

One of the great medicines of the world



Zovirax^{*}

acyclovir

Presentation: Blue, shield-shaped tablet containing 200 mg acyclovir, impressed with 'ZOVIRAX' on one side and a triangle on the obverse.

Uses, Dosage and Administration: Treatment of herpes simplex (HSV) infections of the skin and mucous membranes. *Adults and children over 2 yrs:* one 200mg tablet 5 times daily, 4 hourly for 5 days, omitting the night-time dose. *Children under 2 yrs:* formulation not applicable. Suppression of recurrent HSV infections in immunocompetent patients are cannot be satisfactorily managed by intermittent treatment: *Adults:* one 200mg tablet, 4 times daily,

6-hourly. The dosage can be titrated depending on patient response (see Data Sheet). Therapy should be interrupted at intervals of 6 to 12 months, in order to reassess suitability for continued suppression. *Children:* no data available. Prophylaxis of HSV infections in immuno-compromised patients: *Adults and children over 2 yrs:* one 200mg tablet 4 times daily, 6 hourly. The duration of prophylactic administration is determined by the duration of the period at risk. For severely immunocompromised patients the dose can be doubled to 400mg or I.V. dosing could be considered. *Children under 2 yrs:*

formulation not applicable.

Contra-indications, Warnings, etc.: 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 Costs: 200mg: 25 tablets, £28.89 (PL3/0173). *Trade Mark.

Legal Category: POM.
Date of Preparation: May 1993.
The Wellcome Foundation Ltd,
Crewe, Cheshire.



Wellcome

Proven in antiviral care

THE EXPANDING WORLD OF 'ZESTRIL'



More GPs are prescribing 'Zestril'
for more patients than ever before

Consult data sheet before prescribing.

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

PRESENTATION: Tablets containing 2.5mg, 5mg, 10mg or 20mg lisinopril ('Zestril').

DOSAGE AND ADMINISTRATION: **Hypertension** - Adults (including elderly): 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: Adults (including elderly): initially 2.5mg daily in hospital under close medical supervision, increasing to 5-20mg once-daily according to response. Monitor blood pressure and renal function.

Renal impairment: May require lower maintenance dosage.

CONTRAINDICATIONS: Pregnancy. Hypersensitivity to 'Zestril'. Patients with history of angioneurotic oedema to previous ACE inhibitor therapy. Patients with aortic stenosis, cor pulmonale or outflow tract obstruction.

PRECAUTIONS: Assessment of renal function is recommended. Symptomatic hypotension may occur, particularly in volume depleted patients and congestive heart failure. Caution in patients with ischaemic heart or cerebrovascular disease; renal insufficiency; renovascular hypertension. Patients with a history of angioedema may be at increased risk of angioedema with an

ACE inhibitor. Cough has been reported with ACE inhibitors. Renal impairment (usually reversible) may occur in some patients. Hypotension may occur during surgery or anaesthesia. Caution in nursing mothers. No paediatric experience. Afro Caribbean patients may show reduced therapeutic response. Symptomatic hypotension can be minimised by discontinuing diuretic prior to 'Zestril'. Interaction with indomethacin and lithium. Potassium supplements, potassium sparing diuretics and potassium containing salt substitutes not recommended. Avoid concomitant use with high-flux dialysis membranes.

SIDE EFFECTS: Hypotension, dizziness, headache, diarrhoea, cough, nausea, fatigue. Less frequently, rash, asthenia. Rarely, angioneurotic oedema and other hypersensitivity reactions, myocardial infarction or cerebrovascular accident possibly secondary to excessive hypotension in high risk patients, palpitation, tachycardia, abdominal pain, dry mouth, hepatitis, jaundice, mood alterations, mental confusion, urticaria, diaphoresis, uraemia, oliguria/anuria, renal dysfunction, acute renal failure, impotence, pancreatitis. A symptom complex which may include fever, vasculitis, myalgia, arthralgia/arthritis, positive ANA, elevated ESR, eosinophilia, leukocytosis; rash, photosensitivity or other dermatological manifestations may occur. Increases (usually reversible) in blood urea, serum creatinine, liver enzymes and serum bilirubin. Decreases in haemoglobin and haematocrit have occurred. Hyperkalaemia.

LEGAL CATEGORY: POM.

PRODUCT LICENCE NUMBERS AND BASIC NHS COSTS:

'Zestril' 2.5mg (12619/0084) 28 tablets, £7.84; 5mg (12619/0085) 28 tablets, £9.83; 10mg (12619/0086) 28 tablets, £12.15; 20mg (12619/0087) 28 tablets, £13.72.

'Zestril' is a trademark.

Further information is available from: ZENECA Pharma, King's Court, Water Lane, Wilmslow, Cheshire SK9 5AZ. ZENECA Pharma, formerly part of the ICI Group.

lisinopril

*Helping hypertensives retain
their Zest for Life*

ZENECA





Information
Management
Group

“Getting better with information”

Information Management & Technology Strategy

The NHS IM&T Strategy focuses on the need for the NHS to manage information and information technology as a resource for the benefit of individual patient care as well as for the population as a whole.

Analysing Activities in General Practice

A technical report underpinning a set of requirements for GP computer systems which will apply from April 1994. The requirements will be linked to the Department of Health's reimbursement scheme.

FOR FURTHER INFORMATION CONTACT:

**DAVID SMITH
INFORMATION MANAGEMENT GROUP
ROOM 5E28C
QUARRY HOUSE
QUARRY HILL
LEEDS LS2 7UE**

**TEL 0532 546001
FAX 0532 546029**

**NHS Management
Executive**

Add Another Dimension To Your PC

The information revolution, has finally arrived with the CD-ROM. Now the distribution and the immediate access of large quantities of information has been made easy (and a lot more enjoyable)—a breakthrough for the medical field. PC Connections brings you a wide collection of CD, sound and video hardware and relevant software to enable you to get even more out of your PC.

CD Drives

Mitsumi Internal

The Mitsumi CD-ROM drive is the best value around, it has a 350ms access time, sustained 150 KB/sec data transfer rate, it is fully MPC compliant and is Multi-Session giving full Kodak Photo-CD compatibility. It comes with a 16-bit controller card and all the necessary drivers and cables.

Price £149

with Kodak Photo-CD Software £169

Panasonic Dual Speed Internal

The new CR-562B is the best value double speed drive available. It has a fast 320ms access time, dual speed 150/300 KB/sec data transfer rate, it is fully MPC compliant and is Multi-Session giving full Kodak Photo-CD compatibility. It comes with a 16-bit controller card and all the necessary drivers and cables.

Price £269

with Kodak Photo-CD Software £289

Philips External

CDD462 External Multi-Session CD-ROM drive, great entry level external CD drive, includes interface, drivers, cables and sample Photo-CD

Price £285

Toshiba Dual Speed

The 3401 is simply the fastest single platter CD drive available, if you want performance this is the drive for you. It has a 200ms access time with 330 KB/sec data transfer rate, it is fully MPC compliant and is Multi-Session giving full Kodak Photo-CD compatibility

Internal AT kit £394

External AT kit £494

PS/2 and Mac kits available

Sound & Music

SoundBlaster V2 Deluxe £67

SoundBlaster Pro Deluxe £104

SoundBlaster Pro MCV (PS/2) £165

SoundBlaster 16 ASP £195

WaveBlaster £145

PortBlaster CALL

Sound Galaxy NX Pro 16 £149

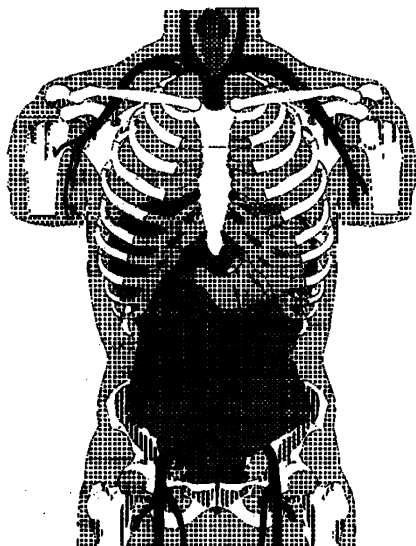
Miracle Piano Tutor £199

MusicTime (music composer) £189

Cake Walk Pro sequencer £215

WAVE for Windows £99

Goodmans Active 75 speakers £55



CD Titles

Oxford Textbook of Medicine

The Oxford Textbook of Medicine has been acclaimed as the most comprehensive and up to date textbook, to cover the entire range of internal medicine. In 1987, Oxford University Press published the second edition of the Oxford Textbook of Medicine. A major objective of the Oxford Textbook of Medicine is to provide a global picture of disease in both developed and third world countries

Price £289

Internal Medicine 92

This new offering contains the five major internal medicine journals, all in full text, covering January through December 1992. It includes:

- > The New England Journal of Medicine
- > Journal of the American Medical Assn.
- > The Lancet
- > British Medical Journal
- > Annals of Internal Medicine

Price £279

The Living Body

This disk consists of a large collection of slides diagrams and animations drawn on the renown Philip Harris slide collection, dealing with all the main systems in the body from the macroscopic to the cellular level. It is a mouse driven resource giving the user access to a great deal of information about the body. Information is accessible as text, high quality drawings and animations and digitised full colour photographs. All of the text and graphic images can be exported.

Price £179

AIDS Compact Library	£349
American Heart Ass. Compact Lib.	£279
British Medical Journal	£139
Cancer on Disc	£125
Journal of the American Med Ass.	£139
New England Journal of Medicine	£295
Paediatric Infectious Diseases	£285
Paediatrics In Review & Redbook	£120
Paediatrics on Disc:1983-90	£285
Prescription Drugs A Pharmacists Guide	£40
The Family Doctor	£39
The Lancet	£139
Vital Signs	£55
ENCARTA	£199
Grolier Encyclopaedia	£199
Animal	£35
Dinosaurs Adventure	£50

And Many More

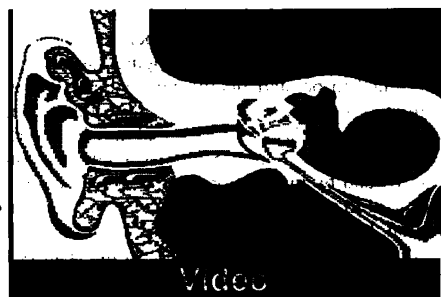
Call for Pricelist of All CD Titles

And on disk:

BodyWorks

Learn all about the Human Anatomy! BodyWorks: An Adventure in Anatomy is a colourful and comprehensive guide to the human body. With detailed information (text and graphics) on the skeletal, muscular, nervous, digestive, cardiovascular, lymphatic and reproductive systems.

Price £54.



VideoSpigot-Digital Video on the PC	£229
VideoBlaster incl. Video for Windows	£279
Intel Smart Video	£439
Media Pro Plus	CALL
VIDI PC-24-24-Bit still video capture	CALL
VideoDirector-Personal Video Editor	£129
Video for Windows	£99
Canon ION standard kit	£495

To Order, or for information and advice on any of these products please call or write:

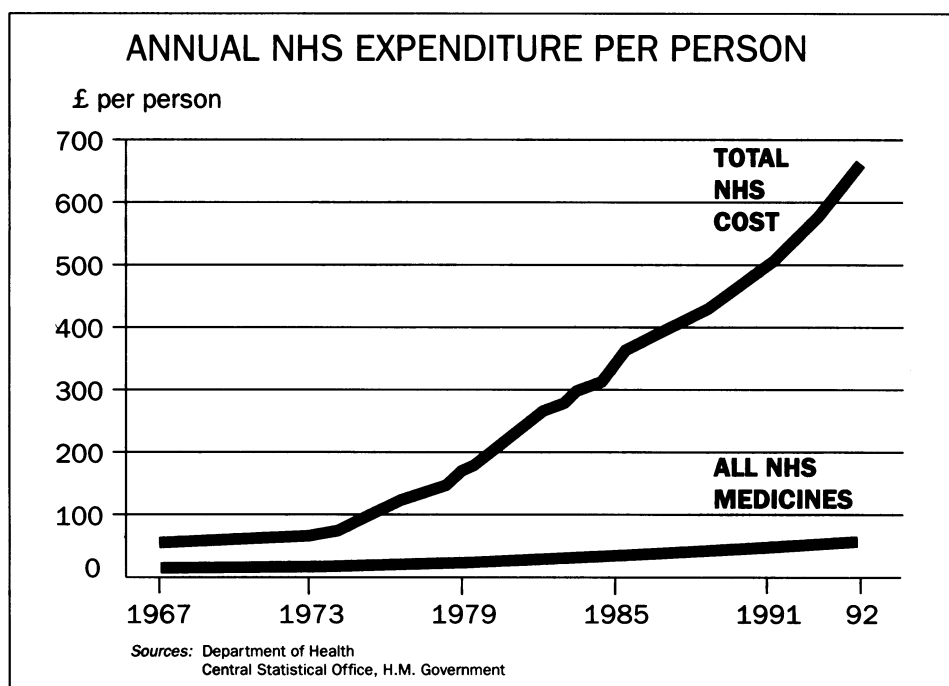
PC Connections Direct
Unit 15, Hardmans Business
Centre, Rawtenstall, Lancs
BB4 6HH

Tel:0706 222 988

Fax:0706 222 989

All Prices Exclude VAT & Delivery

The NHS Drugs Bill – seen in perspective



The chart shown above demonstrates that over the years NHS medicines expenditure has risen at a much lower rate than NHS costs generally.

Today, the average cost to the taxpayer of a medicine prescription at the NHS price is £6.67p whereas the average cost of a week's stay in an NHS hospital is more than £1,000.

When it comes to curtailing health care costs, medicines are the solution not the problem.

THE BRITISH PHARMACEUTICAL INDUSTRY.
HELPING TO KEEP BRITAIN HEALTHY



***Glaxo* Pharmaceuticals UK Limited**

At Glaxo, we value our role as a partner in the delivery of high quality healthcare to the population of the UK. Through our extensive commitment to research and development, we have produced innovative medicines to treat diseases such as asthma, acid related disorders, migraine, skin conditions, infections and sickness caused by cancer therapy or following operations. We are also working to develop treatments for conditions such as AIDS, dementia of the Alzheimer's type, diabetes and tuberculosis.

We don't stop there. Through specialist resources, we also liaise with healthcare professionals at all levels. We provide information and support on health promotion, screening, disease management and cost effectiveness, in line with the objective we share with the NHS - securing measurable health gain for patients within finite resources.

We also help patients to take responsibility for their own health, through the provision of educational and support material to help them understand and manage their conditions.

**Glaxo Pharmaceuticals UK Limited
Stockley Park West
Uxbridge
Middlesex
UB11 1BT**

C O N F E R E N C E S 9 3

M
O
N
D
A
Y
2
7
S
E
P
T
E
M
B
E
R
9
3

National Association Of

nahat

Health Authorities And Trusts

is the

ASSOCIATION

FOR

NHS

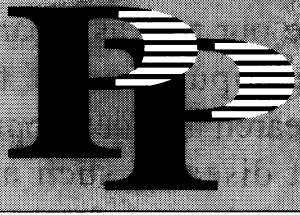
BOARDS

The National Association of Health Authorities and Trusts (NAHAT) is the voice of the NHS management family. It is the only body which brings together NHS authorities, trusts and GP fundholders in an effective forum for expressing the views of its members and exchanging ideas. It promotes a positive image of the NHS to the public and provides a vital information and research resource for its members and those bodies and individuals which have an influence on the NHS.

The Association has established an outstanding reputation across the Health Service for the quality of its information services. These fall into two main categories: seminars and conferences; and publications, briefing papers, research papers and newsletters.

If you would like to find out more about NAHAT's activities, please contact the Marketing Department, NAHAT, Birmingham Research Park, Vincent Drive, Birmingham, B15 2SQ Tel: 021-471 4444 Fax: 021-414 1120.

**PARTNERSHIPS
IN
PURCHASING**



**MONDAY
27 SEPTEMBER 1993
QEII CONFERENCE
CENTRE
WESTMINSTER
LONDON**

This one-day conference will examine models of DHA/FHSA co-operation in healthcare purchasing and point the way for further development in the future. Professor Chris Ham, director, HSMU, has carried out a study of co-operation which will be launched at this conference. He will facilitate the day and make the opening address.

COST PER PERSON
- £120.00 + VAT (£141.00 total) members
£140.00 + VAT (£164.50 total) non members

Details and booking forms for these conferences are available from: Conference Office, NAHAT, Birmingham Research Park, Vincent Drive, Birmingham, B15 2SQ Tel: 021-414 1536 Fax: 021-472 7783.

MENTAL HEALTH

Visions

FOR THE FUTURE

**MONDAY
4 OCTOBER 1993
QEII CONFERENCE
CENTRE
WESTMINSTER
LONDON**

Joint NAHAT/Mental Health Task Force special one day conference

Since January this year the Mental Health Task Force has been investigating the provision of mental health services throughout the country. At this special one day conference David King, head of the Task Force, will describe his findings and with the help of other leading experts provide a vision for the future.

COST PER PERSON
- £120.00 + VAT (£141.00 total) members
£140.00 + VAT (£164.50 total) non members

IN ASSOCIATION WITH
THE MENTAL HEALTH
TASK FORCE

M
O
N
D
A
Y
4
O
C
T
O
B
E
R
9
3

RGIA
APPROVAL
BEING
SOUGHT

C O N F E R E N C E S 9 3

CLASSIFIED ADVERTISEMENTS

Classified Advertisements are welcomed and should be sent to: The Advertising Sales Executive, Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU. Telephone: 071 - 581 3232. Fax: 071 - 225 3047. Copy must be received three weeks before the 1st of the month of issue to ensure inclusion. Every effort will be made to include advertisements received after this date but publication cannot be guaranteed and the advertisement may have to be held over to the following issue. The publisher will not be responsible for any error in the insertion of, or omission to insert, any advertisement. The charge for space in this section is £12.00 per single column centimetre, plus £10.00 if a box number is required, plus VAT at 17.5%. Fellows, Members and Associates of the Royal College of General Practitioners may claim a 10% reduction. Replies to box numbers should be sent to the above address, with the box number on the envelope. The inclusion of an advertisement in this *Journal* does not imply any recommendation and the Editor reserves the right of refuse, amend or withdraw any advertisement without explanation. All recruitment advertisements in this section are open to both men and women.

CONFERENCES & COURSES

3 Day Refresher Course 22nd-24th September, 1993

Wednesday 22nd

Major Trauma - would you know what to do at an RTA/Major incident? Also featuring Thames Valley Police Accident Prevention Unit

Thursday 23rd

Morning - Drug Formularies Friend or Foe?
Afternoon - Patients complaints, a balanced presentation

Friday 24th

Morning - Update in radiology
Afternoon - Gynaecology problems & Dr J Infield - 'The Cap Queen!!'

THREE FULL DAYS PGEA applied for

Apply: Mrs M Johnson, Postgraduate Centre,
Stoke Mandeville Hospital, Aylesbury, Bucks, HP21 8AL
Tel: 0296 315425
Cost £50 per day; Cheques payable to:
"The Stoke Mandeville Education Fund"

VALE OF TRENT FACULTY ROYAL COLLEGE OF GENERAL PRACTITIONERS

NATIONAL CONFERENCE ON OUT OF HOURS CARE

Wednesday 3 November 1993 10.00 am - 4.00 pm
East Midlands Conference Centre, Nottingham

Speakers to include: Claudio Cricelli, Alastair Donald,
Adrian Hastings, Peter Holden,
Neil Kaiper-Holmes,
Linda Lamont, Richard Maxwell,
Robert Maxwell, Tony Ruffell,
Chris Salisbury

This will be a major opportunity to hear the issues and voice
your opinion

PGEA approved for 5 hours

Contact: Mrs Lynn Phillips, Faculty Office
Department of General Practice
Queen's Medical Centre
Nottingham NG7 2UH
Tel: 0602 709391

EDUCATION & LEARNING



MRCGP DCH DRCOG

Success in exams is vital for improving your career prospects. To be sure of passing at your first attempt you need to be well prepared. PasTest has 20 years specialist experience in helping doctors to pass their exams and we can help you to be successful.

Plenty of practice is vital. Our high quality books and courses will help you to obtain the maximum revision in the minimum of time by testing your knowledge and identifying your weak subject areas in time for further study.

Start your revision now. Write or telephone us for full details, information is sent by return of post.

**PasTest Service, Dept. GP,
Freepost, Knutsford, Cheshire WA16 7BR
Tel: 0565 - 755226**

RECRUITMENT

NOTTINGHAM

A private medical group specializing in male related problems require a General Practitioner for Nottingham clinic every Friday 9-5,
Please write with a C.V. to

Mr Brendan Kearney,
Mediform Clinic, 98 Harley Street,
London W1, or tel: 071 629 8951

**TO PLACE YOUR ADVERTISEMENT IN THE CLASSIFIED SECTION
RING NOW ON 071 581 3232**



National Spring Meeting

15 - 17 April 1994

Hosts: Wessex Faculty

“The Breadth and Depth of General Practice” ACADEMIC PROGRAMME

**Breadth and Depth
in Postgraduate Education**

**Naval Medicine
Above and Below the Waves**

**Complementary Medicine
in General Practice**

Health and the Environment

The Paradox of Progress

**The Practice Team -
An Underrated Resource?**

**European Perspective on
Training for General Practice**

**The Debate: The GP- Personal Physician
or Health Care Manager?**

Free Standing Academic Papers

Soap Box Hour

*For further information contact: Wessex Faculty Office, RCGP, Aldermoor Health Centre,
Aldermoor Close, Southampton SO1 6ST (Tel/Fax: 0703 785025)*

RCGP COURSES . RCGP COURSES . RCGP COURSES. RCGP COURSES . RCGP COURSES . RCGP COURSES .

THE “NEW” MANAGEMENT APPRECIATION COURSE

Course Tutors: Sally Irvine & Hilary Haman

2/3 September & 4/5 November 1993

The changes General Practice is continuing to experience, have placed a greater demand on the quality of management in practices. This new 2 day course addresses those needs with the aim of helping GPs and Practice staff become better managers. The course deals with the strategic and operational management of the practice, management of staff, time and the organisation and the management of change. PGEA approved for 2 days under Service Management. Fee £235 including VAT.

NEAR PATIENT TESTING STUDY DAY

Course Tutor: Dr Colin Waine

22 October 1993

The day will provide a discussion forum addressing the real issues associated with NPT in general practice. Topics include: clinical relevance versus availability, quality assurance, legal and safety issues, role of the laboratory, industry and DoH. The fee for the day is £30.00 per person or £50.00 for two if GP/Practice Nurse apply together. PGEA approved under disease/service management half day each.

PHYSIOTHERAPY IN PRACTICE

11 November 1993

This one day conference organised by the Royal College of General Practitioners in conjunction with the Chartered Society of Physiotherapy will examine ways in which the two organisations can co-operate in patient care. In addition to the formal presentations there will be a series of practical demonstrations. Poster presentations on aspects of physical medicine with particular reference to co-operative activities will be available. Joint poster submissions from GPs and Physiotherapists will be particularly welcome and a prize will be offered for the best poster. The fee for the day is £65 for one person or £110 for two, if GP/Physiotherapist apply together. Fee includes light lunch and refreshments. PGEA applied for. Venue: The Royal Geographical Society

For further details of any of the above please contact: RCGP Courses & Conferences on 071-823 9703 or Fax 071-225 3047

RCGP COURSES . RCGP COURSES . RCGP COURSES. RCGP COURSES . RCGP COURSES . RCGP COURSES .

BRITAIN'S ARTHRITICS ARE STARTING TO MELT

**NEW
FELDENE**
p i r o x i c a m

Now you can offer your arthritic patients an entirely different way of taking oral NSAID therapy.

New **FELDENE MELT*** breaks the mould of traditional tablets and capsules. When placed on the tongue **FELDENE MELT** dissolves in seconds to provide 24 hour control of symptoms. In this way patients can benefit from night and day relief of pain, reduced inflammation and improved mobility.

Because it's such a pleasant way of taking medicine, you may find many of your patients prefer **FELDENE MELT** to conventional capsules or tablets. Try them and see.

*Melt
Melt
Melt
Melt
Melt
Melt
Melt
Melt
Melt
Melt
Melt*

MELTS IN SECONDS.
RELIEVES PAIN FOR 24 HOURS.^{1,2}

**NEW
FELDENE**
p i r o x i c a m

Melt

Prescribing Information For **FELDENE MELT*** (piroxicam): UK

Indications: Adults: Rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, acute gout and acute musculoskeletal disorders. Elderly: As with other NSAIDs, elderly patients should be closely supervised. Children: **FELDENE MELT** is not recommended in children. For treatment of juvenile chronic arthritis (Still's disease) please see oral data sheet. **Dosage:** Rheumatoid arthritis, osteoarthritis and ankylosing spondylitis - normal starting and maintenance dosage 20mg once daily. Long-term use of 30mg daily or more carries an increased risk of gastro-intestinal side-effects. Acute gout - 40mg daily in single or divided doses for up to 7 days. Acute musculoskeletal disorders - 40mg daily, in single or divided doses, for the first 2 days, 20mg daily for the remainder of the 7 to 14 days' treatment. **Contra-indications:** Active peptic ulceration or history of recurrent ulceration. Hypersensitivity to **FELDENE**, aspirin or other NSAIDs. **Warnings:** Pregnancy, lactation.

Precautions: Significant renal, hepatic or cardiac insufficiency. Patients with phenylketonuria - each **FELDENE MELT** tablet contains 0.14mg phenylalanine. **Drug Interactions:** Monitor patients on concurrent anticoagulants, lithium or diuretic therapy. Concurrent use of aspirin or other NSAIDs is not advised. **Side-Effects:** Gastro-intestinal symptoms; if peptic ulceration or gastro-intestinal bleeding occurs withdraw **FELDENE**. Oedema, mainly ankle. Skin rashes. CNS effects, including headaches and dizziness. Rare cases of renal and hepatic abnormalities have been reported. Haematological reactions including thrombocytopenia and anaemia and hypersensitivity reactions such as bronchospasm and anaphylaxis have been reported very rarely. **Legal Category:** POM. **Package Quantities and Basic NHS Cost:** **FELDENE** tablets 20mg, pack of 28, £11.97 (PL 0057/0352). Full information on request.

References 1. Data on file Pfizer Limited. 2. Boardman PL et al. *Eur J Rheumatology Inflamm* (1983); 6 (1): 73-83.

*Trade Mark



Pfizer Limited, Sandwich, Kent.



Division of Pfizer Limited