HELP KEEP THEM OUT OF THE RED AND IN THE GREEN

Zestril
lisinopril ICI

PRESCRIBING NOTES
Consult data sheet before prescribing.

USE: All grades of essential hypertension and renovascular hypertension. Congestive heart failure (adjuvant therapy).

PRESENTATION: Tablets containing 2.5mg, 5mg, 10mg or 20mg (zestril) I Zestril’s.

DOSAGE AND ADMINISTRATION: Hypertension – initially 2.5mg daily; a 2.5mg dose seldom achieves a therapeutic response; adjust dose according to response. Maintenance usually 10-20mg once-daily. Maximum is 40mg daily. Diuretic-treated patients - if possible stop diuretic 2-3 days before starting Zestril. Resume diuretic later if desired.

Congestive heart failure: (adjunctive therapy) – initially 2.5mg daily in hospital; under close medical supervision, increasing to 5-20mg once-daily according to response.

Impaired renal function: - May require a lower maintenance dose. Zestril is dialysable.

Elderly patients: - No change from standard recommendations.

CONTRAINDICATIONS: Pregnancy – stop therapy if suspected. Hypersensitivity to Zestril.

Patients treated with angiotensin-converting enzyme to previous ACE inhibitor treatment.

PRECAUTIONS: Assessment of renal function is recommended. Renal insufficiency. renovascular hypertension: surgery/anesthesia, possibility of hypertension especially in ischaemic heart disease and cerebrovascular disease. Combination with anti-hypertensives may increase hypotensive effect. Sometimes increased blood urea and creatinine in some cases of renal insufficiency if given with diuretics. Minimises thiazide-induced hypokalaemia and hyperuricaemia. Potassium supplements, potassium-sparing diuretics and potassium-containing salt substitutes not recommended. Intermittent C may reduce hypotensive effect. Possible reduced response in Afro-Caribbean patients. Use with caution in breastfeeding mothers. Do not use in acute ainsomia or outflow tract obstruction or car submucosa. Monitor lithium serum levels if lithium salts administered.

SIDE EFFECTS: Dizziness, headache, diarrhoea, fatigue, cough and nausea. Less frequently, rash and asthma. Rarely, angioneurotic oedema and other hypersensitivity reactions, renal failure, symptomatic hypotension (especially if volume-depleted), severe hypotension (more likely if severe heart failure, vasodilation, hypokalaemia, increases in liver enzymes and serum bilirubin usually reversible on discontinuation of Zestril) and impotence.

PRODUCT LICENCE NUMBERS AND BASIC NHS COSTS: Zestril: 2.5mg (2943209) 28 tablets; 5mg (2943209) 28 tablets; 10mg (2943209) 28 tablets; 15mg (2943209) 28 tablets; 20mg (2943209) 28 tablets, £30.95.

Zestril is a trademark.

FURTHER INFORMATION AVAILABLE FROM: ICI Pharmaceuticals, Kings Court, Water Lane, Wilmslow, Cheshire SK9 5AZ.

Now available to non-Scottish Graduates

SAVE
ON YOUR
DEFENCE
ORGANISATION
SUBSCRIPTION

A PRACTICE OF FIVE DOCTORS CAN SAVE A TOTAL OF £220

GPs — you can save 5% on your MDDUS subscription of £864 and receive FREE cover for your Practice Nurse and Practice Manager

IF — You are in a Practice of 3 or more

IF — All full-time doctors of the Practice are members of the MDDUS

All duties of Practice Nurse covered at no extra subscription

All duties of Practice Manager which have clinical implications covered at no extra subscription.

The Medical and Dental Defence Union of Scotland
EXPERIENCE IN PRACTICE

JAMES SELLARS HOUSE 144 WEST GEORGE STREET GLASGOW G2 2HW Tel: 041-332 6646.
Contact Membership Department quoting ref: GP2
SERVICES

Do you need your MRCGP or FRCPG Certificates framed?

The Professional Framing Company produces elegant hand made frames, designed to the exact measurements of your certificate.

Two finishes are offered:
★ Teak with gold inlay
★ Black with gold inlay

Other features include:
★ Non reflective glass to allow glass free viewing from all angles
★ Brass fittings
★ Removable back board to allow easy certificate insertion

Orders to: The Professional Framing Company Limited, c/o The Royal College of General Practitioners, 14 Princes Gate, London SW7 1PU.

Total cost: £16.95 inc. p & p (UK only). Cheques made payable to The Professional Framing Co., Ltd.

Events

An Evening to Celebrate the Founding of our College

"In Sickness and In Health!"

40th ANNIVERSARY BENEFIT CONCERT

The College is holding a special 40th Anniversary benefit concert in aid of the Development Fund at 8 pm on Tuesday 14 July at the Purcell Room in the South Bank Centre, London.

Sainsbury’s Choir of the Year The Joyful Company of Singers will be providing a fun programme on matters medical with complementary readings from actor Gabriel Woolf.

We are offering a special, all-inclusive package to all our members to include a ticket, souvenir brochure and post-concert reception and refreshments — for £30 per head (family members accompanying two adults at £20 per head).

Some tickets left — please contact RCGP Enterprises on 071-823 9688.

APPOINTMENTS

TRAINEE REQUIRED

Trainee required for 6 partner practice to commence on the 1st of September 1992 for a period of 6 months. Fully computerised. Full range of health promotion clinics, and minor surgery, half day release available locally.

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

The University of Manchester

Senior Lecturer

In the Department of General Practice

The University invites applications for the post of Senior Lecturer in the Department of General Practice in the University of Manchester School of Medicine. The Department has major teaching commitments in the undergraduate curriculum, contains within it the Department of Health funded Centre for Primary Care Research, and is based on the Robert Darbishire Practice, having 13,000 patients and being housed in a purpose-built health centre.

Applicants must be eligible to be a Principal in General Practice and should have a higher qualification such as MRCGP. The applicant must also be able to show evidence of achievement in research and in teaching, whether at undergraduate or postgraduate level. Salary within range £37,905 - £48,945 p.a. plus additional allowances.

Application forms (returnable by August 7th) and further particulars from the Registrar (Academic Staffing Office), the University, Manchester M13 9PL (tel. 061 275 2028). Quote ref. 115/92.

The University is an Equal Opportunity Employer.

TRAINEE GENERAL PRACTITIONER

We are looking for a trainee general practitioner to join a large training practice in Southport commencing August 1992. We provide excellent facilities from recently refurbished premises. Offer good range of health promotion clinics, minor surgery sessions etc. Have a full compliment of ancillary and attached staff, and are committed to training.

Apply with CV to: Practice Manager, Churchtown Medical Centre, 137 Cambridge Road, Southport PR9 7LH.
UMDS
GUY'S AND ST THOMAS'S
MEDICAL AND DENTAL SCHOOL

UMDS GUY'S HOSPITAL
GENERAL COURSE IN MEDICINE
FOR
GENERAL PRACTITIONERS

9 - 13 NOVEMBER 1992
Course Fee £275
An innovative course, the contents of which will be based
on the interests of the applicants.
PGEA approval is being sought for 30 hours.
Early application is advised as places are limited.
For application form please apply to:
Mrs Kim Latimer, Postgraduate Medical Studies,
UMDS, Guy's Hospital, London SE 9RT
Telephone 071-955 4300

UNIVERSITY OF WALES
COLLEGE OF MEDICINE
DEPARTMENT OF DERMATOLOGY

THE DIPLOMA IN
PRACTICAL DERMATOLOGY

This is an extramural structured programme in dermatology
designed to equip the general practitioner with a sound practical
understanding of skin disease as it presents in practice.
The course is divided into three modules each of ten weeks.
The fee for each module is £500. There are structured reading
and written tasks with personal case histories, specially prepared
video programmes, audio cassettes and special short courses of
clinical instruction in Cardiff. Continual assessment and a final
examination lead to the Diploma in Practical Dermatology.
The next course, organised by the University of Wales College of
Medicine, will start in April 1993 and is open to all general
practitioners.
For further details please write to:
Miss Yvonne Morris
Dermatology Postgraduate Co-ordinator
Department of Dermatology
University of Wales, College of Medicine, Heath Park
CARDIFF CF4 4XN

FOR ADVERTISING RATES
PLEASE CALL 071 225 2389

CHANGING PRIMARY
HEALTH CARE
The South Wales Valleys and Beyond
Conference: 23 - 26 April, 1993
Heritage Park Hotel, Nr. Pontypridd
Mid Glamorgan
A national conference for members of the PHC Team
CALL FOR WORKSHOP ABSTRACTS
KEYNOTE SPEAKERS:
Dr Chris Ham, Dr Morton Werner, Dr Karen Luker,
Dr Charlie Davison, Dr Mollie McBride, Dr John MacDonald
CONFERENCE THEMES:
Changing primary health care
Changing policies, changing practice, new initiatives
The South Wales Valleys: experience
The European dimension
Policy and action – primary health care and the future?
Abstract Deadline: Friday 20 November, 1992
For Abstract Form and further information, contact Organising
Committee, Teamcare Valleys, Whitchurch Hospital, Whitchurch, Car-
diff CF4 7XB. Tel: 0222 520760. Fax: 0222 520811.

OPPORTUNITY

PRACTICE EXCHANGE IN
AUSTRALIA

Would you like a working holiday in Australia for six months
in 1993?
I would like to exchange practices, homes and cars with a
general practitioner in a group practice in England.
My practice of four doctors is 6 km from the centre of Adelaide,
the capital of South Australia, Adelaide (pop. 900,000) has a
Mediterranean climate, excellent beaches, picturesque hills,
wine growing areas nearby and is centrally placed for visits
to other areas of Australia.
Please contact: Dr Oliver Frank, Hampstead Medical Clinic, 255
North East Road, Hampstead Gardens, South Australia 5086.
Telephone — surgery: +61 8 261 1355; home: +61 8 269
1734.

FOR SALE

OVERSEAS PRACTICE

Suburban family practice in the University town of Dunedin,
New Zealand. The principal will be in London early in July.
Please reply to: Dr K.E. Holmes
New Zealand House
Haymarket
SW1Y
COURSES

Following two highly successful conferences, the Montgomeryshire Medical Society announces that the

3rd ANNUAL STUDY COURSE FOR RURAL DOCTORS

will be held at
Gregynog Hall, Newtown, Mid Wales
29 September - 2 October 1992

The course is specifically designed to address the needs of GPs from rural areas. Topics under discussion this year will be:

- Trauma Injury and Sudden Death, Tourism and its Effects, The Role of the Female GP, Angina and Strokes, Reforming the NHS and Audit and Research in General Practice.

PGEA Accreditation Three Days: Cost £200.00 inclusive.

For further information please contact Mrs Ann Whale, Montgomeryshire Medical Society, Brynhyfrdyd Hospital, Ffoden, Welshpool, Powys SY21 8NW. Tel: 0938 76377 ext. 23.

WEST OF SCOTLAND FACULTY

Offer the following courses:

COMMUNICATION SKILLS
4 sessions HP. Techniques in one to one, lecture and promotion situations. 2 days, 14th-15th September, 1992.

ONE WEEK COURSE IN GENERAL PRACTICE STUDIES
10 sessions (mixed). An update course in clinical aspects of practice. 5 days, 22nd-26th February, 1993.

ONE WEEK COURSE IN GENERAL PRACTICE STUDIES
10 sessions (mixed). An update course in clinical aspects of practice. 5 days, 1st-5th March, 1993.

RECENT ADVANCES AND CURRENT TRENDS
6 sessions DM. Hospital based course of lectures and bed side teaching in various specialties. 3 days, 16th-18th March, 1993.

RECENT ADVANCES IN GENERAL PRACTICE
6 sessions (mixed). The cutting edge of medicine for the thinking GP. 3 days, 24th-26th March, 1993.

Applications for all courses to be made to:
Miss E. Paton
Postgraduate Medical Office
University of Glasgow
Glasgow G12 8QO
Telephone: 041 339 8855

Course fee: £30/Session.

RCGP
Courses and Conferences

STAFF PROBLEMS?
HOW TO SOLVE THEM

How efficiently do you recruit, select, motivate and develop your staff? Do you need to know the legalities and procedures involved in preparing and changing contracts of employment, and how to handle disciplinary issues to avoid industrial tribunals?

Join our PGEA approved Personnel Management Course led by Hilary Haman, personnel consultant, and learn the skills needed to effectively manage staff. The 2 day intensive course is being run on 13 and 14 October 1992 for general practitioners and practice staff.

For further details contact RCGP Courses, Ref. NU, 14 Princes Gate, London SW7 1PU. Tel: 071-823 9703.

3-day PGEA Introductory Courses in
SPINAL MANIPULATION
14-16 October, 9-11 December 1992
Kingston-on-Thames PG Medical Centre
Contact Mrs Marshall
4 Studland Road, Kingston, Surrey KT2 5HJ

INSTITUTE OF NEUROLOGY
UNIVERSITY OF LONDON
Queen Square
British Postgraduate Medical Federation

will be offering a half day course for General Practitioners on

‘COMMON NEUROLOGICAL COMPLAINTS’
on Friday, 20th November 1992 at 9.30 am.
Cost £20 including lunch. PGEA approved.

For further details please contact:
The Assistant Secretary for Students, Institute of Neurology,
National Hospital for Neurology and Neurosurgery, London
WC1B 3BG. Tel: 071-837-3611. Fax: 071-278-5069.

NEW THINGS ‘92
This established educational course, run by GPs for GPs, now in its twelfth year, will take place on 19th - 23rd October, 1992 at Eastbourne Postgraduate Medical Centre, District General Hospital. The course will be recognised for five whole days PGEA approval. Fee: £240.00, coffee, lunch and tea provided.
Enquiries to: Dr M. Walter, New Things Course Organiser, Postgraduate Medical Centre, District General Hospital, King’s Drive, Eastbourne, East Sussex BN21 2UD. Tel: 0323 417400 ext. 4283.

British Journal of General Practice, July 1992
WHEN OA BRINGS YOU TO THEIR KNEES

FELDENE GEL
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, dermatitis 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 60 g tube — £7.77

[PL 05570284]

Further information on request.

Pfizer Limited

Divisions of Pfizer Limited

PIRE

Pfizer Limited, Sandwich, Kent

"Trade Mark