When a patient comes to you with a pulled muscle, maybe you should recommend Flora.

Perhaps the best time to start your patients thinking more seriously about their health is when they come to you with some more routine complaint.

It is now widely accepted that changes in diet and lifestyle can dramatically decrease the risk of Coronary Heart Disease developing.

So the best time to recommend Flora is before, not after, any symptoms of CHD present themselves.

Flora is high in essential polyunsaturated fats (cis-cis linoleic), because it is made with pure sunflower oil.

Whenever an opportunity arises to recommend ways in which your patients could reduce the CHD risk factors, recommend they change to Flora, too.

Flora. High in essential polyunsaturates.

For further information, please contact: The Flora Project for Heart Disease Prevention, 25 North Row, London W1R 2BY. Telephone: 01-408 2332.
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To reduce regular and frequent sublingual G.T.N.

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Monit

isosorbide mononitrate 20 mg, Stuart

"Monit" Prescribing Notes
Presentation White tablets containing 20mg isosorbide mononitrate. Uses For prophylaxis of angina pectoris. Dosage Usually one tablet twice or three times daily. Maintenance dose for individuals will be between 20-120mg daily. Contra-Indications A known sensitivity to nitrates. Warnings The following adverse effects may be seen with nitrates: 1. Cutaneous vasodilatation, headache, dizziness and weakness may occur, and are usually controlled by lowering the dose. The incidence of these effects is highest at commencement of treatment and tends to decline with time. 2. Postural hypotension may occur, especially with high doses. 3. Nitrates preparations can act as physiological antagonists to noradrenaline, acetylcholine, histamine and other agents. 4. Dry rash and/or exfoliative dermatitis have been described rarely with nitrates. Product Licence Number 29/0174. Basic NHS Cost calendar pack of 56 tablets £4.78.

Further information is available on request to the Company
Stuart Pharmaceuticals Limited
Carr House, Carrs Road, Cheadle, Cheshire SK8 2EG

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Allen & Hanburys have always been amongst the leaders in research into asthma. We were, for example, one of the first companies to introduce an inhaler for asthmatics over sixteen years ago and, since then, we have made available a range of products which have proved of significant benefit to many thousands of patients.

Today, our commitment to asthma control is stronger than ever with the development of an extensive asthma education programme for all health professionals. This includes the award-winning video 'Understanding Asthma', which provides patients with information about their condition and its treatment. For further information about this video, including details about its availability for sale to health professionals, please contact the Professional Services Manager.

Allen & Hanburys Ltd
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NATRILIX alone achieves successful control in 7 out of 10 patients.

Presentation
Pink biconvex sugar-coated tablets each containing 2.5 mg indapamide hemihydrate.

Uses
For the treatment of hypertension. Natrilix may be used as sole therapy or combined with other antihypertensive agents.

Dosage and Administration
Adults: The dosage is one tablet daily, containing 2.5 mg indapamide hemihydrate, to be taken in the morning. The action of Natrilix is progressive and the reduction in blood pressure may continue and not reach a maximum until several months after the start of therapy. A larger dose than 2.5 mg Natrilix is not recommended as there is no appreciable additional anti-hypertensive effect. The co-administration of Natrilix with diuretics which may cause hypokalaemia is not recommended.

Children: There is no experience of the use of this drug in children.

Contra-indications, Warnings, etc.
There are no absolute contra-indications to the use of Natrilix but caution should be exercised when prescribing Natrilix in patients with severe renal or hepatic impairment.

Side Effects
Reported side effects have been of nausea and headache but they are generally minor and mild in nature.

Basic NHS Cost
30 tabs: £5.95, 60 tabs: £11.90

Product Licence Number
0001/002/2

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indapamide

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Expatriate English graduate with MRCGP (UK) seeks 12 month practice and house exchange in Bath area in 1987. Paediatric experience desirable. Adelaide is a large cosmopolitan city with a mediterranean climate.

For details write: Dr John Guy, 12 Ash Avenue, Belair, South Australia 5052.

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**10th National GP Trainee Conference**

**Swansea, 16–18 July 1986**

The 10th National GP Trainee Conference will be held this year at University College, Swansea, from Wednesday 16 July to Friday 18 July 1986. All general practitioner trainees are welcome.

The programme includes:

**Wednesday 16th**

Introduction by Dr Derek Llewellyn

‘The relevance of vocational training — past, present and future’ by Dr John Fry

‘Holism — the way ahead’ by Dr Patrick Pietroni

‘Patient education’ by Dr Simon Smail

Sherry reception hosted by the GMSC

Dinner — traditional Welsh evening

**Thursday 17th**

Presentation by the British Medical Association

Syntex award winning presentations

‘The nurse practitioner’ by Dr John Owen

‘GP clinics versus hospital clinics’ by Dr Julian Tudor Hart

Conference dinner

**Friday 18th**

Debate: ‘This house believes that the use of commercial deputising services has no place in future general practice’

‘Standards and accountability’ by Dr Marshall Mariniker

Pool party at City of Swansea leisure centre

The cost of the conference is £80 (full residential) or £50 (full meals only) or £30 (lunches only). Applications should be addressed to: Dr Ashok Rayan, 38 Penwood Road, Uplands, Swansea. Closing date for applications is 1 July 1986.
MADOPAR
levodopa plus benserazide

adds years to life—adds life to years

MADOPAR contains a combination of levodopa and the decarboxylase inhibitor benserazide in the ratio of 4:1. Madopar 62.5 capsules containing 50mg levodopa and 14.25mg benserazide hydrochloride (equivalent to 12.5mg of the base). Madopar 125 capsules containing 100mg levodopa and 28.5mg benserazide hydrochloride (equivalent to 25mg of the base). Madopar 250 capsules containing 200mg levodopa and 57mg benserazide hydrochloride (equivalent to 50mg of the base). Indications Parkinsonism—idiopathic, post-encephalitic. Do not use in children and adolescents. Dosage Dosage is variable and the data sheet should be consulted for full details. The effective daily dose usually lies between four and eight capsules of Madopar 125 (2 to 4 capsules of Madopar 250) daily in divided doses. Most patients requiring more than six capsules of Madopar 125 daily. In some elderly patients initial treatment with one capsule of Madopar 62.5 once or twice daily, increasing by one capsule every third or fourth day may suffice. Patients who experience fluctuations in response may also benefit from administration of smaller, more frequent doses using Madopar 62.5. Contra-indications Narrow-angle glaucoma, severe psychoneuroses or psychoses, Pregnancy. Patients under 25 years. It should not be given in conjunction with monoamine oxidase inhibitors or within two weeks of their withdrawal. Patients who have a history of, or who may be suffering from, a malignant melanoma. Precautions Drugs which interfere with central amine mechanisms should be avoided. Endocrine, renal, pulmonary or cardiovascular disease, hepatic disorder, peptic ulcer, osteoporosis, sympathomimetic drugs, antihypertensive drugs. Patients who improve on Madopar therapy should be advised to resume normal activities gradually as rapid mobilisation may increase the risk of injury. Side-effects Nausea and vomiting, cardiovascular disturbances, psychiatric disturbances, involuntary movements. Package Quantities Madopar 62.5 capsules, Madopar 125 capsules and Madopar 250 capsules in packings of 100. Licence Numbers 0031/0125 (Madopar 62.5 capsules), 0031/0073 (Madopar 125 capsules), 0031/0074 (Madopar 250 capsules). Basic NHS Cost Madopar capsules 62.5 15.41 per 100. Madopar capsules 125 09.76 per 100. Madopar capsules 250 17.47 per 100. Reference 1. Quart J Med. 1980;49:283. Roche Products Limited PO Box 8, Welwyn Garden City Hertfordshire AL7 3AY. Madopar is a trade mark.