

Hypertension



Adalat Retard

Maintains efficacy
with advancing patient age

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. The antihypertensive effect of nifedipine can be potentiated by simultaneous administration with cimetidine. There are no other known drug incompatibilities. Gravitational oedema associated with increased capillary permeability has been reported. **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.



**whole
body treatment**

**for premenstrual
syndrome**

duphaston®
dydrogesterone E.P.

**treats both the physical
and psychological symptoms**

Further information is available on request.

duphar

DUPHAR LABORATORIES LIMITED WEST END SOUTHAMPTON TEL 0703 472281

Natrilix brings down blood pressure not the patient...

Presentation

Pink biconvex sugar-coated tablets each containing 2.5 mg indapamide hemihydrate.

Uses

For the treatment of hypertension. Natrilix may be used as sole therapy or combined with other antihypertensive agents.

Dosage and Administration

Adults: The dosage is one tablet daily, containing 2.5 mg indapamide hemihydrate, to be taken in the morning. The action of Natrilix is progressive and the reduction in blood pressure may continue and not reach a maximum until several months after the start of therapy. A larger dose than 2.5 mg Natrilix is not recommended as there is no appreciable additional anti-hypertensive effect. The co-administration of Natrilix with diuretics which may cause hypokalaemia is not recommended.

Children: There is no experience of the use of this drug in children.

Contra-indications, Warnings, etc.

There are no absolute contra-indications to the use of Natrilix but caution should be exercised when prescribing Natrilix in cases of severe renal or hepatic impairment.

Side Effects

Reported side effects have included nausea and headache but they are generally mild and mild in nature.

Basic NHS Cost

30 tabs: £5.96, 60 tabs: £11.92

Product Licence Number

10710/21/01

Manufacturer

Roche Products Ltd

NATRILIX alone achieves successful control in 7 out of 10 patients ¹

105

100

95

90

NATRILIX[®]

indapamide

Caring for the hypertensive patient – one tablet daily

CLASSIFIED ADVERTISEMENTS AND NOTICES

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%. 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 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.

DIPLOMA IN COMMUNITY CHILD HEALTH

The Royal College of Physicians of Edinburgh, the Royal College of General Practitioners and the Faculty of Community Medicine invite applications to take the next examination for the Diploma in Community Child Health (DCCH) which is to be held on 10 April 1986.

Examination regulations, application and testimonial forms with instructions to candidates can be obtained from the address shown below. Past examination papers (costing £3) may be obtained from the same address.

The fees for this examination are £125 and the closing date for applications will be 10 February 1986.

Please contact: The Registrar, Royal College of Physicians, 9 Queen Street, Edinburgh EH2 1JQ.

ARGYLL & CLYDE HEALTH BOARD RENFREW UNIT

VOCATIONAL TRAINING SCHEME FOR GENERAL PRACTICE IN PAISLEY

Applications are invited from candidates interested in the above scheme for entry on 1 August 1986. There are six places available.

The course covers a period of three years and offers experience in obstetrics and gynaecology, accident and emergency, psychiatry, geriatrics, paediatrics and general medicine. There are two schemes available following a slightly different pattern of specialties but both begin and end with six months in general practice.

Day release is also granted for instruction in dermatology, ophthalmology and ENT surgery.

The course is recognized for DOBstRCOG, DCH and MRCGP.

Every effort will be made to provide accommodation suitable to the needs of the appointed trainees. Application forms and job descriptions are available from the Department of Medical Administration, Royal Alexandra Infirmary, Paisley. Tel: 041-887 9111, ext: 4198.

Closing date for receiving applications is Friday 24 January 1986.

OFFICE MANAGER/PRACTICE ADMINISTRATOR

required for small busy general practice in Aylesford, near Maidstone. Generous salary dependent upon experience. For full details please apply enclosing curriculum vitae to: Dr Fitzwater, 67 The Avenue, Aylesford, near Maidstone, Kent ME20 7LQ.

THE BRITISH POSTGRADUATE MEDICAL FEDERATION

The British Postgraduate Medical Federation has now published its programme of courses for general practitioners for the period January–August 1986. These programmes will be distributed automatically to general practitioners in the National Health Service in the four Thames Regional Health Authorities through their local Family Practitioner Committee.

Any other general practitioner wishing to receive a copy of this programme should forward a stamped addressed envelope, size not less than 9" x 7" to: The General Practitioner Department, British Postgraduate Medical Federation, Regional Dean's Office, 33 Millman Street, London WC1N 3EJ.

KING'S FUND CENTRE — FOUR-DAY COURSES IN MEDICAL MANIPULATION

Drs John Paterson and Loic Burn offer a series of courses in medical manipulation. These courses are designed around the tutors' *An introduction to medical manipulation*, published in 1985, and *Examination of the back — an introduction*, to appear early in 1986. A second edition of the former has already been commissioned, to be published in 1987.

The courses are zero-rated for Section 63; Part I deals with the basic principles and therapeutic techniques pertaining to the spine, while Part II is aimed at widening the scope of those who have attended Part I including the peripheral joints and other relevant material.

The courses are run at the King's Fund Centre, London NW1 7NF.

Details of the forthcoming series are as follows:

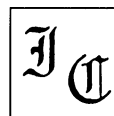
Part I 8–11 April 1986.

Part II 15–18 July 1986.

Part I 16–19 September 1986.

The fee for each course is £195. All dates are inclusive.

Those interested should apply early, with remittance, to: Dr J.K. Paterson, 14 Wimpole Street, London W1M 7AB.



INSTITUTE OF COUNSELLING Clinical & Pastoral Department

Learn counselling skills used by Christians in the
the caring professions.

Certificate courses: ★ Introduction to counselling
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★ Marriage and family counselling
★ Crisis counselling

Diploma course: ★ Diploma in Clinical & Pastoral Counselling

These courses are offered on a home study basis with no in class requirement.

For further information write to: The Registrar, Institute of Counselling, Clinical & Pastoral Department, 15 Hope Street, Glasgow G12.

**THE ROYAL COLLEGE OF GENERAL
PRACTITIONERS AND
THE ASSOCIATION OF COURSE ORGANIZERS
ALCOHOL LEARNING AND
TEACHING
A WORKSHOP FOR COURSE
ORGANIZERS**

THURSDAY 20 FEBRUARY 1986

A one-day workshop for course organizers will be held at The Royal College of General Practitioners, 14 Princes Gate, London SW7 1PU, on Thursday 20 February 1986.

The working party of the RCGP has distilled new ideas about alcohol problems in general practice. The aim of this workshop is to clarify these ideas and to devise ways of teaching them to trainers and trainees and at the release schemes.

The speakers at this workshop will be Dr Peter Anderson, Dr Jim Orford, Dr Terry Spratley and Dr Peter Tomson — all members of the RCGP working party on alcohol problems.

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

Zero-rated approval under Section 63 has been obtained for two sessions.

**COMPUTER APPRECIATION COURSES
FOR GENERAL PRACTITIONERS
AND PRACTICE MANAGERS/SENIOR
PRACTICE STAFF**

The RCGP Technology Centre, in conjunction with its Information Service, is pleased to offer a series of computer appreciation courses for general practitioners and their senior practice staff. These events are held at 14/15 Princes Gate, where overnight accommodation is available if required.

The course content and presentation assume that participants have either only superficial or no knowledge of computing. The principles, language and technology of computing are discussed in lay terms, with particular emphasis on the problems of, and potential solutions to, the introduction and management of the new technology in the practice.

The course fee is £140 for members and their staff, £160 for non-members. If overnight accommodation is not required, the fee is £120. The fee includes all meals, refreshments and extensive course notes.

The course has received approval under Section 63 for zero-rating; under paragraph 52.9(b) of the Statement of Fees and Allowances, the costs of practice staff attending the course will be eligible for 70% reimbursement.

The dates of forthcoming courses are as follows: 12–13 September, 17–18 October, 21–22 November 1986.

Application forms and further details are available from: The Information Service, The Royal College of General Practitioners, 14 Princes Gate, London SW7 1PU. Telephone: 01-581 3232.

MRCGP PRACTICE EXAMS

New book now available edited by John Sandars, General Practice Tutor, Stockport, Cheshire and Secretary of Education Subcommittee, North West Faculty RCGP. This book contains essential advice and tips for every MRCGP candidate — two complete MCQ practice examinations with marking system, answers and teaching explanations, two MEQ papers, two PTQ papers both with samples and marking schedules. Oral and Log Diary techniques and presentations revision index and recommended book list. Send cheque now for £7.95 plus 75p p&p. The books are despatched the same day by first class mail.

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Hempstead (0442) 52113.

PASTEST

**PRIORITY OBJECTIVES
FOR GENERAL PRACTICE VOCATIONAL
TRAINING**

Occasional Paper 30

One of the biggest problems in vocational training for general practice has been the need to design courses appropriate for doctors preparing to work in the widest of all medical roles. The need is to decide what subjects are important and what priority objectives should be.

This *Occasional Paper* comes from the Course Organizers and Regional Advisers Group in the Oxford Region, which has a distinguished record in developing vocational training. Based on widespread consultation within the Region, the group achieved a consensus on its priorities, which it lists under five headings: primary care, communication, organization, professional values, and personal and professional growth. It therefore provides a useful basis for discussion in other regions.

Priority Objectives for General Practice Vocational Training, Occasional Paper 30, is available from the Publications Sales Office, Royal College of General Practitioners, 8 Queen Street, Edinburgh EH2 1JE, price £3.50 including postage. Payment should be made with order.

**DOCTORS TALKING TO
PATIENTS**

Doctors Talking to Patients, by Professor P. S. Byrne, a distinguished past-President of the Royal College of General Practitioners, and Dr B. E. L. Long, an expert educationalist, was first published by HMSO in 1976.

This well-known book has made a major contribution to the understanding of the consultation in general practice and illustrates the potential for using modern methods of recording for analysing the problems of doctor-patient communication.

With permission of HMSO, the Royal College of General Practitioners has now reprinted *Doctors Talking to Patients* and so made available this classic work to a new generation of trainees and general practitioner principals.

Doctors Talking to Patients can be obtained from the Publications Sales Office, Royal College of General Practitioners, 8 Queen Street, Edinburgh EH2 1JE, price £10.50, including postage. Payment should be made with order.

**Patients with
hypertension or angina
are infarction-prone**



BETIM[®]
timolol maleate

the beta-blocker with a difference

**No other beta-blocker has performed
as well as timolol in post infarction
prophylaxis studies**

Prescribing Information, Indications: Hypertension, angina and for protection after a myocardial infarction. **Presentation:** Each tablet contains 10 mg timolol maleate. **Dosage:** Hypertension: 1-3 tablets once daily. Angina: 1-3 tablets b.i.d. Myocardial infarction: 1/2 tablet b.i.d. for 2 days then 1 tablet b.i.d. **Contra-indications:** Heart failure, heart block, cardiogenic shock, obstructive respiratory disease, myocardial depressant anaesthetics, pregnancy. **Precautions:** Prolonged depression of sympathetic drive may precipitate cardiac failure. Caution in patients who are diabetic or who are taking catecholamine depleting drugs. Renal and hepatic dysfunction. **Side Effects:** Gastro-intestinal symptoms, paraesthesia and cold limb extremities, dizziness, insomnia, sedation, depression, weakness, dyspnoea, bradycardia, heart block, heart failure, bronchospasm. **Warning:** Skin rashes and/or dry eyes; discontinuation should be considered. Cessation of therapy should be gradual. **Product Licence Number:** 0748 0015. **Basic N.H.S. Price:** 100 £8.77. Further information available on request. Registered Trade Mark.



Edwin Burgess

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