Below the surface of the climacteric

- Hot flushes, sweating
- Endometrial hyperplasia
- Dry vagina
- Osteoporosis (affects one patient in three)
- Irregular periods

Cyclo-Progynova

The all-round treatment for menopausal problems

1. Med Mov 45, 10, 1977: Progynova Circular mono-pak building 11 white tablets each containing 2 mg estradiol valerate and 20 orange tablets each containing 2 mg progestogen and 6 mg mestranol. All tablets are sugar-coated with 0.4% in a regular hexagonal pattern on each side. Uses: 1. The alleviation of symptoms associated with the menopause. 2. The control of unopposed estrogen action by suppression with progesterone and decreasing uterine bleeding. 3. The continuation of treatment is recommended in unopposed estrogen therapy for endometrial hyperplasia and uterine bleeding and pain. 4. A regular 21 day cycle of tablets is recommended: the first 21 days estradiol valerate 2 mg tablets, followed by progestogen 6 mg tablets for the last 7 days of each cycle. 5. There is a significant rise in blood pressure. Further information should be obtained from Cyclo-Progynova. There are no significant interactions, and further studies should be prompted. Legal category POM.
Reflux oesophagitis
the role of gastric acid

Healing
By its fundamental action in reducing both acidity and volume of gastric juice, 'Tagamet' has been shown to achieve complete healing or marked improvement in the majority of patients with reflux oesophagitis. Overall experience in clinical trials has shown that, at the recommended dosage, 62% of 39 patients had complete healing or marked improvement compared with only 9% of 23 patients on placebo. Complete resolution of stricture, ulcers and erosions was also demonstrated in individual patients.

Symptomatic Relief
In one study most patients obtained rapid symptomatic improvement during 'Tagamet' treatment and within 4 weeks many were free from symptoms. A considerable reduction in the incidence of heartburn, reflux, dysphagia and odynophagia was also observed during therapy.

(Artist's impression of H$_2$ receptor antagonist acting on receptor site in the parietal cell in gastric mucosa.)

References

‘Tagamet’ (cimetidine) is available as 200mg film-coated tablets, 200mg/5ml syrup and 200mg/2ml ampoules.

SK&F a SmithKline company

Full prescribing information is available from:-
Smith Kline & French Laboratories Limited
Welwyn Garden City
Hertfordshire AL7 1EY
Telephone: Welwyn Garden 2511
‘Tagamet’ is a trade mark.
Amoxil success everyday

Otitis media
Amoxil is quoted as ‘the treatment of choice’ in otitis media in children under five in a recent expert review in the Practitioner.¹

Bronchitis
“In my opinion, the most straightforward treatment of this condition, in patients not allergic to penicillin, is amoxycillin… taken at the first sign of increasing sputum purulence.”²

Other respiratory infections
In various upper and lower respiratory infections, Amoxil has been shown to achieve 84% response within three days of the commencement of treatment in 243 children studied.²

References

Further information on Amoxil (regd) amoxycillin is available on request to the company, Bencard, Great West Road, Brentford, Middx.
For your elderly and bronchitic patients the outlook is a simple one...

- In every autumn it's your patients with respiratory disease who look ahead with the least foreboding.
- The elderly and those living in closed communities are also particularly vulnerable.
- Protect them this winter - vaccinating with Fluvirin.

Practise Fluvirin offers these considerable advantages:
- The highest degree of purity yet obtainable
- A positive protection rate up to 90% of vaccinated patients
- A full immunising dose of the recommended strains
- A much reduced risk of adverse systemic reactions.
- British made; likely to be available even when imported vaccines are not
- The most positive practical step you can take in the control of influenza and so ease your winter work-load

Fluvirin is a highly purified adsorbed surface antigen influenza vaccine. It is made by an advanced process which reduces viral protein to one tenth of that found in conventional vaccines.

A vaccine prepared in this way has been described as the ultimate in purified antigens (Br. med. J., 1975, 1, 508).

Each 0.5ml dose contains the haemagglutinin and neuraminidase antigens prepared from:
- 200 Units of A/USSR/22/77 (H1N1)
- 200 Units of A/England/321/77 (H3N2)
- 200 Units of B/Hong Kong/8/73 adsorbed onto aluminium hydroxide.

Plan your immunisation programme for them now with

**FLUVIRIN**

The advanced British influenza vaccine.

Presentation Information: Presentation: Fluvirin, adsorbed surface antigen influenza vaccine, contains, in 0.5ml dose, the strains of influenza virus currently recommended. Uses: Protection against influenza. Dosage: Adults and children over the age of 9. 0.5ml, by deep subcutaneous or intramuscular injection, for those under 23, two doses of 0.5ml, at one month apart. Warnings: Contra-indicated in persons sensitive to egg protein. The potential risk of adverse reaction to vaccines should be taken into account in patients with a personal or family history of allergy. Spitting should not be allowed to come in contact with the vaccine. Side-effects: Redness and soreness at the site of injection, headache, pyrexia and a feeling of malaise may occur. Package quantities: Single dose ampoules of 0.5ml at a basic NHS cost of £1.70, and multidose vials of 5ml PL.0021/0063.

DF Fluvirin is a Trade Mark of Duncan, Flockhart & Co Limited, London, E2 6L.A. Full information is available on request.
Talpen: the routine antibiotic that won't upset your patients' routine

Effective Your main consideration is to help your patient to get better quickly. Talpen is highly effective across a wide range of indications. For example, a published clinical trial produced a 93.0% success in bronchitis; a 94.3% success in UTI; and a 95.6% success in ENT.¹

Easy To Take Just one Talpen tablet three times a day. And Talpen's reliable absorption means it can be taken with or without food.² So your patients find it easy to remember and are more likely to take the full prescribed course of treatment. Furthermore, Talpen is very well tolerated.¹,³ (The incidence of diarrhoea, for example, is only 4%.¹) So your patients can carry on their normal daily routine.

Economical Talpen is effective, reliable, easy to take— and it's economical at an average daily cost of 26p.⁴

Prescribing Information. Typical indications include: Acute and Chronic Bronchitis, Pneumonia, ENT infections, UTI. Usual Oral Dosage: Adults: 1 tablet three times a day. Each tablet contains 250 mg of the ampicillin ester, talampicillin hydrochloride equivalent to 169 mg of ampicillin. Contra-indication: Pencillin hypersensitivity. Precaution: Talpen is not recommended for patients with severe renal or hepatic impairment. Side-effects: As with other penicillins. An erythematous rash may occasionally occur. The incidence is particularly high in patients with infectious mononucleosis. Further information is available on request to the company: Br J Clin Pract. (1976), 26, 255. 2 Brit. med. J. (1977), 2, 235. 3 Practitioner, (1976), 216, 455. 4 £1.30 for 15 tablets. (Basic NHS). Price correct at time of going to press. April 1978.

Talpen (talampicillin) is a product of Beecham Research Laboratories, Boreham, England. A branch of Beecham Group Limited, Regd Pl 0038/0209

BRL 1020
THE FIRST ALPHA-BETA-BLOCKER
Right in principle - Working in practice

The mode of action of Trandate (labetalol) is different from that of any other antihypertensive agent currently available. Trandate works primarily by lowering peripheral resistance – the alpha-blocking effect – thereby correcting the basic pathophysiological defect. Unlike earlier alpha-blockers and direct acting vasodilators, reflexly moderated increases in heart rate are prevented by Trandate's beta-blocking action. But in contrast with simple beta-blocking drugs, the cardiac output is not reduced at rest and after moderate exercise1. This means that the circulation is closer to normal and blood flow to the extremities and to vital organs, including the kidney, is satisfactorily maintained. Unlike diuretics, Trandate does not disturb fluid and mineral balance. And in contrast with the centrally-acting antihypertensives, sedation and lethargy are not features of Trandate therapy.

Trandate has now been generally available for the treatment of hypertension for well over a year and clinical experience to date reveals a clear picture of high efficacy and relative lack of side effects.

TRANDATE TABLETS PRODUCT INFORMATION
PRESENTATION AND BASIC NHS COST
Trandate Tablets 100mg or 200mg each contain 100 or 200mg labetalol hydrochloride. Basic NHS cost of 50 Tablets 100mg is £3.44 and of 50 Tablets 200mg is £4.88. Also available in containers of 250.

INDICATIONS
Trandate Tablets are indicated for the treatment of all grades of hypertension (mild, moderate and severe) when oral antihypertensive therapy is desirable.

DOSAGE AND ADMINISTRATION (ADULTS)
The recommended starting dose for all patients is 100mg three times a day after meals. A satisfactory reduction in blood pressure is achieved at this dose level in some patients, especially those already on diuretic therapy, but higher doses are often necessary. If the fall in blood pressure achieved is less than optimal, weekly or two-weekly dosage increases are advised, the first being to 200mg t.d.s.p.c. and then, if necessary, to 300mg t.d.s.p.c. The majority of patients will be controlled with dosages less than 300mg per day but severe cases may require up to 2400mg daily and in exceptional cases doses greater than this have been used.

It is important to increase the dosage of Trandate gradually in order to avoid side effects. Trandate Tablets should be taken after food to avoid the possibility of gastric irritation. Once stabilised on an optimum dosage, where desirable, treatment can be changed to a twice daily regime.

Hypertension is usually controlled by Trandate alone. Diuretic therapy is not usually necessary in patients receiving Trandate Tablets, but may be introduced or continued if required. Diuretics usually increase the antihypertensive action of Trandate.

If Trandate Tablets are prescribed together with another antihypertensive drug, such as methyldopa or clonidine, an additive effect may be expected in patients who are responsive to both drugs. When transferring patients from other drugs Trandate Tablets should be introduced as recommended above and the dosage of the existing therapy progressively decreased.

PRECAUTIONS
There are no known contra-indications to the use of Trandate Tablets.

Heart failure should be controlled with digitalis and diuretic therapy before treatment is initiated. Trandate should not normally be given to patients with digitalis-resistant heart failure or atrio-ventricular block.

Caution must be observed if Trandate is used to treat asthmatic patients or individuals prone to bronchospasm. Any resultant bronchospasm may be controlled by an inhaled selectively-acting bronchodilator such as salbutamol; the required dose may be greater than the normal anti-asthmatic dose. If further treatment is required, intravenous atropine 1mg should be given.

It is not necessary to discontinue Trandate Tablets in patients requiring anaesthesia but they should be given intravenous atropine prior to induction; the effect of halothane on blood pressure may be enhanced by Trandate.

Unnecessary administration of drugs during the first trimester of pregnancy is undesirable.
mild, moderate and severe

- For the newly-diagnosed hypertensive
- When control is inadequate on existing therapy
- When side effects are causing problems
- To replace complicated multi-drug regimens

**References**

3. Material on file Allen & Hanburys Research Ltd.

**SIDE EFFECTS**

Trandate is usually well tolerated. Symptoms of postural hypotension may occur if the initial dosage is too high or if the dose is increased too rapidly but are uncommon, except at very high doses, if the drug is used as recommended. Patients with difficulties at first, usually tolerate the drug well after a few weeks' treatment.

Nasal stuffiness, vivid dreams and failure of ejaculation have been reported in a few patients. Epigastric pain has occurred in some individuals on high doses of the drug. Headache, nausea, lethargy, tiredness and cramp have also been reported but are usually transient and disappear after a week or so. Seldom has it been necessary to discontinue treatment with Trandate.

**PRODUCT LICENCE Nos.**

Trandate Tablets 100mg 0045/0106
Trandate Tablets 200mg 0045/0107

Trandate is also available as Trandate Injection for intravenous use in hospitalised patients.

Further information is available on request.

Trandate is a trade mark of the product licence holder

ALLEN & HANBURYS LTD LONDON E2 8LA

**Effect of Trandate on mild, moderate and severe hypertension in General Practice**

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<th>Before treatment</th>
<th>After 4 weeks treatment</th>
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<td>&lt;90</td>
<td>0%</td>
<td>0%</td>
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<tr>
<td>91-100</td>
<td>97%</td>
<td>24%</td>
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<tr>
<td>101-110</td>
<td>3%</td>
<td>4%</td>
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<td>111-120</td>
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<td>121-130</td>
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<td>1%</td>
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<tr>
<td>131-140</td>
<td>0.9%</td>
<td>0.6%</td>
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Percentage of total patients (n = 1900)
For safe, natural, undisturbed sleep...

REMNOS
Nitrazepam/DDSA

Now available in 2 strengths from DDSA only
Remnos brand of Nitrazepam is now available as tablets 5mg and 10mg

Patient convenience
Many patients require 2x5mg tablets at night. Now one tablet of Remnos 10mg fulfills this need

Prescribing convenience
The distinctive yellow colour of tablets Remnos 10mg clearly distinguishes this dosage form from tablets Remnos 5mg thus avoiding the likelihood of confusion

Cost saving
1x100 Remnos 10mg tablets costs 10% less than 2x100 Remnos 5mg

Further information available on request from DDSA Pharmaceutical 310 Old Almonry Road, London SW5 9LD
A sensible diet is an important factor in the management of gastro-intestinal complaints. Sensible medication is another. This is where Libraxin comes in.

Psychological factors are considered important in the management of many illnesses, but perhaps no more so than in gastro-intestinal complaints. In some, for example irritable colon, the emotions are thought to have an aetiological role; in others, for example peptic ulcer, they may influence the clinical manifestations and the subsequent treatment of the patient.

Libraxin helps to improve the prognosis by altering the patient's outlook whilst at the same time relieving the physical symptoms by decreasing hypermotility and hypersecretion in the gut.

LIBRAXIN

For the treatment of a wide range of gastro-intestinal disorders with an emotional component, including nervous dyspepsia, peptic ulcer, cardiospasm, pylorospasm, nervous or irritable colon.

Libraxin is the trade mark for pharmaceutical preparations containing chlordiazepoxide and clidinium bromide.

References
McHardy, G., et al., Gastroenterology, 1968:54:508
Full prescribing information is available

Roche Products Limited
PO Box 2LE, 15 Manchester Square, London W1A 2LE
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'This book covers the basic knowledge required for most aspects of emergency care and rescue organisation by a series of short, relevant, and beautifully illustrated chapters. . . . This is a significant contribution to the discipline of emergency care and can be recommended for use internationally.' The Lancet


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The charge for space in this section is £5.75 per single column centimetre, plus 25p if a box number is required. Fellows, members and associates of the Royal College of General Practitioners may claim a ten per cent reduction.

The inclusion of an advertisement in this Journal does not imply any recommendation and the Editor reserves the right to refuse any advertisement. All recruitment advertisements in this section are open to both male and female applicants.

Readers are asked to mention The Journal of the Royal College of General Practitioners when replying to all advertisements.

GLOUCESTERSHIRE GENERAL PRACTITIONER TRAINING SCHEME

Applications are invited for four Traineeships from Doctors wishing to commence vocational training for general practice in February 1979.

The scheme is arranged between the Cheltenham and Gloucester Health District and the Area General Practice Advisory Committee. The scheme provides an excellent grounding in all aspects of hospital and general practice and is approved for the Membership Examination of the RCGP. The training programme is arranged as follows:

1. A four week attachment to a general practice commencing February 1979.
2. Four hospital attachments rotating at six monthly intervals:
   a) SHO Accident and Emergency with Orthopaedics — Cheltenham
   b) SHO General Medicine — Gloucester
   c) SHO Paediatrics — Cheltenham
   d) SHO Psychiatry — Gloucester.

These posts will involve compulsory residence in the Hospital.

3. A final training period of 11 months in General Practice.

A half-day day release is held in the post-graduate medical centres at Cheltenham and Gloucester which the trainees are expected to attend.

Application forms and further details available from Mrs M. Pearson, Acting Senior Personnel Assistant, Cheltenham Health District, Cheltenham General Hospital, Sandford Road, Cheltenham. Tel. 0242 21344 Ext. 202.

Closing date for applications 18th September 1978.

Australian Family Physician

Journal of the Royal Australian College of General Practitioners (Publishers).

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Address all communications to:
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Australian Family Physician,
4th Floor, 70 Jolimont St.,
Jolimont, Victoria, Australia 3002

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We have money available for your patient who is a woman (single or married) who has or has had in the past a job of a broadly professional nature to pay for or towards the cost of convalescence which you certify she needs.

Please write or telephone for full information from:
Andrew & Co.,
St Swithin's Square, Lincoln
Tel. No. 0522-32123

TRAINEE VACANCY

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The trainee vacancy begins on 1 October 1978 and applications and enquiries should be made to Dr J. E. Hughes, The Clinic, Llanfair Caereinion, Welshpool, Powys.
THE LONDON HOSPITAL,
WHITECHAPEL, E1 1BB
(City & East London AHA (T))

THE EAST LONDON GENERAL
PRACTITIONER VOCATIONAL TRAINING
SCHEME IN CONJUNCTION WITH THE
LONDON HOSPITAL

Applications are invited for the four posts in this
scheme, starting on 1st February 1979. Each trainee
will be invited to spend one month in general practice,
two years rotating in posts at the London Hospital
and finally one year in general practice. The hospital
posts include Obstetrics and Gynaecology, Geriatrics,
General Medicine, Paediatrics, Psychiatry and the
Emergency and Accident Department. A half day
release course is held at the East London Post-
graduate Centre, Bethnal Green. Applicants will be
welcome to visit the training practices.

Further details may be obtained from the Course
Organiser, Dr R. M. Griffiths, 35 High Street South,
East Ham, London E6 or from the Medical Staffing
Officer, The London Hospital.

Applications (no forms provided), giving the names
and addresses of two referees, should be received by
3rd November 1978 and addressed to the Medical
Staffing Officer, The London Hospital.

THE NEW POLICE SURGEON
A practical guide to Clinical Forensic Medicine
Foreword by Sir Robert Mark
560 pages 89 illustrations

This book, which is sponsored by the W. G. Johnston
Trust, has been hailed as an excellent publication and
the first major work of its kind. It's appeal is not
restricted to police surgeons only but will be invaluable
to all practitioners of clinical forensic medicine,
candidates for the DMJ parts I and II, forensic general
pathologists, casualty officers, and general medical
practitioners.

Copies should be obtained for the libraries of post-
graduate medical centres, and for pathology, paediat-
ric, casualty, and other hospital departments.

Please send me _______ copy/copies of The New
Police Surgeon, price £18 plus £1 p & p. I enclose a
cheque/postal order made payable to The W. G.
Johnston Trust for £__________

Name ________________________________________________
Address ________________________________________________
Block Capitals Please

Please send completed application form and remittance to:
Dr J. E. Hilton, St Andrews House, Witton,
Norwich NR13 5DT.

JOURNAL OF THE ROYAL COLLEGE OF
PHYSICIANS OF LONDON

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providing a wide ranging commentary on the growing
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576 Journal of the Royal College of General Practitioners, September 1978
Somebody has prescribed 30,000,000 tubes of fucidin...

is it YOU?

In boils, dirty wounds, impetigo and most other soft tissue bacterial infections - Fucidin works.

Topical Fucidin is available as Fucidin Gel, Fucidin H Gel, Fucidin H Ointment, Fucidin Tulle and Caviject... and of course

fucidin* ointment

Full prescribing information available from Leo Laboratories Limited, Hayes Gate House, Hayes, Middx.

*Fucidin is a trade mark for sodium fusidate.

Topical Fucidin 2% Fucidin, also available with 1% hydrocortisone. Indications Gram-positive skin infections. Hydrocortisone preparations for inflammatory dermatoses. Contra Indications/Precautions Infections due to non-susceptible organisms. Fucidin hypersensitivity. Avoid extensive use of hydrocortisone in pregnancy and infants. Do not use in or near eyes. Adverse Reactions Occasional hypersensitivity reactions.