Below the surface of the climacteric

Hot flushes, sweating

Irritability, anxiety, depression

Endometrial hyperplasia

Dry vagina

Osteoporosis (affects one patient in three)

Irregular periods

Cyclo-Progynova
The all-round treatment for menopausal problems

The all-round treatment for menopausal problems

1. Modern Medicine 45(8), 1972 Presentation: Cyclo-progynova is a drug that is effective in treating symptoms associated with menopause. It contains estrogen and progesterone as active ingredients. The drug is available in various formulations such as tablets, vaginal cream, and transdermal patches. It is indicated for the relief of menopausal symptoms such as hot flushes, vaginal dryness, and osteoporosis. It is also beneficial for the treatment of endometrial hyperplasia.

2. Drugs and the Patient: Cyclo-progynova is generally well tolerated. Common side effects include breast tenderness or enlargement, nausea, and bloating. Rarely, it can cause cyclic changes such as irregular bleeding or breakthrough bleeding. Women should inform their healthcare provider if they are breastfeeding, pregnant, or planning to become pregnant as it may cause harm to the fetus. It is contraindicated in women with a history of breast cancer, endometrial cancer, or estrogen-dependent tumors.

3. Pharmacology: Cyclo-progynova works by mimicking the effects of natural hormones in the body. Estrogen helps to maintain bone density, improves skin quality, and reduces symptoms such as flushing and night sweats. Progesterone helps to regulate the menstrual cycle and prevent uterine overgrowth.

4. Administration: It is usually taken orally once daily, starting at a low dose and increasing gradually. The dosage is individualized based on the patient's symptoms and response. Additional forms of treatment such as transdermal patches or vaginal creams can be used for localized symptoms.

5. Precautions: Women with a history of thromboembolic disease, breast cancer, or endometrial cancer should use Cyclo-progynova with caution. It is also contraindicated in women with a history of liver dysfunction or known or suspected breast cancer. Women should also inform their healthcare provider if they are using any other medications as it may interact with Cyclo-progynova.
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.

Talpen (talampicillin) is a product of British research from Beecham Research Laboratories, Brentford, England. A branch of Beecham Group Limited. Regd. No. PL 0038/0209 BRL 1020
**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."²

**Other respiratory infections**
In various upper and lower respiratory infections, Amoxil has been shown to achieve an 84% response within three days of the commencement of treatment in 243 children studied.³

---

**References**

Further information on Amoxil (regd.) amoxycillin is available on request to the company.
Bencard, Great West Road, Brentford, Middx.
Duodenal ulcer
reduce acid...improve healing

Healing
'Tagamet', by its unique action in selectively reducing gastric acid secretion, achieves remarkable results in the treatment of duodenal ulcer.1,2 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.3

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.4,5

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

'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:

Smith Kline & French Laboratories Limited
Welwyn Garden City
Hertfordshire AL7 1HY
Telephone: Welwyn Garden 25111
Trandate alone...

(labetalol)

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

Trandate (labetalol) is different from that of any other antihypertensive agent in that Trandate works primarily by lowering peripheral resistance - the alpha-blocking property correcting the basic pathophysiological defect. Unlike earlier alpha-blockers and less active vasoconstrictors, 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 exercise. 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.

DOSEAGE 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 diuretics 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 syrup 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

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

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

Before treatment

<table>
<thead>
<tr>
<th>Dorsolic Blood Pressure (mmHg)</th>
<th>Percentage of total patients (n=1960)</th>
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</thead>
<tbody>
<tr>
<td>&lt;90</td>
<td>27%</td>
</tr>
<tr>
<td>91-100</td>
<td>97%</td>
</tr>
<tr>
<td>101-110</td>
<td>2%</td>
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<td>1%</td>
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<tr>
<td>121-130</td>
<td>1%</td>
</tr>
<tr>
<td>131-140</td>
<td>1%</td>
</tr>
<tr>
<td>140+</td>
<td>1%</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Dorsolic Blood Pressure (mmHg)</th>
<th>Percentage of total patients (n=1980)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;90</td>
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<tr>
<td>91-100</td>
<td>0.6%</td>
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<tr>
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<td>121-130</td>
<td>0.6%</td>
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<tr>
<td>131-140</td>
<td>0.6%</td>
</tr>
<tr>
<td>140+</td>
<td>0.6%</td>
</tr>
</tbody>
</table>

References
3. Material on file Allen & Hanburys Research Ltd.

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
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.

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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 chlorzepoxide and clidinium bromide.

References
Cromwell, H.A., Med. Times (NY), 1968, 96: 933
McHardy, G., et al., Gastroenterology, 1968, 54: 508

Full prescribing information is available

Roche Products Limited
PO Box 21E, 15 Manchester Square, London W1A 2LE

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For safe, natural, undisturbed sleep...

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Nitrazepam/DDS A

Now available in 2 strengths from DDSA only
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Patient convenience
Many patients require 2x5mg tablets at night. Now one tablet of Remnos 10mg fulfills this need

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

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

Further information available on request from DDSA Pharmaceuticals, 310 Old Brompton Road London SW5 9JQ
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‘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

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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.’

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

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.’

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

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Preventive Dentistry
Leon Silverstone, autumn 1978.

Interpreting the Electrocardiogram

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<td>Rehabilitation Today</td>
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<td>Neonatal Medicine</td>
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<tr>
<td>Immunisation</td>
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</tbody>
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CO 778
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Aldactone 100, the diuretic for advanced hypertension

Administration is not recommended in the presence of a raised serum potassium. Camerone, 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.

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

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GENERAL MEDICAL PRACTITIONERS
18–22 SEPTEMBER, 1978

An intensive general refresher course for general medical practitioners will be held at various hospitals in Sheffield and the programme will include the following:

- Non malignant disease of the gastrointestinal tract
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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:

The Associate Postgraduate Dean
University of Sheffield Medical School
Faculty of Medicine
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Sheffield S10 2RX

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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.

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Journal of the Royal College of General Practitioners, July 1978
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