



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-gray 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 reserve is limited. Caution should be exercised in patients with severe hypotension. Headache and pain has been reported in a small proportion of patients within 30 minutes to four hours of the introduction of nifedipine therapy (irrespective of 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 stable regardless of dosage of quinidine. No information is available regarding 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



The Royal College of General Practitioners

Services for Fellows, Members and Associates

FACULTY MEMBERSHIP

Every Member and Associate of the College is automatically a member of a faculty and receives information and notices of the many faculty activities. Details about faculties are available from the Faculty Development Unit.

Administrative Officer: Noeline Conroy.

ACCOMMODATION AND CATERING

Members of the College are welcome to stay at 14 and 15 Princes Gate; early booking is recommended. Bed and breakfast may be obtained at rates shown regularly in the *Journal*. Bookings should be sent to Lindsey Demetriou, the Accommodation Secretary. Public rooms may be hired subject to availability. Please contact Elizabeth Monk, Secretary to the Establishments Officer, at the Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU. Telephone 071-581 3232.

JOURNAL

The *British Journal of General Practice*, formerly the *Journal of the Royal College of General Practitioners*, is published monthly and is circulated free of charge to all Fellows, Members and Associates of the College. The 1990 subscription rate for non-members in the UK is £80, £90 for outside the UK (post free, there is a £10 surcharge on the outside UK rate if airmail is required). Half-year subscriptions are available from July onwards. Single copies and back numbers are also available and further information about these can be obtained from Bailey Bros and Swinfen Ltd.

Editor: Dr EG Buckley, MD, FRCPE, FRCGP, 12 Queen Street, Edinburgh EH2 1JE. Tel: 031-225 7629. Fax: 031-220 6750.

Journal Sales: Bailey Bros and Swinfen Ltd, Warner House, Folkestone, Kent CT19 6PH. Tel: 0303-850501.

COLLEGE PUBLICATIONS

The Publications Office of the College is responsible for *Policy Statements*, *Reports from General Practice* and *Occasional Papers*. The former two are distributed free of charge to all Fellows, Members and Associates of the College and carry the approval of the College. The *Occasional Papers* are for sale at prices shown regularly in the *Journal*. The Exeter office is also responsible for coordinating material for the annual *RCGP Members' Reference Book* and for publishing a number of books for the College. All College publications are available by post or personal application from the RCGP Sales Office.

Honorary Editor: Professor DJ Pereira Gray, OBE, MA, FRCGP, 9 Marlborough Road, Exeter, Devon EX2 4TJ. Tel: 0392-57938.

SALES OFFICE

The Sales Office at 14 Princes Gate is open from 9.30 to 16.30 hours, Monday to Friday, for personal callers to view and purchase College publications and gifts. Postal orders for Medical Record Cards, Publications and Appeal Goods are processed by this office, on a cash-with-order basis. Visa and Access welcome. Tel: 071-225 3048, 24 hour answering service. Enquiries, Tel: 071-823 9698.

Sales Manager: Kate Wood.

REGISTRATION DEPARTMENT

Changes to membership details, for example, address or retirement, for Fellows, Members and Associates should be notified to the Membership Secretary. Enquiries about *Journal* mailings and Associateship should also be directed to this department.

Membership Secretary: Fiona Hornby.

SUBSCRIPTIONS

All enquiries regarding subscriptions, including applications for reduced subscriptions from Fellows, Members and Associates should be directed to the Subscriptions Officer.

Subscriptions Officer: Gordon Taber.

EXAMINATION DEPARTMENT

The Examination Department welcomes enquiries and can supply information about the Membership (MRCGP) examination, which is held twice a year and MRCGP preparation courses. Membership of the College is a registrable qualification.

Head of Department: Tom Dastur.

PRIZES

The College awards prizes, including the annual Syntex Award Winners Award and the Schering Scholarships. Information is published periodically in the *Journal* and applicants should write to the Awards Secretary.

RESEARCH FUNDING

Grants for research projects in general practice are available from the Scientific Foundation Board.

The Board's definition of research is catholic and includes educational research, observational as well as experimental studies, and accepts the methodologies of social science as valid. It is not in a position to fund educational activities.

Clerk to Board: Jenny Singleton.

INFORMATION RESOURCES CENTRE

Enquiry Service

The RCGP Enquiry Service aims to provide information on all aspects of General Practice to general practitioners, practice staff and other health professionals utilizing the growing resources of the IRC. These include: over 4000 books; 250 periodicals; 150 theses; subject files of articles, reports and pamphlets; files of equipment and company brochures; collections of practice information leaflets, practice annual reports, record cards, audits and premises plans.

The Enquiry Team are pleased to help by telephone or by post, and general practitioners and their staff wishing to visit the Information Resources Centre are always welcome.

Opening Times: Monday-Friday 09.00-17.30 hours.

Online Search Service

The Online Search Service offers access to numerous publicly available computerized databases on virtually every known subject and specializes in Biomedical Sciences including General Practice. The College's trained Online Searcher carries out searches taking a fraction of the time that a manual search would involve. Online searches can easily accommodate multiple search terms and can print out the results at a very high speed. Services are provided at a reduced rate to Members.

Reader Services Librarian: Clare Stockbridge Bland.

Library Services

The Geoffrey Evans Reference Library has been collecting material on General Practice since 1960. It has a unique collection of books, pamphlets and periodicals and general practitioners' theses. As part of a planned development programme, the Library is expanding its computer database to allow improved exploitation of existing stock, while encompassing a wide range of new Primary Health Care documentation. The *College Journal* Author Index, Theses List and various booklists are now produced from this database.

An important service to Members is the supply of photocopies of *Journal* articles. These requests can often be satisfied from the 250 periodical titles currently taken. Articles not held at Princes Gate can be obtained from the British Library or other local medical libraries through the Inter Library Loan Service. Fellows, Members and Associates may use this facility at a discount rate. Non-members will be charged the full rate. Although the main bookstock of the IRC is for reference only, College publications may be taken out on loan.

Technical Services Librarian: Leonard Malcolm.
Librarian: Margaret Hammond.

CONTINUING EDUCATION

The Education Division is concerned with all aspects of education in and for General Practice, with particular emphasis on continuing medical education and performance review.

Divisional Administrator: Derek Buckland.

CLINICAL AND RESEARCH DIVISION

The Clinical and Research Division advises on all policies and protocols for the care of patients and coordinates clinical advice from the College including preventive and anticipatory care. In devising practical measures of performance review for clinical care the Division attempts to encourage their use in day to day practice. The Division plays an important advisory role on research in General Practice and advises Council on all matters relating to research.

Divisional Administrator: Andrew Singleton.

INFORMATION TECHNOLOGY CENTRE

The Centre aims to provide general practitioners with experience and practical advice on computers and computer software. This can range from specialized general practice systems to general business applications. Some specialist systems are maintained within the Centre and demonstrations can be arranged upon request. The Centre also organizes monthly computer appreciation courses which are open to general practitioners and their practice staff.

Information Technology Manager: Mike Hodgkinson.

PRINTING SERVICES

The College is able to provide competitively priced services to Members and Fellows for practice leaflets, notepaper, etc. and is able to undertake printing and mailings on behalf of faculties.

Print Unit Manager: Norma Wimbleton.

Further details from: 14 Princes Gate, Hyde Park, London SW7 1PU. Tel: 071-581 3232.