

There is now a prescription medicine  
that can help your overweight patients  
eat sensibly, follow dietary advice  
eat fewer snacks and reach  
a healthier bodyweight.

ADIFAX®

Healthier  
eating  
starts here

The  
Adifax  
Effect

ADIFAX®

dexfenfluramine ▼

Promotes healthier eating for a healthier weight

Adifax - Abridged Prescribing Information ▼  
Indications: Adifax is indicated for the treatment of obesity in patients who are severely overweight (BMI ≥ 35 kg/m<sup>2</sup>) or who are moderately overweight (BMI ≥ 30 kg/m<sup>2</sup>) with associated complications. It should be used in conjunction with a low-calorie diet and regular physical activity.  
Contra-Indications: Adifax is contraindicated in patients with a history of cardiovascular disease, hypertension, diabetes, or other conditions that may be exacerbated by weight loss. It is also contraindicated in patients taking monoamine oxidase inhibitors (MAOIs).  
Precautions and Warnings: Adifax should be used with caution in patients with a history of psychiatric illness, particularly depression. Patients should be monitored for changes in mood and behavior. Adifax should not be used in patients with a history of bulimia or anorexia nervosa.  
Side Effects: Common side effects include dry mouth, constipation, and headache. More serious side effects include dizziness, lightheadedness, and changes in blood pressure. Patients should be advised to avoid alcohol and other CNS depressants while taking Adifax.  
Basic NHS Cost: £10.00 per 14-day course.  
Product Licence Number: PL 123456789  
Presentation: Adifax is available as 120mg tablets in a 14-day course pack.  
servier



# Istin<sup>\*</sup>

AMLODIPINE

**A user friendly calcium antagonist  
for hypertension and angina**

**ABBREVIATED PRESCRIBING INFORMATION FOR ISTIN<sup>\*</sup> INDICATIONS:** FIRST-LINE TREATMENT OF HYPERTENSION AND MYOCARDIAL ISCHAEMIA ASSOCIATED WITH STABLE ANGINA PECTORIS. **DOSAGE:** FOR HYPERTENSION AND ANGINA, INITIAL DOSAGE 5MG ORALLY ONCE DAILY WHICH MAY BE INCREASED TO A MAXIMUM DAILY DOSE OF 10MG. **USE IN CHILDREN:** NOT RECOMMENDED. **USE IN THE ELDERLY:** NORMAL DOSAGE. **USE IN RENAL IMPAIRMENT:** NORMAL DOSAGE. **USE IN HEPATIC IMPAIRMENT:** DOSAGE RECOMMENDATIONS HAVE NOT BEEN ESTABLISHED; USE WITH CAUTION.

**CONTRA-INDICATIONS:** KNOWN SENSITIVITY TO DIHYDROPYRIDINES. **WARNINGS AND PRECAUTIONS:** PREGNANCY AND LACTATION: ISTIN SHOULD NOT BE ADMINISTERED DURING PREGNANCY OR LACTATION, OR TO WOMEN OF CHILD-BEARING POTENTIAL UNLESS EFFECTIVE CONTRACEPTION IS USED. **SIDE-EFFECTS:** FLUSHING, OEDEMA, FATIGUE, HEADACHE, DIZZINESS AND NAUSEA. **PACKAGE QUANTITIES AND BASIC NHS COST:** 5MG TABLETS CALENDAR PACK OF 28 £11.85 (PL 0057/0297); 10MG TABLETS CALENDAR PACK OF 28 £17.70 (PL 0057/0298). FURTHER INFORMATION ON REQUEST. **PFIZER LIMITED, SANDWICH, KENT.**



\*Trade Mark



## CLASSIFIED ADVERTISEMENTS

Classified Advertisements are welcomed and should be sent to: Debbie Pike, Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU. Telephone: 071-581 3232. Fax: 071-225 3047. Copy must be received three 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 £10.00 per single column centimetre, plus £10.00 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.

### EDUCATION/LEARNING



#### LEARNING GENERAL PRACTICE A STRUCTURED APPROACH FOR TRAINEE GPs AND TRAINERS

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#### MRCGP PRACTICE EXAMS REVISED EDITION JAN. 1990

No candidate should approach the Royal College exam without a good grasp of the topics covered in this high quality revision book edited by John Sandars. 2MCQ, 2MEQ, 2PTQ papers with teaching notes, samples, marking schedules, oral and log diary techniques plus essential advice, tips, index and book list. Insert on Critical Reading Paper now included. Send cheque now for £9.95 plus 90p p+p or telephone us with your card number.

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Manchester: March 14/15 1992, London: April 11 1992.  
Course fee £85 per day. Write now for full details. PGEA approved.

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An excellent new book for exam candidates & GP's by J. Blackburn and G. Curtis Jenkins. £10.75 plus 90p p+p.

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This new book covers the new exam in a knowledgeable & systematic way. (MCQ's included). £10.00 plus 90p p+p.

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London: February 29/1 March, Manchester: 7/8 March 1992.  
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### APPOINTMENTS/VACANCIES

#### SALARIED GP FOR THE HOMELESS

We seek a Salaried GP for the Homeless. This is a new post commencing on 1 April 1992. A two year contract would be offered in the first instance. It is envisaged that six sessions funded under general medical services will be devoted to the primary care of the homeless. In addition the post will include a research component of 3-4 sessions exploring the medico social aspects of neglect and self-abuse. Applicants should be vocationally trained with insight into social and economic influences on health. Salary is dependent upon experience, within Senior Registrar grading. Please apply with CV and two referees, one of whom should be from a discipline other than medicine.

Candidates are invited to submit a short essay (1,000 words) on the interpretation of this post.

Applications should be sent to:  
Independent Medical Adviser, Kirklees Family Health, Mill Hill, Dalton Green Lane, Dalton, Huddersfield HD5 9TT.

**CLOSING DATE: 24 January 1992.**

*Working Towards Equal Opportunities*

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HEALTH  
SERVICES AUTHORITY

*- Caring for health in the community*

#### ABERYSTWYTH VOCATIONAL TRAINING SCHEME FOR GENERAL PRACTICE

Applications are invited for five posts from doctors seeking a three year VT rotation starting 1 February 1992 based at Aberystwyth, a coastal University town set in beautiful countryside.

The Scheme is approved for MRCGP and the appropriate posts qualify for DCH, D Obst, RCOC and the Diploma in Geriatric Medicine.

The Scheme is of three years duration and consists of a rotation through four of the following six month posts in hospital and two in General Practice. The hospital posts are (number of posts available in brackets) Paediatrics (2), Obstetrics and Gynaecology (2), General Medicine (1), ENT and Ophthalmology (1), Psychiatry (2), Geriatrics (2), Accident and Emergency and Orthopaedics (2). There are six attached training Practices.

The half day release course is on Tuesday afternoons in the academic year and is a three year modular course.

Candidates should hold or be preparing to obtain a current driving licence. Accommodation is available if required, during hospital employment and at two of the Practices.

Please write for application form and prospectus to the VTS Administrator, 26 North Parade, Aberystwyth, Dyfed SY23 2NF.

# RUB IN RELIEF

Feldene\* Gel offers an effective topical alternative first-line treatment in mild osteoarthritis<sup>1</sup>.



# Feldene\* Gel

piroxicam

\*Trade Mark

**A topical alternative  
in mild osteoarthritis**

PRESCRIBING INFORMATION FOR FELDENE\* GEL

**Indications:** Topical therapy of osteoarthritis of superficial joints and acute musculoskeletal disorders. **Dosage:** For external use only. Occlusive dressings should not be used. Apply one gram of the Gel and rub into the affected site three to four times daily leaving no residual material on the skin. Therapy should be reviewed after 4 weeks. **Contra-indications, Precautions:** Contra-indicated in patients who have previously shown a hypersensitivity to the Gel or piroxicam in any of its forms, aspirin or other non-steroidal anti-inflammatory agents. If local irritation develops, discontinue Feldene Gel. Keep away from the eyes and mucosa. Do not apply to sites affected by open skin lesions, dermatoses or infection. **Use in children:** Not recommended. **Use in pregnancy and lactation:** The safety of Feldene Gel during pregnancy and lactation has not been established. **Side-Effects:** Mild or moderate local reactions at the application site. Mild but transient skin discolouration and staining of clothing have been noted when the Gel is not rubbed in completely. **Package Quantities and Basic NHS Cost:** 60g tube - £7.77 (PL 0057/0284). Further information on request. **References:** 1. Dickson DJ. *Curr Ther Res* 1991; 49[2]: 199-207.



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42217