

There is now a prescription medicine
that can help your overweight patients
eat sensibly, follow dietary advice
eat fewer snacks and reach
a healthier bodyweight.

ADIFAX®

Healthier
eating
starts here

The
Adifax
Effect

ADIFAX®

dexfenfluramine ▼

Promotes healthier eating for a healthier weight

Adifax - Abridged Prescribing Information ▼ [http://www.servier.co.uk/adifax](#)

Indications Adifax is indicated for the treatment of obesity in patients who are unable to lose weight by diet and exercise alone. **Dosage and Administration** Adifax should be given as a single daily dose of 120 mg, divided into three 40 mg tablets, taken with food. **Contra-Indications** Adifax should not be given to patients with a history of heart disease, high blood pressure, or other conditions that may be affected by the drug. **Precautions and Warnings** Patients should be monitored for changes in heart rate and blood pressure. **Side Effects** Common side effects include dry mouth, constipation, and headache. **Presentation** Adifax is available as 40 mg tablets. **Basic NHS Cost** £10.00 per 120 mg tablet. **Product Licence Number** 123456789. **servier**

Circadian rhythms and angina attacks

Circadian patterns, demonstrated in many body systems, are frequently linked to the sleep/activity cycle. One rhythm that shows such a cycle is the circadian pattern of angina attacks.¹

An understanding of the circadian rhythm of ischaemic events may be a guide for future therapeutic interventions in those with chronic stable angina.

Attack rate pattern

The circadian rhythm of angina attacks has been evaluated during placebo therapy in 1048 chronic stable angina patients.¹

The angina attack rate was low from midnight until 5 a.m., then rose steadily during the day with peaks occurring between 10-11 a.m. and 2-3 p.m.

Night workers

Night workers show a similar pattern, but there is a shift in the timing of peak attack rates, although the first peak still occurs about 2 hours after rising.²

Clearly, it is important for patients to be adequately protected whenever their 'higher risk' hours occur.

A steep rise in the early morning

One particularly 'dangerous' time for most angina sufferers is just after 5.00 a.m. when the attack rate rises sharply.

Paradoxically, the plasma levels of some drugs can drop to produce a trough at just that time, resulting in low cover at a time of enhanced risk.

Round the clock protection

ISTIN (amlodipine) is a once daily calcium antagonist that overcomes the problems of maintaining cover during the early morning hours.

A long half-life and smooth plasma concentration profile ensure that 24-hour cover is maintained with ISTIN, right to the end of a dosing interval. So while the risk of an angina attack may fluctuate, ISTIN reduces that risk continuously through the day, night and early morning period.¹

Even when the risk of an angina attack is low, for example late at night, there is still a need for protection. The steady plasma levels provided by ISTIN are just as important during these periods too.

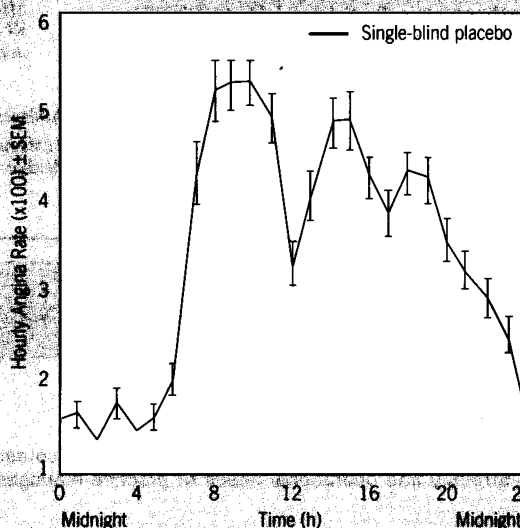
One tablet daily

While multiple dose drug regimens can cover most of the peak risk times, they are certainly not as convenient, or patient friendly, as a simple single tablet of ISTIN once daily.

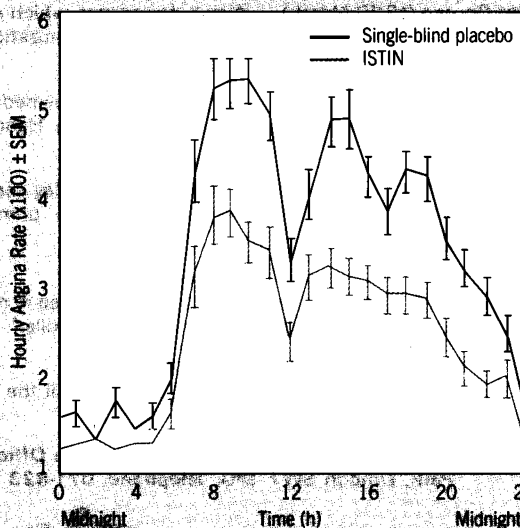
To ensure that your angina patients are receiving protection from attacks, whether awake or asleep, consider prescribing ISTIN, one 5mg or 10mg tablet once daily.

Studies suggest that the use of medications providing continuous anti-ischaemic activity throughout the 24-hour day should be considered.²

Circadian pattern of angina attacks in patients taking placebo showing morning peak in attack rate and secondary peak in the afternoon.



Circadian pattern of angina attacks in patients on ISTIN compared to placebo showing a flattening of morning peak and reduction in attack rate throughout the day. Meta-analysis of data from 9 studies: 472 patients on ISTIN compared with single-blind placebo run in.¹



ABBREVIATED PRESCRIBING INFORMATION FOR ISTIN®. INDICATIONS: FIRST-LINE TREATMENT OF HYPERTENSION AND MYOCARDIAL ISCHAEMIA ASSOCIATED WITH STABLE ANGINA PECTORIS. **DOSAGE:** FOR HYPERTENSION AND ANGINA, INITIAL DOSAGE 5MG ORALLY ONCE DAILY WHICH MAY BE INCREASED TO A MAXIMUM DAILY DOSE OF 10MG. USE IN CHILDREN NOT RECOMMENDED. USE IN THE ELDERLY: NORMAL DOSAGE. USE IN RENAL IMPAIRMENT: NORMAL DOSAGE. USE IN HEPATIC IMPAIRMENT: DOSAGE RECOMMENDATIONS HAVE NOT BEEN ESTABLISHED. USE WITH CAUTION. **CONTRAINDICATIONS:** ALLERGIC SENSITIVITY TO DIHYDROPIRIDINES. **WARNINGS AND PRECAUTIONS:** PREGNANCY AND LACTATION: ISTIN SHOULD NOT BE ADMINISTERED DURING PREGNANCY OR LACTATION, OR TO

WOMEN OF CHILD-BEARING POTENTIAL UNLESS EFFECTIVE CONTRACEPTION IS USED. **SIDE EFFECTS:** HEADACHE, OEDEMA, FATIGUE, NAUSEA, FLUSHING, AND DIZZINESS. **INTERACTIONS:** WITH ANTIHYPERTENSIVES AND DRUGS WITH CYP450 INHIBITORY ACTIVITY. **PHARMACOKINETICS:** 5MG TABLETS: CALENDAR PACK OF 28 (C17.70) (PL 0057/0257); 10MG TABLETS: CALENDAR PACK OF 28 (C17.70) (PL 0057/0258). **FURTHER INFORMATION ON REQUEST.** PFIZER LIMITED, SANDHATCH ROAD, SANDHATCH, KENT CT13 9NJ. **PRESENTED AT A SYMPOSIUM ON CIRCADIAN VARIATION IN CARDIOVASCULAR DISEASE: THE NEED FOR COMPLIANCE.** SEPTEMBER 1992. **1. POTTERER SD. J CARDIOVASC PHARMACOL.** 1986; 18 (SUPPL 7): S18-S21. **2. ROODS MB ET AL. CIRCULATION.** 1967; 75: 395-400. **3. FAULNER J ET AL. BR J CLIN PHARMACOL.** 1986; 22: 21-25.

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COURSES

THE LISA SAINSBURY FOUNDATION

Residential Workshop (2 Nights)

'TERMINAL CARE IN THE COMMUNITY'

Either — Monday 29th June to Wednesday 1st July 1992
Venue: Foxhill Conference Centre, Frodsham, Warrington, Cheshire.

Or — Monday 21st September to Wednesday 23rd September 1992. Venue: Holland House, Cropthorne, Pershore, Worcester.

Or — Monday 19th October to Wednesday 21st October 1992
Venue: Holland House, Cropthorne, Pershore, Worcester.

Family practitioners are invited to join a group looking at terminal care in the community. The major issues to be covered will be principles of symptom control, the team approach to management of care particularly highlighting the problems of communication and the needs of the bereaved. This workshop is designed so that considerable benefit can be gained if a family practitioner is accompanied by a community nurse from the same practice.

PGEA applied for. Cost: £40.00 plus accreditation fee.

Details and application form from: Sandra Fast, The Lisa Sainsbury Foundation, 8-10 Crown Hill, Croydon, Surrey CR0 1RY. Telephone: 081 686 8808.

HOMEOPATHY

A fascinating study — rewarding for doctor and patient.

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Monthly weekend half-day courses.

Introductory on Sundays, 5 sessions at 4 week intervals commencing 8 March 1992

Intermediate on Saturday afternoons, commencing anytime.

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Courses cover similar material to those at the Faculty of Homeopathy.

Interesting, participatory teaching methods used.

PGEA approved.

Details: Dr J.M. English, FRCGP, FFHOM, Experienced GP Trainer and Teacher, London Area Tutor, Faculty of Homeopathy, 20 Grosvenor Avenue, Hayes, Middlesex UB4 8NL. Tel: 081 845 0262

UNITED MEDICAL AND DENTAL SCHOOLS OF GUY'S AND ST THOMAS'S HOSPITALS (University of London)

MASTER'S DEGREE IN GENERAL PRACTICE

This programme is intended for established practitioners who wish to continue in practice whilst studying part-time over two years commencing in October 1992.

The course will include modules on:

- (i) research methods
- (ii) clinical reasoning and social science
- (iii) learning and teaching in general practice and medical ethics

Candidates will critically examine primary care and undertake a research project.

The number of places is limited. Further information and application forms may be obtained from Beryl Stevens, Department of General Practice, UMDS Guy's Hospital, London SE1 9RT.

Telephone number: 071 955 4432

Postgraduate Education Allowance accreditation in all categories has been obtained.

ABERYSTWYTH VOCATIONAL TRAINING SCHEME FOR GENERAL PRACTICE

Applications are invited for five posts from doctors seeking a three year VT rotation starting 1 February 1992 based at Aberystwyth a coastal University town set in beautiful countryside.

The Scheme is approved for MRCGP and the appropriate posts qualify for DCH, DOBst, RCOC and the Diploma in Geriatric Medicine.

The Scheme is of three years duration and consists of a rotation through four of the following six month posts in hospital and two in General Practice. The hospital posts are (number of posts available in brackets) Paediatrics (2), Obstetrics and Gynaecology (2), General Medicine (1), ENT and Ophthalmology (1), Psychiatry (2), Geriatrics (2), Accident and Emergency and Orthopaedics (2). There are six attached training Practices.

The half day release course is on Tuesday afternoons in the academic year and is a three year modular course.

Candidates should hold or be preparing to obtain a current driving licence. Accommodation is available if required, during hospital employment and at two of the Practices.

Please write for application form and prospectus to the VTS Administrator, 26 North Parade, Aberystwyth, Dyfed SY23 2NF.

VACANCIES

TRAINEE VACANCY

North Wales
from February '92 — 6 or 12 months

Pleasant market town. Rural area. Two partners. Friendly, relaxed practice in well equipped health centre. Good standard of family medicine. Half day release course Wrexham. Accommodation available. Interested? Discuss it with us on 0490 2362 (days).

COURSES

WATFORD GENERAL HOSPITAL
POSTGRADUATE MEDICAL CENTRE

UPDATE IN OBSTETRICS AND GYNAECOLOGY FOR GENERAL PRACTITIONERS

April 3rd/4th 1992

This intensive 2-day course will review major new developments in the field of Obstetrics and Gynaecology and update General Practitioners in areas of important change in clinical practice.

TOPICS WILL INCLUDE:

IVF and assisted conception/ GIFT	Incontinence in women
Cervical screening	Breast screening
Pelvic cancer	Hormone replacement therapy
Endometriosis	Terminal care and pain relief
Semen and A.I.D.	Laparoscopic laser surgery
Diabetes in pregnancy	Prenatal diagnosis
Assessment of fetal well-being	Home delivery and the flying squad
Medical termination in pregnancy	Management of impotence
	Abortion counselling

GUEST SPEAKERS

Dr Linda Cardozo	Prof Tim Chard
Prof Ian Craft	Sir Jack Dewhurst

and

Dr John Guillebaud
(Recent advances in contraception)

Contributors will include:

Dr RFU Ashford	Dr Pat Munday
Dr Brenda Bean	Dr T Nathan
Dr M R Clements	Dr A Rubin
Mr J Crisp	Mr R J Sheridan
Mr D R Griffin	Mr R Smith
Mr B V Lewis	Mr R H Tipton

REGISTRATION FEE: £200.00, including course dinner at the Hilton National with concessionary rates for accommodation (Friday 3rd April).

PGEA APPROVAL has been granted for 4 sessions.

Course organisers:
Dr M R Clements Mr B V Lewis

Application forms and further details from:

Mrs Suzanne Watkins
Postgraduate Administrator
Postgraduate Centre
Watford General Hospital
Vicarage Road
Watford WD1 8HB
Tel: 0923-217436
Fax: 0923-217910

CONFERENCES

"EUROPE — THE CHALLENGE OF CHANGE"

GLENEAGLES HOTEL — MARCH 13th-15th 1992

This major International Conference, with speakers from throughout Europe is being sponsored by the Department of General Practice, The University of Dundee and the East Scotland Faculty of the RCGP. It promises to be an exciting opportunity to discuss the current state and the future direction of general practice within the United Kingdom and Europe. If you are interested in attending please contact for further details:

Mrs M. MacLaren St. Margaret's Health Centre St. Margaret's Drive Auchterarder Perthshire PH3 1JH Tel: 0764 62614	Professor J.D.E. Knox Dept. of General Practice Westgate Health Centre Charleston Drive Dundee DD2 4AD Tel: 0382 644425
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PGEA APPROVED

PRACTICAL DIABETES CONFERENCE

Hospital versus Community Diabetes Management:
Specialists or Carers?

February 26th 1992, Park Hotel, Cardiff

Chairman: Dr J.R. Peters
Consultant Physician, University Hospital of Wales, Cardiff

Programme

Opening Remarks

Dr J.R. Peters, Consultant Physician, University Hospital of Wales

Cardiovascular Risk Factors in Diabetes — A Complex Problem

Dr J.A.E. Rees, Consultant Physician, University Hospital of Wales

Renal Disease in Diabetes — An Increasing Problem

Dr J.D. Williams, Senior Lecturer and Director, Kidney Research Foundation, Cardiff Royal Infirmary

Diabetic Male Impotence — A Neglected Problem

Dr D. Owens, Senior Lecturer, Diabetes Research Institute, University of Wales College of Medicine

The Role of the Foot Clinic

Dr J. Harries, GP, Cardiff

Diet for Diabetes — The New Approach

Sue Stockdale, Department of Dietetics, University Hospital of Wales
Mary Druitt, Chief Dietitian in the Community, Gabalfa Health Centre, Cardiff

Establishing a Primary Care Diabetic Clinic

June Small, Practice Nurse Adviser, South Glamorgan Family Health Services Authority, Cardiff

Successful Community Care for Diabetes

Dr R. Gibbins, GP, Bulth Wells

Audit of Community Diabetes Care

Dr J.R. Peters

One day Study Conference and Exhibition
Delegate Fee: £44.65 incl. VAT, lunch and tea

For further information and booking form contact: Christine Williams, c/o Practical Diabetes Conferences, Northumberland House, 11 The Pavement, Popes Lane, London W5 4NG. Tel: 081-566 1902.

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APPOINTMENTS

THE UNIVERSITY OF WESTERN AUSTRALIA

Perth

CHAIR IN GENERAL PRACTICE FREMANTLE HOSPITAL

Applications for appointment to the newly created Chair in General Practice at Fremantle Hospital are invited from medical graduates registered or eligible for registration in Western Australia. In addition to appropriate professional qualifications, it is essential that applicants hold a Fellowship of the Royal Australian College of General Practitioners or its equivalent. Applicants must also possess a substantial background in clinical general practice and demonstrate significant achievement in scholarly research. Evidence of high quality teaching at undergraduate and graduate levels is required.

The appointee will be based at the University Department of General Practice at Fremantle Hospital. He/she will be expected to be active in the service component of the practice for at least four sessions per week and to be responsible for the management of the practice as well as the professional unit.

The appointment will be for a term of 5 years in the first instance, subject to review after 3 years. A remuneration package will be based on the professorial salary of A\$73,800 per annum plus a loading of A\$13,484 per annum for clinical responsibilities. There are limited rights of private practice (20% time based). Benefits include superannuation, study leave, long service leave, fares to Perth for the appointee and dependents and an allowance towards removal expenses. Further information concerning selection criteria and conditions of appointment should be obtained from Mr Steve Wiles, Personnel Services (tel. (61 9) 380 3070 or confidential facsimile (61 9) 380 1013). Further information concerning the Department of General Practice may be obtained from the Head of Department (tel. (61 9) 384 8633; facsimile (61 9) 384 6238).

Applications addressing the selection criteria and stating full personal particulars (including work and home addresses, telephone facsimile numbers), qualifications and experience should reach the Director, Personnel Services, The University of Western Australia, Nedlands (Perth) Western Australia 6009, by **31 March 1992**. The names, addresses and if possible facsimile numbers of three referees should also be included with the application.

The University reserves the right to make no appointment or to fill the position by invitation.

Equal Employment Opportunity is University policy.

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Please apply to Mrs. M.J. Gosling, Practice Manager, Eastham Group Practice, 170 Plymyard Avenue, Eastham, Wirral, Merseyside L62 8EH.

COURSES

EAST SURREY POSTGRADUATE MEDICAL CENTRE

GP STUDY WEEK

11th - 15th MAY 1992

This course will be held in East Surrey's new and comfortably furnished Postgraduate Centre. An interesting and varied programme is offered, with ample opportunity for discussion and group work between presentations. 5 days PGFA will be approved. Course fee £250.

Full programme applications to:

**Dr B.H. Mathews, GP Tutor
Postgraduate Centre
East Surrey Hospital
Three Arches Road
Redhill
Surrey RH1 5RH
Tel: 0737 768511**



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PRESCRIBING INFORMATION

Indications: FELDENE Gel is effective in the treatment of osteoarthritis of superficial joints and acute musculoskeletal disorders. **Dosage:** For external use only. Occlusive dressings should not be used. Apply one gram of FELDENE Gel and rub into the affected site three to four times daily leaving no residual material on the skin. Therapy should be reviewed after 4 weeks.

Contra-indications,

Precautions: Contra-indicated in patients who have previously shown a hypersensitivity to FELDENE Gel or piroxicam in any of its forms, aspirin or other non-steroidal anti-inflammatory agents. If local irritation develops, discontinue FELDENE Gel. Keep away from the eyes and mucosal surfaces. Do not apply to sites affected by open skin lesions, dermatoses or infection.

Use in children: Not recommended. **Use in pregnancy and lactation:** The safety of FELDENE Gel during pregnancy and lactation has not been established. **Side-effects:** Mild or moderate local reactions at the application site. Mild but transient skin discoloration and staining of clothing have been noted when FELDENE Gel is not rubbed in completely. **Package Quantities and Basic NHS Cost:** FELDENE Gel 60g tube — £7.77 (PL 0057/0284).

Further information on request.



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