

**ADALAT® ADALAT® 5 ADALAT® retard ADALAT® retard 10**  
**Abridged Prescribing Information. Presentation:** Adalat/Adalat 5: orange soft gelatin capsules containing a yellow viscous fluid, overprinted with the Bayer cross and 'ADALAT' or 'ADALAT 5' and containing 10mg or 5mg nifedipine respectively. Adalat retard/Adalat retard 10: pink-grey lacquered tablets marked with the Bayer cross and '1U' or 'A10' and containing 20mg or 10mg nifedipine respectively. **Indications:** Adalat/Adalat 5: for the treatment and prophylaxis of angina pectoris and the treatment of Raynaud's Phenomenon. Adalat retard/Adalat retard 10: for the treatment of all grades of hypertension. **Dosage and Administration:** Adalat/Adalat 5: The recommended dose is one 10mg capsule three times daily with a little fluid during or after food, with subsequent titration of dose according to response. The dosage may be adjusted within the range 5mg three times daily to 20mg three times daily. Adalat 5 capsules permit titration of initial dosage in the elderly and those patients on concomitant medication. The recommended dose is one Adalat 5 capsule three times daily. Patients with hepatic dysfunction should commence therapy at 5mg three times daily with careful

monitoring. If an immediate anti-anginal effect is required, the capsule should be bitten and the liquid contents held in the mouth. Adalat retard/ Adalat retard 10: The recommended dose is one 20mg tablet twice daily with a little fluid during or after food, with subsequent titration of dosage according to response. The dosage may be adjusted within the range 10mg twice daily to 40mg twice daily. Adalat retard 10 permits titration of initial dosage. The recommended dose is one Adalat retard 10 tablet twice daily and patients with hepatic dysfunction should commence therapy at this level, with careful monitoring. Regardless of the formulation used, patients with renal impairment should not require adjustment of dosage. There are no recommendations for use in children. Treatment may be continued indefinitely. **Contra-indications, warnings, etc. Contra-indications:** Nifedipine should not be administered to patients with known hypersensitivity to nifedipine or to women capable of child-bearing. Nifedipine should not be used in cardiogenic shock. **Warnings and Precautions:** Nifedipine may be used in combination with beta-blocking drugs and other antihypertensive agents but the possibility of an additive effect resulting in postural

hypotension should be borne in mind. Nifedipine will not prevent rebound effects after cessation of other antihypertensive therapy. It should be used with caution in patients whose cardiac conduction is impaired. Caution should be exercised in patients with severe hypotension. No pain has been reported in a small proportion of patients with a 30 min to four hours of the introduction of nifedipine therapy (depending on formulation administered). Although a 'steal' effect has not been demonstrated, patients experiencing this effect should discontinue the use of nifedipine in diabetic patients may require adjustment of control. The antihypertensive effect of nifedipine may be potentiated by simultaneous administration of cimetidine. When used in combination with nifedipine, serum quinidine levels have been shown to be suppressed regardless of dosage of quinidine. No information is available on the use of nifedipine during lactation. **Side-effects:** Most side-effects are of the vasodilator effects of nifedipine and include headache, dizziness, flushing. Gravitational oedema, not associated with heart failure, has also been reported. Other less commonly reported

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For information, please contact: Professor M. R. Salkind of the Department of General Practice, St. Bartholomew's Hospital Medical College, Charterhouse Square, London EC1M 6BQ. Telephone: (071) 982 6100.

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**A meeting for general practitioners and hospital doctors to be held at the College on Friday, 1st February 1991**

The interplay between general practice and hospital care is explored in our series of conferences entitled 'Interfaces in Medicine'. The first two highly successful meetings dealt with cardiovascular diseases and asthma. This third conference recognises the enthusiasm with which general practice has increased its role in diabetes care. It focuses on the development of integrated care, current management of routine cases, complications and the process of referral.

The conference will include sessions on:

**PROVISION OF CARE**

Provision of diabetes care — an overview  
Setting up diabetes care in general practice

**CURRENT TRENDS**

A practical approach to insulin treatment  
Update on diabetic complications

**QUALITY OF CARE**

What are we aiming for in diabetes care?

**MANAGEMENT PROBLEMS**

Non insulin dependent diabetes — wolf in sheep's clothing  
Which diabetics need hospital follow-up?

The registration fee of £50 includes coffee, lunch and tea

PGEA approval is being obtained

Application forms are available from The Conference Secretary, Royal College of Physicians, 11 St Andrew's Place, Regent's Park, London NW1 4LE. Telephone: 071 935 1174.

A national conference on the training of administrative staff in general practice for FHSAs, Health Boards, Practice Managers, College Lecturers and members of LMCs and RCGP Faculties.

## The Pace of Change

**10th November 1990, 9.30 am - 4.30 pm**

**Queen Elizabeth Postgraduate Centre, University of Birmingham**

The stimulating and participative programme will include presentations by:

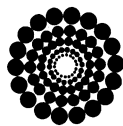
**Graham Butland**, General Manager, Essex FHSA

**John Chisholm**, Negotiator, General Medical Services Committee (BMA)

**Sir Michael Drury**, Professor of General Practice, University of Birmingham

**Martha Perriam**, Chairman, Avon FHSA

The full fee is £80 and includes accommodation and a Conference Dinner at the New Cobden Hotel, Hagley Road, Birmingham on Friday 9th November. The fee for dinner and conference only is £60, and for the conference alone, £40. Applications should be sent to Doris Gilhespy, Room 70, Tavistock House North, Tavistock Square, London WC1H 9LN, together with the appropriate remittance (cheques payable to the Joint Committee CEPAS). PGEA accredited.



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