



## Behind the headlines

In the new era of fake news and alternative facts, it is often difficult to navigate between what is the truth and what is just made up.

If you've half seen or heard a story about health or a new scare or miracle cure story, it can be difficult to know how to find out more.

The NHS Choices website has a section called *Behind the Headlines - Your guide to the science that makes the news*.

The page looks at recent news stories and provides background and insight into where the story came from, the evidence and type of research that has been done to support the headlines. To see the latest stories go to NHS Choices [Behind the Headlines](#)



## Yellow Card Scheme

If you ever get any side effect or some other unwanted event from taking a medicine you can report it to the Medicines and Healthcare products Regulatory Agency (MHRA) via the Yellow Card Scheme

The scheme is vital in helping the MHRA monitor the safety of all healthcare products in the UK to ensure they are acceptably safe for patients and those that use them.

Reports can be made for all medicines including vaccines, blood factors and immunoglobulins, herbal medicines and homeopathic remedies, and all medical devices available on the UK market. From the 20th of May 2016, the MHRA is also collecting reports of safety concerns associated with e-cigarette products through the Yellow Card Scheme.

The Scheme collects information on suspected problems or incidents involving

- side effects (also known as adverse drug reactions or ADRs)
- medical device adverse incidents
- defective medicines (those that are not of an acceptable quality)
- counterfeit or fake medicines or medical devices
- safety concerns for e-cigarettes or their refill containers (e-liquids)

It is important for people to report problems experienced with medicines or medical devices as these are used to identify issues which might not have been previously known about.

The MHRA will review the product if necessary, and take action to minimise risk and maximise benefit to the patients.

The MHRA is also able to investigate counterfeit or fake medicines or devices and if necessary take action to protect public health.

To learn more visit the [Yellow Card website](#)



## Successfully treating your condition

For a treatment to have the best chance of success, you need to follow your doctor's instructions as exactly as possible. How well you do this is often called compliance.

To learn about some tips to come some-way to successfully treating psoriasis and psoriatic arthritis click the following links:

[Treating psoriasis](#)

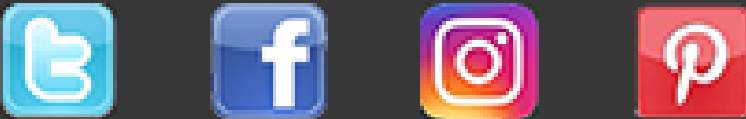
[Treating psoriatic arthritis](#)

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