Pharmaceutical Society of Australia

Self Care Fact Card order form

PSA Number: ☐☐☐☐☐☐

First name: ..... Last name: .....

Details for Self Care Fact Cards

Name: .....

Address: .....

Suburb/Town: ..... State: ..... Postcode: ☐☐☐☐

Phone: ..... Mobile: .....

Email: ..... Website: .....

Please note: Self Care Fact Cards are provided at no additional cost as part of the Self Care program. PSA Members can purchase individual titles for $30 per pack.

Title	No. of packs (20 per pack)	Title	No. of packs (20 per pack)	Title	No. of packs (20 per pack)	Title	No. of packs (20 per pack)
Acne		Diabetes type 1		Infant colic		Psoriasis	
Alcohol		Diabetes type 2		Irritable bowel syndrome		Red and dry eyes	
Alzheimer's disease		Drug overdose		Medicines and breastfeeding		Relaxation techniques	
Antibiotics		Dry mouth		Medicines and driving		Rheumatoid arthritis	
Anxiety		Ear problems		Meningococcal disease		Safer injecting practices	
Asthma		Eczema and dermatitis		Menopause		Scabies	
Asthma medicines		Epilepsy		Menstrual chart		Sense in the sun	
Back pain		Erectile dysfunction		Men's health		Shingles	
Bladder and urine control		Exercise and the heart		Methadone and buprenorphine		Sinus problems	
Blood glucose monitoring		Exercises for flexibility				Sleeping problems	
Breast awareness and cervical screening test		Fat and cholesterol		Migraine		Smoking	
		Fibre and bowel health		Mouth ulcers		Sprains and strains	
Carer support		First aid in the home		Nappy rash		Staying a non smoker	
Chicken pox		Generic medicines		Nicotine replacement therapy		The PBS and you	
Childhood immunisation		Genital herpes				Threadworms	
Children's pain and fever		Glaucoma		Opioids for pain relief		Thrush	
Colds and flu		Gout		Oral contraceptives		Tinea	
Chronic pain		Haemorrhoids		Oral health		Travel health	
Cold sores		Hair loss		Osteoarthritis		Urinary tract infection	
Complementary medicines		Hay fever		Osteoporosis		Vaginal discharge	
Constipation		Headache		Pain relievers		Vision impairment	
Contact lens care		Head lice		Pelvic floor exercises		Vitamins	
Contraception		Heartburn and indigestion		Period problems		Vomiting and diarrhoea	
Coughs		Help with medicine costs		Post traumatic stress disorder		Warning signs of heart attack	
Dandruff		High blood pressure		Pregnancy and ovulation		Weight and health	
Depression		HIV/AIDS		Preventing falls		Wise use of medicines	
				Prostate problems			

Product	Price	Qty	Total
Number of packs	$30 per pack		$
Freight (one pack only)	$14		$
Freight (plus $4 per item thereafter)	$		$
		Subtotal	$

Payment details *(only required for non Self Care subscribers)*

I authorise PSA to debit my/our account

Card holder's name/account name: .....

Credit card type: ☐ Visa ☐ MasterCard

Card Number: ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ Expiry Date: ☐☐ / ☐☐

Signature: ..... Date: ..... / ..... / .....

Send your completed form to:

EMAIL
psc.nat@psa.org.au

FAX
1300 726 583

MAIL
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