevention
- Menopause syndrome
- Migraine
- Obesity
- Oral contraception
- Osteoporosis prophylaxis
- Psoriasis (mild)
- Rheumatism
- Venous leg ulcers

Doctor consultation & other health professional advice & patient self-management (with/without medical device)

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