

# HOW SOON CAN ANXIOUS PATIENTS GET IT ALL BACK TOGETHER?



Half-'Inderal' LA, as a first line treatment, gives effective relief of the symptoms of generalised anxiety, with no known evidence of dependence.

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## Half-Inderal LA

80mg propranolol hydrochloride in long-acting formulation

Helping to get things back together

### PRESCRIBING NOTES.

**Consult data sheet before prescribing.**

**Use:** Situational anxiety. Generalised anxiety symptoms (particularly somatic).

**Presentation:** Capsules containing 80mg (Half-'Inderal' LA) or 160mg ('Inderal' LA) propranolol hydrochloride in long-acting formulation.

**Dosage and administration: Acute situational anxiety:** one capsule daily of Half-'Inderal' LA.

**Generalised anxiety:** one capsule daily of Half-'Inderal' LA; increase to one capsule daily of 'Inderal' LA if required. Continue treatment according to response - review after 6 to 12 months.

**Contraindications:** 2nd or 3rd degree heart block; cardiogenic shock; bronchospasm; after prolonged fasting; and in metabolic acidosis.

**Precautions:** Poor cardiac reserve - avoid in overt heart failure. Bradycardia. Propranolol modifies tachycardia of hypoglycaemia and may prolong hypoglycaemic response to insulin. Transference from, or discontinuance of, clonidine. Co-prescription of Class 1 antiarrhythmic agents (e.g. disopyramide) or verapamil. Anaesthesia. Pregnancy. Cessation of beta-blocker

therapy should be gradual in patients with ischaemic heart disease. Parenteral administration of adrenaline. Some reports suggest that in patients with portal hypertension the risk of hepatic encephalopathy may be increased.

**Side effects:** Cold extremities, nausea, diarrhoea, sleep disturbances, lassitude and muscle fatigue are often transient. Isolated cases of paraesthesia of the hands. Rarely, bradycardia, thrombocytopenia and purpura. A low incidence of CNS symptoms including hallucinations. Skin rashes and dry eyes have been reported with beta-blockers - consider discontinuation if they occur.

**Product licence numbers and basic NHS costs:** 'Inderal' LA (29/0128) 28 capsules (OP), £6.92, Half-'Inderal' LA (29/0173) 28 capsules (OP), £5.04.

'Inderal' LA, Half-'Inderal' LA are trademarks.

Further information is available from: ICI Pharmaceuticals, King's Court, Water Lane, Wilmslow, Cheshire SK9 5AZ.

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**Tuesday 31st March 1992 to  
Saturday 4th April 1992**

The above Course was instigated by a decision of the Welsh Council of the RCGP and is a residential course in buildings of the University College of Wales where opportunity will be offered for individual and group work in preparation for the written work and vivas of the MRCGP Examination. Examiners of the College will be present. Pre-course work will be required. Postgraduate Education Allowance approval and Section 2 approval have been obtained for those Principals or Trainees for whom it applies.

The cost of the Course is £300 payable at the start of the Course, and a deposit of £100 will be required on confirmation of being offered a place on the Course.

Please apply to Mrs Rita Slade, Bronglais Hospital, North Road, Aberystwyth, Dyfed SY23 2EE. Telephone 0970 635956.

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