

# Hypertension



## Adalat retard

nifedipine

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.

Cardioprotection

IN HYPERTENSION...

Amiloride  
2.5 mg  
Hydrochlorothiazide  
25 mg  
Potassium Protection

atenolol 50mg,  
amiloride 2.5mg,  
hydrochlorothiazide 25mg

...IT HAD TO HAPPEN

**New** combines low strength  
'Tenormin' with low dose amiloride/  
hydrochlorothiazide.

- ① One capsule daily
- ② Low dose
- ③ Cardioprotection
- ④ Potassium protection

**New** is the modern combination  
for patients uncontrolled on a diuretic alone.

**Prescribing Notes for 'Kalten', 'Tenormin' and 'Tenormin' LS**

**DOSAGE**

**Hypertension** 'Kalten' - 50 mg atenolol + 2.5 mg amiloride hydrochloride (as amiloride hydrochloride BP 2.84 mg) orally one capsule daily, recommended where monotherapy with beta blocker or diuretic proves inadequate.

'Tenormin' - 100 mg atenolol, orally once a day

'Tenormin' LS - 50 mg atenolol orally once a day, some patients may respond adequately to 'tenormin' low strength (LS).

**Children** - 'Kalten', 'Tenormin' and 'Tenormin' LS are not recommended for use in children

**Elderly patients** Dosage requirements for 'tenormin' and 'tenormin' LS may be lower, especially in patients with renal impairment.

'Kalten' may be suitable for older patients.

**CONTRA-INDICATIONS**

'Kalten' : Heart block, hyperkalaemia, anuria, acute renal failure, severe progressive renal disease, diabetic nephropathy, blood urea over 10 mmol/l or serum creatinine over 130 micromol/l if not possible to monitor carefully and frequently. In renal impairment addition of potassium conserving agents may cause hyperkalaemia. Sensitivity to hydrochlorothiazide or amiloride hydrochloride.

'Tenormin' : Heart block.

**PRECAUTIONS**

Untreated cardiac failure, bradycardia, renal failure, anaesthesia, pregnancy. Disturbed fluid or electrolyte balance. Caution in patients with chronic obstructive airways disease or asthma. Atenolol modifies the tachycardia of hypoglycaemia. Co administration with verapamil or Class I antiarrhythmic agents. Withdrawal of clonidine.

Withdrawal of beta blocking drugs should be gradual in patients with ischaemic heart disease.

**Additional precautions for 'Kalten'**

Co-administration with lithium

**Metabolic effects:** Measurement of potassium levels is appropriate especially in the older patient, those receiving digitalis preparations for cardiac failure, taking abnormal (low in potassium) diet or suffering from gastrointestinal complaints.

Caution in metabolic or respiratory acidosis.

**Diabetes:** 'Kalten' may lower glucose tolerance.

Discontinue before glucose tolerance testing.

Hyponatraemia and hypochloreaemia may occur.

**Hepatic or renal impairment:** Caution in patients where fluid and electrolyte balance is critical.

Hyperkalaemia and hyponatraemia may occur. Discontinue treatment if increasing aetiaemia and oliguria occur.

Amiloride may precipitate hepatic encephalopathy.

Jaundice may occur in cirrhotic patients.

**Breast-feeding:** Discontinue if 'Kalten' deemed essential.

**SIDE EFFECTS**

Coldness of extremities, bradycardia and muscular fatigue may occur. Sleep disturbance rarely seen. Rashes and dry eyes have been reported with beta blockers - consider discontinuance if they occur.

With amiloride hydrochloride and hydrochlorothiazide gastrointestinal disturbances may occur. Side-effects commonly associated with diuresis, dizziness and headache, may occur.

Skin rashes and blood dyscrasias have been reported.

**PRODUCT LICENCE NUMBERS AND BASIC NHS COST**

'Kalten' Capsules (29/186) in calendar packs of 28, £6.70

'Tenormin' Tablets (29/122) in calendar packs of 28, £6.98

'Tenormin' LS Tablets (29/86) in calendar packs of 28, £4.88

'Kalten', 'Tenormin' and 'Tenormin' LS are trade marks.

Further information is available on request from the Company



**Stuart Pharmaceuticals Limited**  
Stuart House, 50 Alderley Road, Wilmslow,  
Cheshire SK9 1RE

# 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 dizziness and headache but they are generally mild and mild in nature.

## Basic NHS Cost

30 tabs. £5.96, 60 tabs. £11.72

## Product Licence Number

0093/0022/0004

## For more information contact

01273 822222

105

NATRILIX alone achieves successful control in 7 out of 10 patients <sup>1</sup>

100

95

90

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indapamide

Caring for the hypertensive patient – one tablet daily

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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.

### THE TAVISTOCK CLINIC SEMINARS FOR THE STUDY OF PSYCHOLOGICAL PROBLEMS IN GENERAL PRACTICE (‘Balint Groups’)

GPs are invited to attend weekly seminars with consultant seminar leaders having a special interest in this area. GPs report current cases and problems for discussion. Special attention is paid to the nature of the doctor-patient relationship and its bearing on the symptomatology and management in each case presented. These are not short refresher courses in psychiatry, but rather an attempt to provide a forum for reflection, study, experiment and development in the doctor's psychological skill — and for research. After about two years in one seminar, a continuation phase is offered with a change of leadership from time to time. Members should think of attending for at least one year.

Any doctors interested in joining seminars should get in touch with: S. Bourne, MB, MRCP, FRCPsych, Course Organizer, GP & Allied Professional Workshop, Tavistock Clinic, 120 Belsize Lane, London NW3 5BA. Tel: 01-435 7111.

(Section 63 approval granted).

### 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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**PASTEST**

### WHAT SORT OF DOCTOR? Report from General Practice 23

The Royal College of General Practitioners has for years been concerned with standards of care and how to measure quality. *What Sort of Doctor?* consists of the combined reports of two College working parties, chaired by Drs Lawson and Schofield, which discussed methods of assessing general practitioners in the setting of their own practices.

The *Report* describes the development of the ‘What sort of doctor?’ method and gives details of the criteria used, with notes for visitors and doctors to be visited, as well as a sample report.

This is the latest and most comprehensive of the developments undertaken by the College on performance review and adds a further dimension to the quality initiative.

*What Sort of Doctor?, Report from General Practice 23*, is available from the Publications Sales Office, Royal College of General Practitioners, 8 Queen Street, Edinburgh EH2 1JE, price £5.00 including postage. Payment should be made with order.

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.

### 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.

### PARTNER WANTED

Assistant with a view required urgently for practice in Picton, Marlborough Sounds, New Zealand. Excellent recreational opportunities. Reply to: Dr G. Bishop, Box 226, Picton PH 36909, New Zealand.

### PSYCHIATRISTS FOR NOVA SCOTIA, CANADA

Applications are invited from psychiatrists (preferably MRCPsych), to work in Nova Scotia, Canada, on a one year contract or on a longer term basis. Interviews will be held on 17, 18 and 19 February in London.

Please reply with brief curriculum vitae/salary to: Dr J. Hunter, c/o Nova Scotia House, 14 Pall Mall, London SW1Y 5LU. Tel: 01-930 6864.

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



**BETIM<sup>®</sup>**  
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 20 mg timolol maleate. **Dosage:** Hypertension: 1 tablet once daily. Angina: 1 tablet bid. Myocardial infarction: 1 tablet tid for 2 days, then 1 tablet bid. **Contra-indications:** Heart failure, heart block, cardiogenic shock, obstructive respiratory disease, myocardial depression, anaesthesia, premenstrual. **Precautions:** Prolonged depression of sinoatrial activity may precipitate cardiac failure. Caution in patients who are diabetic or who are taking anti-hypertensive depleting drugs. Renal and hepatic dysfunction. **Side Effects:** Gastro-intestinal symptoms, paraesthesia, cold limbs, extremities, dizziness, sinus bradycardia, depression, weakness, disturbance of heart rate, heart block, heart failure, bronchospasm. **Warning:** Syncope and/or hypotension, discontinuation should be considered. Cessation of therapy should be gradual. **Product Licence Number:** 0438/0015. **Basic N.H.S. Price:** 100 p.s.d. Further information available on request. Tel: 0494 610000.



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