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 (adjuvant therapy).

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

DOSE AND ADMINISTRATION: Hypertension: Adults (including elderly): Initially 2.5 mg daily, a 2.5 mg dose seldom achieves a therapeutic response; adjust dose according to response. Maintenance usually 10-20 mg once-daily. Maximum is 40 mg daily. Diabetic treated patients or if possible step diuretics 2-3 days before starting Zestril. Increase diuretic later if desired.

Congestive heart failure: Adults (including elderly): Initially 2.5 mg daily in hospital under close medical supervision, increasing to 5-20 mg 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 angioedema or previous ACE inhibitor therapy. Patients with aortic stenosis, car palmitate 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 rapid therapeutic response. Symptomatic hypotension can be minimised by discontinuing diuretics 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, asthma. Rarely, angioedema, oedema and other hypersensitivity reactions, microscopic haematuria or cerebrovascular accident possibly secondary to excessive hypotension in high risk patients, palpitation, tachycardia, abdominal pain, dry mouth, hepatitis, impotence, mood alterations, mental confusion, urticaria, diaphoresis, uraemia, oliguria anaemia, renal dysfunction, acute renal failure, impotence, pancreatitis. A symptom complex which may include fever, vasculitis, myalgia, arthralgia arthritis, positive ANA, elevated ESR, eosinophilia, leukopenia: rash, photosensitivity or other dermatological manifestations may occur. Increases (usually reversible) in blood creatinine, liver enzymes and serum bilirubin. Decreases in haemoglobin and haematocrit occur. Hypokalaemia.

LEGAL CATEGORY: POM.

PRODUCT LICENCE NUMBERS AND BASIC NHS COSTS: Zestril 2.5 mg (12/19 0084) 26 tablets, 5.0 mg (12/19 0085) 26 tablets, 10 mg (12/19 0086) 26 tablets, 20 mg (12/19 0087) 26 tablets, 115/7.

'Zestril' is a trademark.

Further information is available from ZENECa Pharma, Kings Court, Water Lane, Wilmslow, Cheshire SK9 5AZ. ZENECa Pharma, formerly part of the ICI Group.

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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:
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Partnerships in Purchasing

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
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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 1783.

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Mental Health

Visions for the Future

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
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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.
CONFERENCES & COURSES

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

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Afternoon - Patients complaints, a balanced presentation

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2/3 September & 4/5 November 1993
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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

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