One of the great medicines of the world

Zovirax

Presentation: Blue, shield shaped tablets containing 200 mg acyclovir, impressed with 'ZOVIRAX' on one
surface and a shield on the other.

Uses, Dosage and Administration: For the treatment of Herpes Zoster, genital herpes and
episoral herpes. Adult dose: 800 mg five times daily for 7 days. In
children: Over 1 month old: 50 mg/kg five times daily for 7 days. For
children under 1 month old: 20 mg/kg five times daily. The
dosage may be increased gradually up to 1000 mg five times daily.

Precautions: Contra-Indications, Warnings, etc.: Contra-
indications: Hypersensitivity to acyclovir or any component of the
product. Precautions: Pregnancy: Safety has not been established in
pregnant women. Lactation: Safety has not been established in
women who are breast feeding. Children: Safety has not been established
in children. Contraindications, Warnings, etc.: Acyclovir should be
stopped immediately if severe skin rashes or lesions occur. Potential
adverse effects have been observed in animal studies. Side-effects and
adverse effects include nausea, vomiting, malaise, fever, and
anorexia. The drug should be stopped if any of these symptoms
occur.

Side- and Adverse Effects: Side-effects have been
observed in some patients taking Zovirax. These include:
headache, dizziness, nausea, vomiting, diarrhea, anorexia, fever,
adverse effects, rash, and skin reactions. These effects are
usually mild and transient. In some cases, more severe
adverse effects may occur, including reversible hepatic
function tests and renal impairment. In such cases, the drug
should be discontinued.

Wellcome

The Wellcome Foundation Ltd.

Dear Reader,
In their youth they took the dog for great long walks. When heart failure was diagnosed they wondered if they’d have to give up owning dogs for good.

Now, once-daily ‘Zestril’ is an effective step you can take in the General Practice management of patients with mild to moderate heart failure. Not only has ‘Zestril’ been shown to improve clinical parameters\(^1\)\(^2\) but it has also been shown to improve the symptoms of congestive heart failure\(^4\) – helping patients like these to feel a little more like their old selves.

---

**Helps patients rediscover that Zest for life in CHF**
The Richmond Fellowship

Community-based care for people recovering from mental health or addiction problems

As many as one person in every five is affected by mental illness or breakdown. Sexual abuse, alcohol and drug addiction also affect many thousands. The numbers grow each year.

And the demand on care services grows each year. So it's important to know that when people are referred to care service providers, they have the best possible chance of recovering from their problems and returning to full, useful lives with their families and within their communities.

Founded in 1959, the Richmond Fellowship is one of the largest providers of mental health services in the UK. A national charity, the Richmond Fellowship exists to help men and women who are recovering from emotional disturbance, addiction and mental health problems.

The support we offer is community-based: we help people by allowing them to live as normal a life as possible - while benefiting from trained supervision and therapy.

We do this through a national network of 46 houses and seven workschemes, offering residential care, counselling and support, as well as vital rehabilitation and work skills.

In the past couple of years, more than a thousand people received help from the Richmond Fellowship.

In the future, even more people will be able to benefit from our help. During 1993 we will continue our programme of growth and development by opening a further seven houses which will provide help for even more people.

If you'd like to hear more about the Richmond Fellowship - where our houses and workschemes are, and how we might help some of your referrals - please call 071-605 6373 and ask for Mike Taylor.

The Richmond Fellowship care in the community includes:

- Halfway houses for adults of all diagnoses
- Halfway houses for young adults
- Rehabilitation programme for people with alcohol dependency
- Rehabilitation programme for ex-drug users
- A halfway house for families
- Long-stay houses
- Group homes
- Supported dispersed accommodation
- Advocacy project

Richmond Fellowship, 8 Addison Road, Kensington, London W14 8DL. Tel: 071-605 6373
This one day conference will examine ways in which the two professions can co-operate in patient care. The programme includes formal presentations and workshops on a variety of subjects including:

**SPORTS INJURIES** -
Shoulders, Ankles and Knees

**BACKPAIN** -
Manipulation, Exercise, Education and Prevention

**PHYSICALLY DISABLED** -
Lifting and Transfers, Mobility Aids, Respiratory Care

**SPEAKERS INCLUDE:**
Professor Denis Pereira Gray, Trish Phillips,
Dr John Lee, Jennifer Klaber-Moffat,
Penelope Robinson, Pennie Roberts, Juliet Moss,
Agneta Lando, Peter Wells, Anthony Padgett,
Carey Jones and Anne Walker.

**POSTER CONTRIBUTIONS WELCOMED.**

**FEES:**
£65 for one person or £110 for two GP/Physiotherapist applying together.

For further details please call: RCGP Conference Office,
Telephone 071 823 9703  Fax 071 225 3047

This conference is being organised by the Royal College of General Practitioners in conjunction with the Chartered Society of Physiotherapy.
Diabetic Cards
To complement its book on diabetes the College produces a patient held record card to ensure continuity of care for diabetic patients. It is designed to accommodate the first examination date and recording of the initial management plan. The card allows recording of five annual reviews.

The College has an extensive range of publications. For further details please contact the Sales Office for a catalogue.

Telephone: 071 823 9698
Facsimile: 071 225 3047

SALES OFFICE,
14 PRINCES GATE,
HYDE PARK,
LONDON SW7 1PU.
CONFERENCE & COURSES

RCGP COURSES . RCGP COURSES . RCGP COURSES.

INTERVENTION SKILLS
ALCOHOL - Reducing the Risk
Tuesday 7 December 1993 at
North Manchester Postgraduate Medical Centre
This one day conference jointly organised by the Health Education Authority and the Royal College of General Practitioners will help GPs and practice team members to improve both general intervention skills and knowledge of how to deal effectively with alcohol-related problems.

ATTEND THIS EVENT AND PUT IDEAS INTO PRACTICE
Plenary sessions and skills based workshops will cover:
The role of the GP... effectiveness of intervention... negotiating behaviour change... managing withdrawal... depression... young people

Fee for the day including papers and lunch is £20 per person or £30 for two members of the Primary Health Care Team from the same practice. PGEA applied for.

PERFORMANCE APPRAISAL
Course Tutor: Hilary Haman
15/16 February 1994
RCGP, 14 Princes Gate, London SW7
This two day course is open to general practitioners and practice and health centre managers. It aims to provide an appreciation of performance appraisal and the opportunity to practise interviewing skills, including role play and the use of video, and to develop a plan to allow participants to introduce a performance appraisal scheme into their practice. This course is highly intensive and therefore limited to twelve participants only. 2 days PGEA under Service Management. The fee is £270.00 including lunch and refreshments and dinner on the first evening.

For further details contact the RCGP Courses and Conferences Unit on 071 823 9703 or Fax 071 225 3047

RCGP COURSES . RCGP COURSES . RCGP COURSES.

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

British Journal of General Practice, October 1993
RELIevES PAIN FOR 24 HOURS.*

FELDENE Melt

MELTS IN SECONDS.

Now you can offer your arthritic patients an entirely different way of taking and breaks the mould of traditional tablets. When placed on the tongue FELDENE Melt dissolves in seconds to provide 24 hour control 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. Inform them and see.