



## Protect yourself from the misery of shingles!



**Shingles can strike anyone but is particularly prevalent in older people and those who are run down and stressed. And, contrary to popular belief, whilst related to but different from the chicken pox virus, you can have shingles more than once.**

Painful and debilitating, shingles usually appears as a rash of small blisters which tend to occur on one side of the body; a general feeling of being unwell, pain at the site of the rash and - if on the head or face - risk of other side effects and even scarring can occur. Whilst some patients recover quickly, others are left suffering from fatigue for several weeks or even months afterwards.

Avoid the misery this illness can cause by opting for a private shingles vaccine, available at our private Cotswolds Clinic. Suitable for those aged 50 or above.

**Just pop in or call us to arrange your vaccine.**



### Travel Updates!

Don't forget you can book an appointment with our private Travel Clinic to arrange any inoculations and preventative medicine prior to going on holiday. We can advise on what inoculations you may require and we also stock a wide range of sun protection and over the counter medication to alleviate minor conditions such as diarrhoea, indigestion, travel sickness and constipation.

**OPEN 6 DAYS A WEEK** Monday - Friday: 9am - 6pm, Saturday: 9am - 1pm

We Dispense NHS & Private Prescriptions | Professional Lifestyle & Healthcare Advice  
Wide Range of Over the Counter Medicines | Traditional Remedies  
Stockists of Premium Beauty Brands | Delivery Service Available