



Hypertension?



Adalat[®] (nifedipine) retard

relieves the
pressure

Prescribing Information. Presentation:

Pink-grey coated tablets each containing 20mg

nifedipine. **Indications:** For the treatment of

hypertension. **Dosage and Administration:** The

recommended dose for Adalat Retard is one 20mg tablet

twice daily and if necessary a further tablet may be taken

according to the patient's response. Treatment may be continued

indefinitely. **Contra-Indications:** Must not be given to women capable

of child bearing. **Warnings and Precautions:** Adalat Retard is not a beta-

blocker and therefore gives no protection against the dangers of abrupt

beta-blocker withdrawal, any such withdrawal should be by gradual reduction

of the dose of beta-blocker, preferably over 8-10 days. Adalat Retard may be used

in combination with beta-blocking drugs and other anti-hypertensive agents, but the

possibility of an additive effect resulting in postural hypotension should be borne in

mind. Adalat Retard will not prevent possible rebound effects after cessation of anti-

hypertensive therapy. Adalat Retard should be used with caution in patients whose cardiac

reserve is poor. Ischaemic pain has been reported in some patients, commonly within 30

minutes of the introduction of nifedipine therapy. Patients experiencing this effect should

discontinue nifedipine. The use of nifedipine in diabetic patients may require adjustment of their

control. There is no known drug incompatibility. **Side Effects:** Adalat Retard is well tolerated. Minor

side-effects, usually associated with vasodilatation are mainly headache, flushing and lethargy. These

are transient and invariably disappear with continued treatment. Overdosage - standard measures such

as atropine and noradrenaline may be used for resultant bradycardia and hypotension. Intravenous calcium

gluconate may be of benefit. **Pack Quantities:** Adalat Retard tablets are available in foil strips of 10 in packs

of 100. **Daily Treatment Cost:** 39p. **Product Licence Number:** Adalat Retard UK: PL0010/0078.



Further information is available from:

Bayer UK Limited, Pharmaceutical Division,

Bayer House, Strawberry Hill, Newbury, Berks, RG13 1JA.

Telephone: (0635) 39000. Registered trademark of Bayer, Germany.

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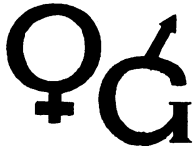
Classified Advertisements are welcomed and should be sent to: *The Journal of the Royal College of General Practitioners*, 8 Queen Street, Edinburgh EH2 1JE. Copy must be received six weeks before the 1st of the month of issue to ensure inclusion. Every effort will be made to include advertisements received after this date but publication cannot be guaranteed and the advertisement may have to be held over to the following issue.

The charge for space in this section is £6.35 per single column centimetre, plus 30p if a box number is required, plus VAT at 15 per cent. Fellows, Members and Associates of the Royal College of General Practitioners may claim a 10 per cent 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 to refuse any advertisement. All recruitment advertisements in this section are open to both men and women.

Opinions expressed in *The Journal of the Royal College of General Practitioners* and the supplements should not be taken to represent the policy of the Royal College of General Practitioners unless this is specifically stated.

CHARING CROSS HOSPITAL MEDICAL SCHOOL



THE FIRST SYMPOSIUM ON

PRE-CONCEPTION CARE FOR OBSTETRICIANS & MIDWIVES

AT THE CHARING CROSS HOSPITAL, LONDON W6
ON THURSDAY 4 JULY 1985

This Symposium will bring together obstetricians, general practitioners, midwives and health visitors in order to examine the rationale of pre-conception care and explore ways of meeting the need through a multi-disciplinary approach.

SUBJECTS WILL INCLUDE:

Elemental nutrients and anti-nutrients in pre-natal development.	Professor D. Bryce-Smith (University of Reading)
Vitamins and the unborn child.	Professor R.W. Smithells (University of Leeds)
Pre-conception care — the practicalities and pitfalls.	Dr Barbara Pickard (University of Leeds)
Pre-conception genetic counselling.	Dr Martin d'A. Crawford (Kennedy-Galton Centre)
First trimester changes during normal and complicated pregnancies.	Mr Tom Lind (MRC Newcastle upon Tyne)
Running a pre-conception clinic.	Dr P.F. Haddad (Charing Cross Hospital, London)

REGISTRATION FEE £15.00

The symposium is organized by Professor N. Morris, Dept. of Obstetrics and Gynaecology, Charing Cross Hospital Medical School, in collaboration with the Dept. of Postgraduate Education, Wyeth Laboratories.

Applications to: Mr G.F. Rivas, Dept. of Postgraduate Education, Wyeth Laboratories, Huntercombe Lane South, Taplow, Maidenhead SL6 0PH. Tel: 06286-4377.

SOUTH WALES LOCUM AGENCY

General practitioner and hospital locums wanted. Excellent rates of pay with prompt weekly payments. Full-time employment is likely for three or four months.

Please send CV and copies of current GMC registration and MPS/MPU certificates to: South Wales Locum Agency, Alexandra House, Alexandra Road, Swansea SA1 5ED. Tel: 0792-476076.

THE BALINT SOCIETY

are holding



A RESIDENTIAL WEEKEND OF BALINT GROUPS

at Pembroke College, Oxford
7.00 pm Friday 27 September to 1.00 pm
Sunday 29 September 1985

Open to all general practitioners, trainers, trainees and course organizers, who would like to sample the experience of being in a Balint group.

The cost will be £45.00 for general practitioners and £25.00 for trainees.

Further details are available from the Honorary Secretary: Dr Peter Graham, 149 Altmore Avenue, East Ham, London E6.



SPONSORED BY STUART PHARMACEUTICALS LTD.

THE ROYAL COLLEGE OF GENERAL PRACTITIONERS

ANNUAL SYMPOSIUM

'QUALITY: WHAT IS IT AND WHAT STOPS YOU PROVIDING IT?'

FRIDAY 8 NOVEMBER 1985
BARBICAN CONFERENCE CENTRE
BARBICAN, LONDON

The Annual Symposium will be based on small group work in which members will use their own practice experience to seek ways in which to define quality and identify those factors which inhibit its achievement.

Members attending will be expected to have done two preparatory tasks as a basis for their group work. The morning session is to be on 'quality of care in arthritis' and the afternoon session is to be on 'quality in prescribing'.

If you do not like sitting being lectured at, but do like learning from your peers, and are prepared to invest a bit of preparatory effort, this is the meeting for you.

For further details and an application form please write to: Mrs Sue Smith, Education Division, The Royal College of General Practitioners, 14 Princes Gate, London SW7 1PU.

THE ROYAL COLLEGE OF GENERAL PRACTITIONERS

THE COUNSELLOR AS PART OF THE PRIMARY HEALTH CARE TEAM

A STUDY DAY FOR GENERAL PRACTITIONERS

A one day meeting will be held at the Royal College of General Practitioners, 14 Princes Gate, London SW7 1PU, on Thursday 26 September 1985, for general practitioners to study aspects of the role of the counsellor in the primary health care team. Papers will be given to review and assess the development of counselling in general practice. Workshops will provide a forum for general practitioners to discuss with counsellors the issues raised. Booklets will be available giving information and guidelines on counsellor attachment schemes. General practitioners, trainees and trainers will be welcome.

For further details and an application form, please apply to: Jill Irving, 22 Temple Mill Island, Bisham, Near Marlow, Bucks SL7 1SQ.

Approval under Section 63 for two sessions has been granted.

COMBINED REPORTS ON PREVENTION

Reports from General Practice 18-21

The College's campaign for health promotion and disease prevention in general practice was signalled by the publication in the years 1981-83 of a series of documents on different aspects of preventive medicine in general practice.

Although at the time these were distributed free of charge with the *Journal* to all Fellows, Members and Associates of the College, the steady demand for these documents has led to several of them going out of print.

Combined Reports on Prevention thus brings together between one set of covers *Reports from General Practice 18, 19, 20 and 21*. These four together can now be obtained from the Publications Sales Office, Royal College of General Practitioners, 8 Queen Street, Edinburgh EH2 1JE, price £4.50 including postage. Payment should be made with order.

RECORD CARDS

The following record cards and other items are available from the Central Sales Office at Princes Gate. Please add the appropriate postage and packing to all orders (see below) and send payment with order to: Central Sales Office, Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU. Cheques should be made payable to the Royal College of General Practitioners.

Age/sex register cards	£3.75 per 500 + p&p; £7.50 per 1000 + p&p
Age/sex register cabinets	£13.62 each + p&p
Menstruation cards	£3.00 per 100 + p&p
Pink summary cards	£3.00 per 100 + p&p
Obstetric cards	£3.00 per 100 + p&p
Medical summary cards	£3.00 per 100 + p&p
Problem orientated (BD1) cards	£3.00 per 100 + p&p
Family and personal history cards (BD2A)	£3.00 per 100 + p&p
Drug treatment cards (BD3A)	£3.00 per 100 + p&p
Repeat prescription cards (BD3B)	£3.00 per 100 + p&p
Flow sheets (BD4)	£3.00 per 100 + p&p
Patient questionnaire	£3.00 per 100 + p&p
Pre school record card	£9.00 per 100 + p&p
Personal history card	£4.50 per 100 + p&p

Postage and packing

Record cards

Up to 100	£1.50	Up to 1500	£3.50
200	£1.75	2000	£4.00
300	£2.00	3000	£4.50
400	£2.00	4000	£5.00
500	£2.50	5000	£5.50
600	£2.50	6000	£6.00
700	£2.75	7000	£6.50
800	£2.75	8000	£7.00
900	£3.00	9000	£7.50
1000	£3.00	10000	£8.50

Cabinets

1	£2.40	6	£4.85
2	£2.80	7	£5.00
3	£3.45	8	£5.70
4	£3.60	9	£6.85
5	£4.20	10	£7.50

MRCGP CANDIDATES

Practice exams now available. Two MCQ papers (120 questions) covering the new subject areas as required by the Royal College. (This includes social and legal aspects, epidemiology, statistics and practice organization.) Answers and detailed teaching explanations provided together with computer sheets and free marking service. MEQ and TEQ papers have sample answers, explanations, marking schedules references and practical examination advice. Also hints on log diary, oral and reading suggestions. Send cheque now for £17.50 plus 75p p & p.

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