



Hot flushes, sweating



Irritability, anxiety, depression



Endometrial hyperplasia

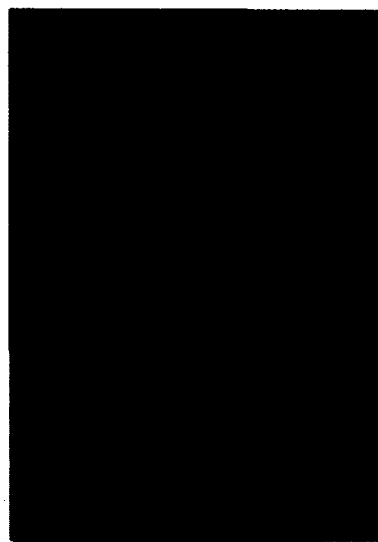
Below the surface of the climacteric



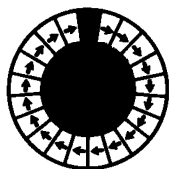
Dry vagina



Osteoporosis
(affects one
patient
in three!)



Irregular periods



Cyclo-Progynova

The all-round treatment for menopausal problems

1. *Modern Medicine* 45, 10, 1977 **Presentation** Circular memo-pack holding 11 white tablets each containing 2 mg oestradiol valerate and 10 orange tablets each containing 2 mg oestradiol valerate and 0.5 mg norgestrel. All tablets are sugar-coated with 'B' in a regular hexagon printed on each side. **Uses:** i) The alleviation of symptoms characteristic of the menopause. Cyclo-Progynova may be used both before and after the menopause. ii) The correction of irregularities of the menstrual cycle caused by abnormal oestrogen production and diminishing corpus luteum function as the menopause approaches. N.B. Cyclo-Progynova should not be used as an oral contraceptive. **Dosages and administration** Patients still having periods may start tablet-taking on the fifth day of the cycle, counting the first day of bleeding as day one. Patients whose periods are very irregular or non-existent may start taking the tablets at any time. The memo-pack sticker should be attached so that the starting day is correctly indicated in the red section. One white tablet is taken daily for eleven days, followed by one orange tablet daily for ten days. An interval of seven days follows each pack, during which bleeding will normally occur. **Contra-indications** Severe disturbances of liver function, jaundice or persistent itching during a previous pregnancy. Dubin-Johnson syndrome. Rotor syndrome, existing or previous thromboembolic processes (including strokes), sickle-cell anaemia, existing or treated cancer of the breast or endometrium, endometriosis, mastopathy, myomatous uterus, congenital disturbances of lipid metabolism, a history of herpes of pregnancy, otosclerosis with deterioration in previous pregnancies. **Warnings/Side effects** Use with caution in patients who have a history of congenital abnormalities of lipid metabolism. Some women are predisposed to cholestasis during steroid therapy. Uterine fibroids may be affected by oestrogens and should be checked frequently. Note: Treatment should be stopped at once if jaundice or pregnancy occurs or if advised for patients receiving long-term treatment with Cyclo-Progynova. In patients with chronic liver disease, liver function with an oral contraceptive is not recommended. **Overdosage** Toxic effects of overdosage have not been reported, but, if desired, there is a significant rise in blood pressure. **Precautions and special information** Periodical gynaecological examinations are should be checked every 8-12 weeks. Irregular bleeding during tablet-taking should be investigated. The use of Cyclo-Progynova gastric lavage can safely be used. There are no special antidotes, and further treatment should be symptomatic. **Legal category** POM. **Schering** Schering Chemicals Limited, Pharmaceutical Division, Burgess Hill, West Sussex RH15 9NE. **Basic NHS price** £2.24. **Product licence number** 0053/0053. Further information on Cyclo-Progynova is available on request.

Talpen the routine antibiotic that won't upset your patients' routine

Effective Your main consideration is to help your patient to get better quickly. Talpen is highly effective across a wide range of indications. For example, a published clinical trial produced a 93.0% success in bronchitis; a 94.3% success in UTI; and a 95.6% success in ENT.¹

Easy To Take Just one Talpen tablet three times a day. And Talpen's reliable absorption means it can be taken with or without food.² So your patients find it easy to remember and are more likely to take the full prescribed course of treatment.

Furthermore, Talpen is very well tolerated.^{1,3} (The incidence of diarrhoea, for example, is only 4%.¹) So your patients can carry on their normal daily routine.

Economical Talpen is effective, reliable, easy to take—and it's economical at an average daily cost of 26p.⁴

Talpen

Everything your routine antibiotic should be



Prescribing Information. Typical indications include: Acute and Chronic Bronchitis, Pneumonia, ENT infections, UTI. Usual Oral Dosage: Adults: 1 tablet three times a day. Each tablet contains 250 mg of the ampicillin ester, talampicillin hydrochloride equivalent to 169 mg of ampicillin. Contra-indication: Penicillin hypersensitivity. Precaution: Talpen is not recommended for patients with severe renal or hepatic impairment. Side-effects: As with other penicillins. An erythematous rash may occasionally occur. The incidence is particularly high in patients with infectious mononucleosis. Further information is available on request to the company. 1. Br. J. Clin. Pract., (1975), 29, 255. 2. Brit. med., J., (1977), 2, 232. 3. Practitioner, (1976), 216, 455. 4. £1.30 for 15 tablets. (Basic NHS). Price correct at time of going to press. April 1978.

Talpen® (talampicillin) is a product of British research from
Beecham Research Laboratories,
Brentford, England. A branch of
Beecham Group Limited. *Regd.
PL 0038/0209 BRL 1020



Amoxil success everyday

Otitis media

Amoxil is quoted as 'the treatment of choice' in otitis media in children under five in a recent expert review in the Practitioner.¹

Bronchitis

"In my opinion, the most straightforward treatment of this condition, in patients not allergic to penicillin, is amoxycillin... taken at the first sign of increasing sputum purulence."¹

Other respiratory infections

In various upper and lower respiratory infections, Amoxil has been shown to achieve 84% response within three days of the commencement of treatment in 243 children studied.²

References 1. Practitioner (1977) **219**, 449-455. 2. Brit. J. Clin. Pract. (1975), **29**, (8), 203.

Further information on Amoxil (regd.) amoxycillin is available on request to the company. Bencard, Great West Road, Brentford, Middx.

 **Bencard**



successful scriptwriting

A FIRST CHOICE IN CHEST INFECTIONS

Number 3
in a series

Duodenal ulcer

reduce acid...improve healing



(Artist's impression of H_2 receptor antagonist acting on receptor site in the parietal cell in gastric mucosa.)

Healing

'Tagamet', by its unique action in selectively reducing gastric acid secretion, achieves remarkable results in the treatment of duodenal ulcer.¹⁻⁵ Overall experience in clinical trials has shown that 77% of over 800 'Tagamet'-treated patients completely healed their ulcers, usually in 4-6 weeks, compared with only 41% of 252 patients in the placebo group.⁵

Symptomatic Relief

In duodenal ulcer, experience has shown that early and dramatic symptomatic relief is obtained, usually within one week of starting treatment; after 4 weeks the majority of patients are completely free from ulcer symptoms.¹⁻⁵

Maintenance Treatment - New Data

In patients with duodenal ulcer disease who have healed ulcers after an initial course of 'Tagamet', recurrence may be prevented by continued treatment at reduced dosage. Results from on-going studies have shown that in 790 patients treated for periods of up to one year, over 90% treated with 'Tagamet' remained in remission compared with only 50.1% on placebo.⁶

Tagamet



reduces gastric acid
secretion

References

1. Cimetidine in the treatment of active duodenal and prepyloric ulcers. (1976) *Lancet*, ii, 161.
2. The effect of cimetidine on duodenal ulceration. (1977) Proceedings of the Second International Symposium on Histamine H_2 -Receptor Antagonists. *Excerpta Medica*, p. 260.

3. Oral cimetidine in severe duodenal ulceration. (1977) *Lancet*, i, 4.
4. Cimetidine in the treatment of duodenal ulcer. (1977) *Med. J. Aust.*, i, 317.
5. Data on file (March 1977) Smith Kline & French.
6. Cimetidine treatment in the management of chronic duodenal ulcer disease

- (1978). *Topics in Gastroenterology*. (In press).

'Tagamet' (cimetidine) is available as 200mg film-coated tablets, 200mg/5ml syrup and 200mg/2ml ampoules. 'Tagamet' is a trade mark.

Full prescribing information is available from:-

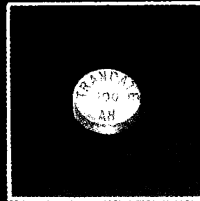
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Welwyn Garden City
Hertfordshire AL7 1EY
Telephone: Welwyn Garden 25111

TG:AD38/1

Trandate alone...

(labetalol)



THE FIRST ALPHA-BETA-BLOCKER Right in principle - working in practice

The mode of action of Trandate (labetalol) is different from that of any other antihypertensive agent currently available. Trandate works primarily by lowering peripheral resistance – the alpha-blocking effect – thereby correcting the basic pathophysiological defect. Unlike earlier alpha-blockers and direct-acting vasodilators, reflexly moderated increases in heart rate are prevented by Trandate's beta-blocking action. But in contrast with simple beta-blocking drugs, the cardiac output is not reduced at rest and after moderate exercise¹. This means that the circulation is closer to normal and blood flow to the extremities and to vital organs, including the kidney, is satisfactorily maintained. Unlike diuretics, Trandate does not disturb fluid and mineral balance. And in contrast with the centrally-acting antihypertensives, sedation and lethargy are not features of Trandate therapy.

Trandate has now been generally available for the treatment of hypertension for well over a year and clinical experience to date reveals a clear picture of high efficacy and relative lack of side effects.

TRANDATE TABLETS PRODUCT INFORMATION

PRESENTATION AND BASIC NHS COST

Trandate Tablets 100mg or 200mg each contain 100 or 200mg labetalol hydrochloride. Basic NHS cost of 50 Tablets 100mg is £3.44 and of 50 Tablets 200mg is £4.88. Also available in containers of 250.

INDICATIONS

Trandate Tablets are indicated for the treatment of all grades of hypertension (mild, moderate and severe) when oral antihypertensive therapy is desirable.

DOSAGE AND ADMINISTRATION (ADULTS)

The recommended starting dose for all patients is 100mg three times a day after meals. A satisfactory reduction in blood pressure is achieved at this dose level in some patients, especially those already on diuretic therapy, but higher doses are often necessary. If the fall in blood pressure achieved is less than optimal, weekly or two-weekly dosage increases are advised, the first being to 200mg t.d.s.p.c. and then, if necessary, to 300mg t.d.s.p.c. The majority of patients will be controlled with dosages less than 1200mg per day but severe cases may require up to 2400mg daily and in exceptional cases doses greater than this have been used.

It is important to increase the dosage of Trandate gradually in order to avoid side effects. Trandate Tablets should be taken after food to avoid the possibility of gastric irritation. Once stabilised on an optimum dosage, where desirable, treatment can be changed to a twice daily regime.

Hypertension is usually controlled by Trandate alone. Diuretic therapy is not usually necessary in patients receiving Trandate Tablets, but may be introduced or continued if required. Diuretics usually increase the antihypertensive action of Trandate.

If Trandate Tablets are prescribed together with another antihypertensive drug, such as methyldopa or clonidine, an additive effect may be expected in patients who are responsive to both drugs. When transferring patients from other drugs Trandate Tablets should be introduced as recommended above and the dosage of the existing therapy progressively decreased.

PRECAUTIONS

There are no known contra-indications to the use of Trandate Tablets.

Heart failure should be controlled with digitalis and diuretic therapy before treatment is initiated. Trandate should not normally be given to patients with digitalis-resistant heart failure or atrio-ventricular block.

Caution must be observed if Trandate is used to treat asthmatic patients or individuals prone to bronchospasm. Any resultant bronchospasm may be controlled by an inhaled selectively-acting bronchodilator such as salbutamol; the required dose may be greater than the normal anti-asthmatic dose. If further treatment is required, intravenous atropine 1mg should be given.

It is not necessary to discontinue Trandate Tablets in patients requiring anaesthesia but they should be given intravenous atropine prior to induction; the effect of halothane on blood pressure may be enhanced by Trandate.

Unnecessary administration of drugs during the first trimester of pregnancy is undesirable.

mild, moderate and severe



Trandate is a simple, effective, well-tolerated antihypertensive. Because hypertension is usually a chronic condition, uncomplicated regimens require long-term patient compliance.

- For the newly-diagnosed hypertensive
- When control is inadequate on existing therapy
- When side effects are causing problems
- To replace complicated multi-drug regimens

References

1. Raftery, E.B., *Mod. Med.*, 1978, 23, 9.

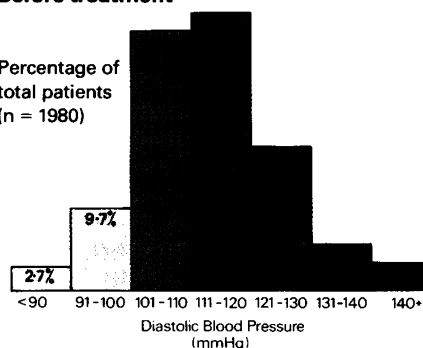
2. Breckenridge, A.M. et al, 1977, *Brit. J. clin. Pharmac.*, 4, 388.

3. Material on file Allen & Hanburys Research Ltd.

Effect of Trandate on mild, moderate and severe hypertension in General Practice³

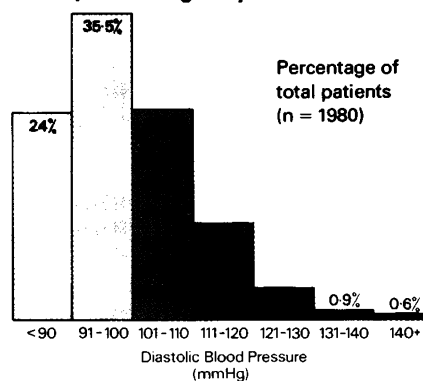
Before treatment

Percentage of total patients (n = 1980)



After 4 weeks treatment with Trandate alone up to 600mg daily

Percentage of total patients (n = 1980)



SIDE EFFECTS

Trandate is usually well tolerated.

Symptoms of postural hypotension may occur if the initial dosage is too high or if the dose is increased too rapidly but are uncommon, except at very high doses, if the drug is used as recommended. Patients with difficulties at first, usually tolerate the drug well after a few weeks' treatment.

Nasal stuffiness, vivid dreams and failure of ejaculation have been reported in a few patients. Epigastric pain has occurred in some individuals on high doses of the drug. Headache, nausea, lethargy, tiredness and cramp have also been reported but are usually transient and disappear after a week or so. Seldom has it been necessary to discontinue treatment with Trandate.

PRODUCT LICENCE Nos.

Trandate Tablets 100mg 0045/0106
Trandate Tablets 200mg 0045/0107

Trandate is also available as Trandate Injection for intravenous use in hospitalised patients.

Further information is available on request.

Trandate is a trade mark of the product licence holder
ALLEN & HANBURYS LTD LONDON E2 6LA



TRANDATE
a unique
profile in
hypertension

food ...or thought

A sensible diet is an important factor in the management of gastro-intestinal complaints. Sensible medication is another. This is where Libraxin comes in.

Psychological factors are considered important in the management of many illnesses, but perhaps no more so than in gastro-intestinal complaints. In some, for example irritable colon, the emotions

are thought to have an aetiological role; in others, for example peptic ulcer, they may influence the clinical manifestations and the subsequent treatment of the patient.

Libraxin helps to improve the prognosis by altering the patient's outlook whilst at the same time relieving the physical symptoms by decreasing hypermotility and hypersecretion in the gut.

LIBRAXIN

For the treatment of a wide range of gastro-intestinal disorders with an emotional component, including nervous dyspepsia, peptic ulcer, cardiospasm, pylorospasm, nervous or irritable colon.

Libraxin is the trade mark for pharmaceutical preparations containing chlordiazepoxide and clidinium bromide.

References

Cromwell, H.A., *Med.Tms*(NY), 1968, 96, 933
Head, H.B., and Hammond, J.B., *Amer.J. dig. Dis.*, 1968, 13, 540
McHardy, G., *et al.*, *Gastroenterology*, 1968, 54, 508

Full prescribing information is available



Roche Products Limited
PO Box 2LE, 15 Manchester Square, London W1A 2LE

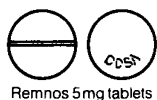


One of a series of Hibernating animals: the Dormouse (*Myoxus avellanarius*) hibernates September to April

For safe, natural, undisturbed sleep...

REM NOS

Nitrazepam/DDSA



Remnos 5mg tablets



Remnos 10mg tablets

Now available in 2 strengths from DDSA only

Remnos brand of Nitrazepam is now available as tablets 5mg and 10mg

Patient convenience

Many patients require 2x5mg tablets at night. Now one tablet of Remnos 10mg fulfills this need

Prescribing convenience

The distinctive yellow colour of tablets Remnos 10mg clearly distinguishes this dosage form from tablets Remnos 5mg thus avoiding the likelihood of confusion

Cost saving

1x100 Remnos 10mg tablets costs 10% less than 2x100 Remnos 5mg



UPDATE BOOKS

Medical Aid at Accidents

'This book covers the basic knowledge required for most aspects of emergency care and rescue organisation by a series of short, relevant, and beautifully illustrated chapters. . . . This is a significant contribution to the discipline of emergency care and can be recommended for use internationally.' The Lancet

Roger Snook, 1974, 235 figures, 136 pp, hardback, price £5.75 + 70p p&p.

Rehabilitation Today

'Every medical practitioner, every medical student (and every dean) should . . . have access to a copy of this book. . . . Its use as a source of reference should become second nature.' British Medical Journal

Stephen Mattingly (Ed.), 1977, 216 figures, 189 pp, paperback, ISBN 0 906141 00 1, price £4.95 + 70p p&p.

Dermatology

'The first edition of this book was a landmark in medical publishing. The second edition contains 506 new colour illustrations, together with a comprehensive text. It will have immediate practical value to general practitioners, physicians, dermatologists, students and all others with an interest in this field.'

Lionel Fry, 2nd edition, 1978, 506 figures, 168 pp, hardback, ISBN 0 906141 02 8, price £6.50 + 75p p&p.

Neonatal Medicine

'An up-to-date, down-to-earth text which makes clear to the occasional neonatologist, whether he or she be a general practitioner, a paediatrician or obstetric resident, or a midwife, how common problems should be handled in the light of current knowledge.' Professor J. A. Davis, University of Manchester

Malcolm Chiswick, 1978, 113 figures, 112 pp, hardback, ISBN 0 906141 01 X, price £3.95 + 70p p&p.

Oral Disease

'A practical, profusely illustrated guide to diseases of the mouth, written specifically for a medical audience. It will contribute to the early recognition, prompt referral and treatment of such diseases and will be of great value to all doctors who look in the mouth, and to dentists and dental students.'

C. E. Renson (Ed.), 1978, 230 figures, 96 pp, hardback, ISBN 0 906141 04 4, price £3.95 + 70p p&p.

The following Update books are in preparation. Further details will be announced in this journal soon.

Immunisation

George Dick, July 1978, paperback, ISBN 0 906141 03 6, price £3.50 + 70p p&p.

Preventive Dentistry

Leon Silverstone, autumn 1978.

Interpreting the Electrocardiogram

James Fleming, autumn 1978.

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Complete diuretic

ALDACTIDE 50

New Aldactide 50 is today's answer for those patients with early hypertension. New Aldactide 50 is the once-a-day way gently to lower blood pressure without postural hypotension or loss of potassium.

On its own, or in combination with other antihypertensives, new Aldactide 50 offers tailor-made therapy for your patients with early hypertension.

NEW Aldactide 50 the diuretic for early hypertension

Prescribing Information

Presentation

Aldactide 50 is presented as scored, cream-coloured tablets stamped "SEARLE 180" on one side containing Spironolactone B.P. 50mg with Hydroflumethiazide B.P. 50mg.

Uses

Hypertension.

Dosage and Administration

Aldactide 50: one or two tablets with breakfast or the first main meal of the day.

Contra-indications, Warnings etc.

Aldactide should not be given in acute renal insufficiency, rapidly

progressing impairment of renal function, anuria, hyperkalaemia or in the presence of sensitivity to either component.

Administration not recommended if serum potassium is raised.

Thiazides have been reported to decrease glucose tolerance and to induce hyperuricaemia. Spironolactone has been reported to induce gastrointestinal upsets, drowsiness, headache and mental confusion. Potentiation of the action of other antihypertensive drugs occurs.

Thiazides as well as canrenone, a metabolite of spironolactone, appear in breast milk. Acute overdosage may be manifested by drowsiness, mental confusion, nausea, vomiting, dizziness or diarrhoea.

The use of any drug in women of childbearing potential requires that the benefits of therapy be weighed against its possible hazard to the mother and foetus.

Product Licence Holder and Number

G.D. Searle & Co. Ltd. 0020/0082

Basic N.H.S. Cost

40 tablets £6.38.

cover in hypertension

ALDACTONE 100

100

90

Aldactone 100 is the key to the management of advanced hypertension. By its unique action, Aldactone 100 provides highly effective control of blood pressure without postural hypotension or loss of potassium.

On its own, or in combination with other antihypertensives, Aldactone 100 provides reliable antihypertensive therapy for your patients with advanced hypertension.

Aldactone 100

the diuretic for advanced hypertension

Prescribing Information

Presentation

Aldactone 100 is presented as buff coloured tablets, stamped "SEARLE" on one side, containing Spironolactone B.P. 100mg.

Uses

Hypertension.

Dosage and Administration

The usual effective dose is 100mg daily. This may be increased to 400mg daily if necessary.

Contra-indications, Warnings etc.

Aldactone should not be given in acute renal insufficiency, rapidly progressing impairment of renal function, anuria or hyperkalaemia.

Administration is not recommended in the presence of a raised serum potassium. Canrenone, a metabolite of spironolactone, appears in breast milk.

Side effects are mild and infrequent. Drowsiness, mental confusion, gastrointestinal intolerance, gynaecomastia, mild androgenic effects and skin rashes have been reported. True toxic effects have not been reported in overdosage.

In the event of hyperkalaemia, discontinue the drug, reduce potassium intake and administer potassium-excreting diuretics and intravenous glucose with insulin or an oral exchange resin as appropriate.

The actions of other antihypertensive drugs may be potentiated and their dosage should first be reduced by at least 50% when Aldactone is added to the regimen, and then adjusted as necessary. The use of any drug in women of childbearing potential requires that the benefits of therapy be weighed against its possible hazards to the mother and foetus.

Product Licence Holder and Number

G.D. Searle & Co. Ltd. 0020/0048

Basic N.H.S. Cost

50 tablets £12.91.

SEARLE

Searle Laboratories, Division of G.D. Searle and Co. Ltd.,
P.O. Box 53, Lane End Road, High Wycombe, Bucks. HP12 4HL.
Telephone: High Wycombe 21124.

Full prescribing information is available on request. Aldactide, Aldactone and Searle are registered trade marks.

CLASSIFIED ADVERTISEMENTS AND NOTICES

Classified advertisements are welcomed and should be sent to: Mr Mike Fulton, Advertisement Director, *The Journal of the Royal College of General Practitioners*, Update Publications Ltd., 33/34 Alfred Place, London WC1E 7DP. Copy must be received by 1st of the month preceding the month of issue to ensure inclusion. Every effort will be made to include advertisements received after this date but publication cannot be guaranteed and the advertisement may have to be held over to the following issue.

The charge for space in this section is £5.75 per single column centimetre, plus 25p if a box number is required. Fellows, members and associates of the Royal College of General Practitioners may claim a ten per cent reduction.

The inclusion of an advertisement in this *Journal* does not imply any recommendation and the Editor reserves the right to refuse any advertisement. All recruitment advertisements in this section are open to both male and female applicants.

THE UNIVERSITY OF SHEFFIELD FACULTY OF MEDICINE

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18-22 SEPTEMBER, 1978

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- Medical screening
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- Case and small group discussions
- Ward rounds
- Visit to the Hallamshire Hospital

The course is approved under Section 63 of the Health Service and Public Health Act, 1968. Accommodation will be available in a University Hall of Residence. Enquiries and applications (stating whether or not residential accommodation is required) should be sent to:

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University of Sheffield Medical School
Faculty of Medicine
Beech Hill Road
Sheffield S10 2RX

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DURING



Wings Appeal
in September



Royal Air Forces Association, 43, Grove Park Road, London, W4 3RU.
(Incorporated by Royal Charter and registered under the War Charities Act 1940 and Charities Act 1960).

Space donated by:

The British Postgraduate Medical Federation has now published its programme of Courses for General Practitioners for the period September—December 1978. These programmes will be distributed automatically to General Practitioners in the National Health Service in the four Thames Regional Health Authorities through their local Family Practitioner Committees.

Any other General Practitioner wishing to receive a copy of this programme, should forward a *stamped addressed foolscap envelope* to:

The General Practitioner Department,
British Postgraduate Medical Federation,
Regional Postgraduate Medical Deans' Office,
14 Ulster Place, London NW1 5HD.

No applications will be accepted by telephone.

THE RUDOLF FRIEDLANDER MEMORIAL FUND

The Trustees of the Rudolf Friedlander Memorial Fund are able to provide annual grants of up to £500 (a) to enable General Practitioners to travel within the UK or abroad to study new medical treatments or clinical techniques; (b) to enable General Practitioners to prepare for publication information concerning medical treatments acquired in the course of their practices, by paying for necessary secretarial or other services and expenses incidental to such publications.

Application Forms available from: Dr E. H. Kroch,
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30,000,000
tubes of fucidin...**



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In boils, dirty wounds, impetigo and most other soft tissue bacterial infections- Fucidin works.

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fucidin^{*} ointment

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*Fucidin is a trade mark for sodium fusidate.