

# Monit<sup>10</sup> LS

Isosorbide mononitrate 10mg

LOW STRENGTH

**THE FIRST STEP**  
Introducing new 'Monit' LS  
Low Strength 'Monit'  
for your new mononitrate patients  
Rx. 'Monit' LS 1 tablet b.d. initially

# Monit<sup>20</sup>

Isosorbide mononitrate 20mg

▼ **Prescribing Notes for 'Monit' and 'Monit' LS**

**Dosage**

**PROPHYLAXIS OF ANGINA**—Usually one 'Monit' tablet two or three times daily. For patients not receiving prophylactic nitrate therapy, the initial dose should be one 'Monit' LS tablet twice daily. Maintenance dose in individual patients will be between 20 and 120 mg daily.

**ELDERLY PATIENTS**—Dosage requirements may be reduced, especially in patients with hepatic or renal impairment.

**Contra-indications**

A known sensitivity to the drug or isosorbide dinitrate.

**Warnings**

The following adverse effects may be seen with nitrate therapy: 1. Cutaneous vasodilatation, headache, dizziness and weakness may occur. If headache is a problem, a temporary lowering of the 'Monit' dose may be necessary. The incidence of these effects is highest at commencement of treatment and tends to decline with time. 2. Postural hypotension may occur, especially with high doses. 3. Nitrate preparations can act as physiological antagonists to noradrenaline, acetylcholine, histamine and other agents. 4. Dry rash and/

or exfoliative dermatitis have been described rarely with isosorbide dinitrate and similar reactions might be expected occasionally.

**Pregnancy and lactation:** Nitrates should not be given to pregnant women and nursing mothers unless essential.

**Product Licence Numbers and Basic NHS Cost:**

'Monit' tablets each containing 20 mg of isosorbide mononitrate 29/174 in calendar packs of 56 tablets, £4.78 or bottles of 100 tablets, £8.40.

'Monit' LS tablets each containing 10mg of isosorbide mononitrate 29/194 in calendar packs of 14 tablets, £0.83.

'Monit' and 'Monit' 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.

## CLASSIFIED ADVERTISEMENTS AND NOTICES

Classified Advertisements are welcomed and should be sent to: Classified Advertising Manager, T.G. Scott and Son Limited, Media Managers, 30-32 Southampton Street, London WC2E 7HR. Telephone: 01-240 2032. 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.

### UNIVERSITY OF DUNDEE

Ninewells Hospital and Medical School

## POSTGRADUATE MEDICAL EDUCATION

*Courses and Attachments for General Medical Practitioners Approved Section 63*

1. Two-day Theoretical Course in Family Planning, 16th and 17th September, 1986.
2. Recent Advances in Occupational Medicine, 15th to 19th September, 1986.
3. Residential Attachments in Obstetrics: two-week attachments throughout the year by arrangement.

Further particulars may be obtained from the Postgraduate Dean, Ninewells Hospital and Medical School, Dundee DD1 9SY.

1006

### EAST DYFED HEALTH AUTHORITY/AWDURDOD IECHYD DWYRAIN DYFED

BRONGLAIS GENERAL HOSPITAL

## WELSH MRCGP COURSE AT ABERYSTWYTH, DYFED

Tuesday 16th to Saturday 20th September 1986

The above Course has been instigated by a decision of the Welsh Council of the RCGP and will be a residential course in buildings of the University College of Wales where opportunity will be offered for individual and group work in preparation for MCQ, MEQ and vivas of the MRCGP examination. Examiners of the College will be present. Pre-course work will be required and Section 63 approval has been sought.

Course members will be required to pay for the Course which will not be more than the sum receivable under Section 63, at the start of the Course and a deposit of £50 will be required on confirmation of being offered a place on the Course.

Please apply to: Mrs Janet Eagles, Postgraduate Centre, Bronglais General Hospital, Aberystwyth, Dyfed ST23 1ER.

1010

## 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 25 September 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 18 July 1986.

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

### PERU: COMMUNITY HEALTH PROJECT

## 2 DOCTORS or 1 DOCTOR and 1 HEALTH WORKER or NURSE-MIDWIFE

are needed to work with the Council of a forest Indian people in northern Peru. The persons appointed will advise health promoters, and support health education and public health initiatives.

These posts are for 1 male doctor and a female doctor, health visitor, or nurse-midwife. Applicants must have 2 years post-registration experience. Experience in paediatrics, general practice or community medicine would be an advantage, as would obstetrics and gynaecology for female applicants. Joint applications are welcomed.

CIIR provides a 2 year contract, salary adequate for a single person, return flight, language training, extensive briefings, insurance, etc. for each person.



For further information please send a SAE and your CV to  
CIIR Overseas Programme,  
22 Coleman Fields, London N1 7AF.  
Quote Ref: DAP/JGP/1.

1009

UNIVERSITY OF LIVERPOOL

## DIPLOMA IN PSYCHOTHERAPY

Applications are invited for the above multi-disciplinary course in psychotherapy, starting its sixth annual intake in October 1986. The course is part-time, extending over two years and leading to the University qualification of Diploma in Psychotherapy.

Application forms and further details are available from:

The Secretary,  
Sub-Department of Clinical Psychology,  
New Medical School,  
Ashton Street,  
P.O. Box 147,  
Liverpool,  
L69 3BX.

Completed application forms should be returned by the 11th July 1986.

1007

**FOR SALE**

## NEW ZEALAND

Rural practice available. Lower half North Island.

Reply:

P.O. Box 65, Featherston, New Zealand.

1004

## THE ROYAL COLLEGE OF GENERAL PRACTITIONERS



## ANNUAL SYMPOSIUM 'QUALITY IN ACTION'

**Friday 14 November 1986**

The Annual Symposium will be held on Friday 14 November 1986 at the Barbican Conference Centre, Barbican, London EC2.

### Partnership and Participation

Eleven faculty groups are already working to prepare an information sheet on the four clinical topics for discussion.

All attenders will be invited to examine aspects of their own care prior to the symposium.

Working in small groups, with expert summaries, we hope to produce practical advice for all general practitioners by the end of the symposium.

For further details and an application form please write to:

Miss Elizabeth Monk,  
Education Division,  
The Royal College of General Practitioners,  
14 Princes Gate,  
London SW7 1PU.

## 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.

Dept. GP PasTest Service, 304  
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Herts HP1 3LE. Tel: Hemel  
Hempstead (0442) 52113.

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**PASTEST**

## BRITISH POSTGRADUATE MEDICAL FEDERATION

The British Postgraduate Medical Federation has now published its programme of courses for general practitioners for the period September to December 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.

1008

## THE CLASSIFICATION AND ANALYSIS GENERAL PRACTICE DATA

**Occasional Paper 26  
(Second edition)**

There is a new and growing emphasis, both inside and outside the profession, on what general practitioners see and do. What are the problems they actually face, how often do these occur, and can computerized returns be organized?

A national classification of health problems seen in primary care is a key step and this classification has been officially endorsed by the Council of the Royal College of General Practitioners. Now in its second edition and amended in the light of practical experience, it is essential reading for all practitioners wishing to record morbidity and other general practice data on computer.

*The Classification and Analysis of General Practice Data, Occasional Paper 26*, can be obtained from the Publications Sales Office, Royal College of General Practitioners, 8 Queen Street, Edinburgh EH2 1JE, price £6.50, including postage. Payment should be made with order.

For the post M.I. patient ....



**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 10 mg timolol maleate. **Dosage:** Hypertension: 1-3 tablets once daily. Angina: 1-3 tablets b.d. Myocardial infarction: ½ tablet b.d. for 2 days then 1 tablet b.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. <sup>™</sup> Registered Trade Mark



**Edwin Burgess**

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