ADALAT®  ADALAT® 5 ADALAT® retard ADALAT® retard 10
Abridged Prescribing Information. Presentation: Adalat/Adalat 5: orange
soft gelatin capsules containing a yellow viscous fluid, overprinted
with the Bayer cross and 'ADALAT' or 'ADALAT 5' and containing 10mg or 5mg
nifedipine respectively. Adalat retard/Adalat retard 10: pink–grey lacquered
tablets marked with the Bayer cross and '10' or '10/20' and containing 20mg
or 10mg nifedipine respectively. Indications: Adalat/Adalat 5: for the
treatment and prophylaxis of angina pectoris and the treatment of Raynaud's
Phenomenon. Adalat retard/Adalat retard 10, for the treatment of all grades
of hypertension. Dosage and Administration: Adalat/Adalat 5. The
recommended dose is one 10mg capsule threes times daily with a little fluid
during or after food, with subsequent titration of dose according to response.
The dosage may be adjusted within the range 5mg three times daily to 20mg
three times daily. Adalat 5 capsules permit titration of initial dosage in the
elderly and those patients on concomitant medication. The recommended
dose is one Adalat 5 capsule three times daily. Patients with hepatic
dysfunction should commence therapy at 5mg three times daily with careful
monitoring. If an immediate anti-anginal effect is required, the capsule
should be bitten and the liquid contents held in the mouth. Adalat retard/
Adalat retard 10. The recommended dose is one 20mg tablet twice daily
with a little fluid during or after food, with subsequent titration of dosage according
to response. The dosage may be adjusted within the range 10mg twice daily
to 40mg twice daily. Adalat retard 10 permits titration of initial dosage.
The recommended dose is one Adalat retard 10 tablet twice daily and
patients with hepatic dysfunction should commence therapy at this level,
with careful monitoring. Regardless of the formulation used, patients with
renal impairment should not require adjustment of dosage. There are
no recommendations for use in children. Treatment may be continued
individually. Contra-indications, warnings, etc. Contra-indications:
Nifedipine should not be administered to patients with known hypersensitivity
to nifedipine or to women capable of child-bearing. Nifedipine should not be
used in cardiological shock. Warnings and Precautions: Nifedipine may be
used in combination with beta-blocking drugs and other antihypertensive
agents but the possibility of an additive effect resulting in postural
hypotension should be borne in mind. Nifedipine will not prevent post
rebound effects after cessation of other antihypertensive therapy. Caution
should be exercised in patients whose cardiac reserve is poor.
Caution should be exercised in patients with severe hypotension. 16
pain has been reported in a small proportion of patients within 30 minutes
to four hours of the introduction of nifedipine therapy (depending on formulation administered). Although a 'steal' effect has not been
fully demonstrated, patients experiencing this effect should discontinue
the use of nifedipine in diabetic patients may require adjustment of
control. The antihypertensive effect of nifedipine may be potentiated
simultaneous administration of clonidine. When used in combination
with nifedipine, serum clonidine levels have been shown to be suppressed
gardless of dosage of clonidine. No information is available on the
nifedipine during lactation. Side-effects: Most side-effects are of the
cardiovascular type and include headache, dizziness, flushing. Gravitational oedema, not associated with heart failure or
loss of weight, has also been reported. Other less commonly reported side-

Shingles cries out for systemic treatment

Prescribing information
Presentation Pale blue, elongated tablets with bevelled edges, impressed with "Zovirax" on one side and "800" either side of a score on the obverse, contain 800mg acyclovir. Uses, dosage and administration Treatment of herpes zoster infections: Adults: one 800mg tablet, 5 times daily for 7 days, omitting night time doses. Contra-indications Contra-indicated in patients known to be hypersensitive to acyclovir. Precautions For patients with renal impairment the dose may have to be adjusted (see Data Sheet). In elderly patients adequate hydration should be maintained. Special attention should be given to dosage reduction in elderly patients with impaired renal function. In pregnancy the potential benefits should outweigh the possibility of unknown risks before the use of Zovirax is considered. Side- and adverse effects Skin rashes have been reported in a few patients receiving Zovirax Tablets; the rashes have resolved on withdrawal of the drug. In trials, the incidence of gastrointestinal events has not been found to differ from placebo. Basic NHS cost 800mg: Shingles Treatment Pack, 35 tablets £113.00 (PL3/0243).

*Trade Mark
Further information is available on request.
The Wellcome Foundation Ltd, Crewe, Cheshire
COURSES

The Association of GPs in Urban Deprived Areas

NOTIFICATION OF AN AGUDA CONFERENCE
SEPTEMBER 28/29th 1990 IN LIVERPOOL

NETWORKING IN GENERAL PRACTICE

The more we understand and recognise the many things that affect the health of people the more difficult it becomes to be able to meet their needs.

There are dozens of groups and organizations and hundreds of people in our communities who are already involved in different aspects of caring for people. If we can form links with them we can greatly increase our effectiveness and perhaps ease some of our burden.

How can we use the schools, the voluntary sector, the sports centres? How can we use other statutory bodies? How can we help people to help themselves? How can we give people power so that they can act for themselves?

This conference explores many of these issues using existing successful projects as discussion points. The central theme will be “Community Organising” and all people coming to this conference will attend a workshop in this. There will be 10-12 other workshops.

Evening entertainment will be arranged as will accommodation. PGEA Approved in principle.

Apply for further details and an application form to Dr Paul Thomas, Vauxhall Health Centre, Limekiln Lane, Liverpool L5 8XR. Tel 051-207-5571.

MRCGP EXAMINATION PREPARATION COURSE

September 7th and 8th 1990
Haygarth House Conference Centre, Retford, Notts

A course resourced by current RCGP examiners with emphasis on recent exam developments.

Course fee: £60.00
(Meals included)
Accommodation available at additional charge

Details and application forms from: Mrs. J. Morrison, Medical Teaching Centre, Doncaster Royal Infirmary, Doncaster, S. Yorks DN2 5LT. Tel: 0302 366666 ext 231.

Closing date for applications: 24.8.90

BREAKING BAD NEWS

Saturday, September 8th 1990
Rusholme Health Centre, Walmer Street
Manchester

This is a full-day workshop for general practitioners and trainees. Run by staff from the Department of General Practice with actors from North West Spanner we will explore practical and emotional aspects of breaking bad news to patients. We will use small group discussion, role-play and video to ensure active learning.

Fee: £50.00 including lunch and refreshments. PGEA approval provisionally agreed.

Further details from: Caroline Ruddy, Department of General Practice, Rusholme Health Centre, Walmer Street, Manchester M14 5NP. Telephone (061) 256 3015.

Royal College of Physicians of London

DIPLOMA IN GERIATRIC MEDICINE

The Diploma in Geriatric Medicine is designed to give recognition of competence in the provision of care for the elderly and is particularly suitable for General Practitioner vocational trainees, Clinical Assistants and other doctors working in non-consultant career posts in Departments of Geriatric Medicine, and other doctors with interests in or who have responsibilities for the care of the elderly.

The next examination will begin on Thursday, 11th October 1990. Application forms, together with the necessary documentation, must reach the College by Friday, 31st August 1990.

Candidates must either have held a post approved for professional training in a department specialising in the care of the elderly, or have had experience over a period of 2 years since Full Registration or equivalent in which the care of the elderly formed a significant part.

Further details and an application form may be obtained from:

Examinations Office,
Royal College of Physicians of London,
11 St Andrew’s Place,
Regent’s Park, London NW1 4LE

IMPERIAL COLLEGE
University of London

MEDICAL ETHICS

The Annual Intensive 5-Day Course for Medical & Nursing Teachers, Medical Practitioners and Members of Ethics Committees organised in cooperation with the Institute of Medical Ethics

10-14 September 1990

This course has been approved by the British Postgraduate Medical Federation for 10 sessions of Postgraduate Education.

Allowance for NHS General Practitioners with 3 sessions approved for health promotion and prevention of illness, 4 sessions approved for disease management, and 3 sessions for service management.

Approval has also been sought for the course to qualify for hospital study leave allowances.

For further details contact:
Pamela Manser
Continuing Education Centre
Imperial College
321 Sherfield Building
LONDON SW7 2AZ
Tel: 071-225-8667 Fax: 071-225-8668