



## Pharmacies and Health: What Are They Good For?

Here is a list of health topics on which pharmacies and pharmacists can provide you with accurate and factual information.

### General Health

- vitamins and minerals
- nutrition and diet
- smoking cessation
- medications and prescriptions
- natural health products
- aroma therapy
- alternative medicine
- local health information services (hotlines, clinics)

### Adolescent Development

- hormones
- acne
- menstruation/tampons, etc.

### Sexual Health

- condoms
- emergency contraception
- pregnancy tests