

Know your numbers: your pharmacist can help protect your heart

Community pharmacies can help spot cardiovascular risks earlier and provide a next step.

During the first **EU Screening Week, from 28 September to 4 October 2026**, community pharmacists across Europe are highlighting how simple checks, such as measuring blood pressure, can help people understand their cardiovascular health.

EU Screening Week is part of the European Commission's Know Your Numbers campaign and the broader EU Safe Hearts Plan. The aim is simple: encourage people to know key health numbers and better understand their risk of cardiovascular disease.

Identifying risk factors early can make a difference. Community pharmacists can provide accessible checks, advice and, when needed, refer people to the appropriate healthcare professional for a concrete next step.

Across Europe, pharmacies are already providing a growing range of screening and prevention services. As part of EU Screening Week, **PGEU member organisations are showcasing community pharmacy initiatives**, illustrating how pharmacists are helping detect health risks and bringing preventive healthcare closer to local communities.

The message is clear: **"Know your numbers. Your pharmacist can help."** To mark World Heart Day, PGEU has released [a new video](#) showing how a simple blood pressure check can take place in a community pharmacy.

Olivér Várhelyi, European Commissioner for Health and Animal Welfare, said: *"Community pharmacists are instrumental in our shared effort to prevent disease. During EU Screening Week alone, at least 537 pharmacies will offer health checks across Europe – helping to make prevention and early detection part of everyday healthcare. I want to thank all participating pharmacists and pharmacies for their commitment. By bringing prevention closer to people, you are helping us build a stronger culture of prevention across Europe."*

Community pharmacists are already playing an important role in prevention across Europe. Screening services are available in **24 EU countries**, according to a recent [study](#) on the development of community pharmacy services.

There is now an opportunity to make better use of this accessible healthcare network. Prevention and screening services in community pharmacies should be recognised and integrated into national and European cardiovascular health strategies, supported by appropriate remuneration and clear referral pathways.

Pharmacists should also have the training, tools and access to relevant health information needed to work effectively with other healthcare professionals and ensure that people identified as being at risk receive a clear next step.

EU Screening Week puts prevention in the spotlight. The next step is to make prevention part of everyday healthcare.

For more information, read the [PGEU Position Paper on Cardiovascular Health](#).

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