

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.

Prescribing Notes for 'Kalten' and 'Tenormin' LS

DOSAGE

Hypertension 'Kalten' - 50mg atenolol + 25mg hydrochlorothiazide + 2.5mg amiloride hydrochloride (as amiloride hydrochloride BP 2.84mg) orally one capsule daily; recommended where monotherapy with beta-blocker or diuretic proves inadequate.

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

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

Elderly patients - Dosage requirements for 'Tenormin' LS may be lower, especially in patients with renal impairment.

'Kalten' may be suitable for older patients where higher doses of the constituents are considered inappropriate.

CONTRA-INDICATIONS

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

Hepatic or renal impairment: Caution in patients where fluid and electrolyte balance is critical. Hyperkalaemia and hypokalaemia may occur. Discontinue treatment if increasing azotaemia 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 diuretics; 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' LS Tablets 29/86 in calendar packs of 28, £4.88.

'Kalten' 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.



**atenolol 50mg,
amiloride 2.5mg,
hydrochlorothiazide 25mg**

IN HYPERTENSION

IT HAD TO HAPPEN

New combines
'Tenormin' LS
atenolol 50mg,

with
low dose amiloride/
hydrochlorothiazide.

- 1 One capsule daily
- ✓ Low dose
- ♥ Cardioprotection
- ✦ Potassium protection

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

105

Uses

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. \$5.95 (1000000)

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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.

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

HEALTH EDUCATION COUNCIL

The Health Education Council which is responsible for the development and promotion of health education in England, Wales and Northern Ireland wishes to recruit a Consultant to facilitate the development of its work in primary health care in the NHS.

The person appointed will work with the Council's Medical Officer responsible for this area of work and will be expected to devote a maximum of three half days per week to this consultancy.

Applications are invited from appropriate professionals — general practitioners, health visitors and other primary health care team members — who can demonstrate a keen appreciation of the role and potential of health education within the primary health care field, coupled with sound administrative and managerial skills.

Remuneration will be based upon agreed rates for the profession of the successful candidate.

Further details and an application form may be obtained from: Mr T.J. Carwright, MA Grad, IPM, Assistant Secretary, Personnel and Administration, The Health Education Council, 78 New Oxford Street, London WC1A 1AH.

PARTNERSHIP WANTED

Experienced principal (MRCGP, 39) seeks a change of habitat from high list size to low list size, from indifferent patient care to good patient care. Radical outlook, willing to accept below average income. Write Box 1005, Journal of The Royal College of General Practitioners, T.G. Scott & Son Ltd., 30/32 Southampton Street, Covent Garden, London WC2E 7HR.

ROYAL COLLEGE OF PHYSICIANS OF LONDON

DIPLOMA IN GERIATRIC MEDICINE

The Diploma in Geriatric Medicine is designed to give recognition of competence in the provision of care for the elderly, and is particularly suitable for General Practitioner vocational trainees, Clinical Assistants and other doctors working in non-consultant career posts in Departments of Geriatric Medicine, and other doctors with interests in or have responsibilities for the care of the elderly.

The next examination will begin on Tuesday 6th May 1986. Application forms, together with the necessary documentation, must reach the College by 25th March 1986.

Prospective candidates should hold Full or Limited Registration with the General Medical Council of the United Kingdom, or be eligible to hold Limited Registration. Candidates must either have held a post approved for professional training in a department specialising in the care of the elderly, or have had experience over a period of 2 years since Full Registration or equivalent in which the care of the elderly formed a significant part.

Further details and an application form may be obtained from: Diploma Examinations, Royal College of Physicians of London, 11 St Andrews Place, Regent's Park, London NW1 4LE.

WINDSOR AND DISTRICT POSTGRADUATE MEDICAL CENTRE

A REFRESHER COURSE FOR GENERAL PRACTITIONERS

is to be held here from Monday 12 May to Friday 16 May, 1986. A registration fee of £35 will cover lunches, coffees, teas etc. Light entertainment in the evenings will be arranged. The course is recognised for Section 63 allowances and numbers will be limited so early application is advised.

Further details are available from Mrs. C.J. Chitty, Postgraduate Medical Centre, King Edward VII Hospital, Windsor, Berkshire.

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



BETIM[®]
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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: 1-2 tablets once daily. Angina: 1-2 tablets b.i.d. Myocardial infarction: 1-2 tablets b.i.d. for 7 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 limbs, extremities, dizziness, insomnia, sedation, depression, weakness, dyspnoea, bradycardia, heart block, heart failure, bronchospasm. **Waring:** 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 to: R. J. Searle, Ltd., Marlow.



Edwin Burgess

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