

ZERO  
HRS

24  
HRS

**HELP KEEP THEM OUT  
OF THE RED AND  
IN THE GREEN**

# Zestril

lisinopril ICI

**P R E S C R I B I N G   N O T E S**

**Consult data sheet before prescribing.**

**USE:** All grades of essential hypertension and renovascular hypertension. Congestive heart failure (adjunctive therapy).

**PRESENTATION:** Tablets containing 2.5mg, 5mg, 10mg or 20mg Lisinopril ('Zestril').

**DOSAGE AND ADMINISTRATION: Hypertension** - Initially 2.5mg daily, a 2.5mg dose seldom achieves a therapeutic response; adjust dose according to response. Maintenance usually 10-20mg once-daily. Maximum is 40mg daily. Diuretic-treated patients - if possible stop diuretic 2-3 days before starting 'Zestril'. Resume diuretic later if desired.

**Congestive heart failure:** (adjunctive therapy) - initially 2.5mg daily in hospital under close medical supervision, increasing to 5-20mg once-daily according to response.

**Impaired renal function:** - May require a lower maintenance dose. 'Zestril' is dialysable.

**Elderly patients:** - No change from standard recommendations.

**CONTRAINDICATIONS:** Pregnancy - stop therapy if suspected. Hypersensitivity to 'Zestril'. Patients reacting with angioneurotic oedema to previous ACE inhibitor treatment.

**PRECAUTIONS:** Assessment of renal function is recommended. Renal insufficiency, renovascular hypertension; surgery/anaesthesia; possibility of hypotension especially in ischaemic heart disease and cerebrovascular disease. Combination with anti-hypertensives may increase hypotensive effect. Sometimes increased blood urea and creatinine and/or cases of renal

insufficiency if given with diuretics. Minimises thiazide-induced hypokalaemia and hyperuricaemia. Potassium supplements, potassium-sparing diuretics and potassium-containing salt substitutes not recommended. Incomethacin may reduce hypotensive effect. Possible reduced response in Afro-Caribbean patients. Use with caution in breastfeeding mothers. Do not use in aortic stenosis or outflow tract obstruction or cor pulmonale. Monitor lithium serum levels if lithium salts administered.

**SIDE EFFECTS:** Dizziness, headache, diarrhoea, fatigue, cough and nausea. Less frequently, rash and asthenia. Rarely, angioneurotic oedema and other hypersensitivity reactions, renal failure, symptomatic hypotension (especially if volume-depleted); severe hypotension (more likely if severe heart failure); palpitation; hyperkalaemia; increases in liver enzymes and serum bilirubin (usually reversible on discontinuation of 'Zestril') and impotence.

**PRODUCT LICENCE NUMBERS AND BASIC NHS COSTS:** 'Zestril' 2.5mg (29/0208) 28 tablets, £7.84, 5mg (29/0204) 28 tablets, £9.83, 10mg (29/0205) 28 tablets, £12.13, 20mg (29/0206) 28 tablets, £20.96.

**'Zestril' is a trademark.**

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

**REFERENCES:** 1. White WB, Dey HM and Schulman P. Am Heart J 1989; 118: 782-795. 2. Kannel WB. Am J Med 1983; 75: 4-11.



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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 17½%. 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.

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### APPOINTMENTS

## TRAINEE REQUIRED

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Please apply to Mrs M.J. Gosling, Practice Manager, Eastham Group Practice, 170 Plymyard Avenue, Eastham, Wirral, Merseyside L62 8EH.



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In the Department of General Practice

The University invites applications for the post of Senior Lecturer in the Department of General Practice in the University of Manchester School of Medicine. The Department has major teaching commitments in the undergraduate curriculum, contains within it the Department of Health funded Centre for Primary Care Research, and is based on the Robert Darbishire Practice, having 13,000 patients and being housed in a purpose-built health centre.

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### EVENTS



An Evening to Celebrate the Founding of our College

"In Sickness and In Health!"

## 40th ANNIVERSARY BENEFIT CONCERT

The College is holding a special 40th Anniversary benefit concert in aid of the Development Fund at 8 pm on Tuesday 14 July at the Purcell Room in the South Bank Centre, London.

Sainsbury's Choir of the Year The Joyful Company of Singers will be providing a fun programme on matters medical with complementary readings from actor Gabriel Woolf.

We are offering a special, all-inclusive package to all our members to include a ticket, souvenir brochure and post-concert reception and refreshments — for £30 per head (family members accompanying two adults at £20 per head).

Some tickets left — please contact RCGP Enterprises on 071-823 9698.

## TRAINEE GENERAL PRACTITIONER

We are looking for a trainee general practitioner to join a large training practice in Southport commencing August 1992. We provide excellent facilities from recently refurbished premises. Offer good range of health promotion clinics, minor surgery sessions etc. Have a full compliment of ancillary and attached staff, and are committed to training.

Apply with CV to: Practice Manager, Churchtown Medical Centre, 137 Cambridge Road, Southport PR9 7LT.

COURSES

# UMDS

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## UMDS GUY'S HOSPITAL GENERAL COURSE IN MEDICINE FOR GENERAL PRACTITIONERS

9 - 13 November 1992  
Course Fee £275

An innovative course, the contents of which will be based on the interests of the applicants. PGEA approval is being sought for 30 hours. Early application is advised as places are limited.

For application form please apply to:  
Mrs Kim Latimer, Postgraduate Medical Studies,  
UMDS, Guy's Hospital, London SE 9RT  
Telephone 071-955 4300



## CHANGING PRIMARY HEALTH CARE

The South Wales Valleys and Beyond  
Conference, 23 - 25 April, 1993

Heritage Park Hotel, Nr. Pontypridd  
Mid Glamorgan

Director: Dr. Brian Wallace

A national conference for members of the PHC Team

### CALL FOR WORKSHOP ABSTRACTS

#### KEYNOTE SPEAKERS:

Dr Chris Ham, Dr Morton Warner, Dr Karen Luker,  
Dr Charlie Davison, Dr Mollie McBride, Dr John MacDonald

#### CONFERENCE THEMES:

Changing primary health care  
Changing policies, changing practice, new initiatives  
The South Wales Valleys experience  
The European dimension  
Policy and action — primary health care and the future?

Abstract Deadline: Friday 20 November, 1992

For Abstract Form and further information, contact Organising Committee, Teamcare Valleys, Whitchurch Hospital, Whitchurch, Cardiff CF4 7XB. Tel: 0222 520750. Fax: 0222 520811.

## UNIVERSITY OF WALES COLLEGE OF MEDICINE DEPARTMENT OF DERMATOLOGY

### THE DIPLOMA IN PRACTICAL DERMATOLOGY

This is an extramural structured programme in dermatology designed to equip the general practitioner with a sound practical understanding of skin disease as it presents in practice.

The course is divided into three modules each of ten weeks. The fee for each module is £500. There are structured reading and written tasks with personal case histories, specially prepared video programmes, audio cassettes and special short courses of clinical instruction in Cardiff. Continual assessment and a final examination lead to the Diploma in Practical Dermatology. The next course, organised by the University of Wales College of Medicine, will start in April 1993 and is open to all general practitioners.

For further details please write to:  
Miss Yvonne Morris  
Dermatology Postgraduate Co-ordinator  
Department of Dermatology  
University of Wales, College of Medicine, Heath Park  
CARDIFF CF4 4XN

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### OPPORTUNITY

## PRACTICE EXCHANGE IN AUSTRALIA

Would you like a working holiday in Australia for six months in 1993?

I would like to exchange practices, homes and cars with a general practitioner in a group practice in England.

My practice of four doctors is 6 km from the centre of Adelaide, the capital of South Australia, Adelaide (pop. 900,000) has a Mediterranean climate, excellent beaches, picturesque hills, wine growing areas nearby and is centrally placed for visits to other areas of Australia.

Please contact: Dr Oliver Frank, Hampstead Medical Clinic, 255 North East Road, Hampstead Gardens, South Australia 5086. Telephone — surgery: +61 8 261 1355; home: +61 8 269 1734.

### FOR SALE

## OVERSEAS PRACTICE

Suburban family practice in the University town of Dunedin, New Zealand. The principal will be in London early in July.

Please reply to: Dr K.E. Holmes  
New Zealand House  
Haymarket  
SW1Y

## COURSES



Following two highly successful conferences, the Montgomeryshire Medical Society announces that the

### 3rd ANNUAL STUDY COURSE FOR RURAL DOCTORS

will be held at

**Gregynog Hall, Newtown, Mid Wales  
29 September - 2 October 1992**

The course is specifically designed to address the needs of GPs from rural areas. Topics under discussion this year will be:-

Trauma Injury and Sudden Death, Tourism and its Effects, The Role of the Female GP, Angina and Strokes, Reforming the NHS and Audit and Research in General Practice.

PGEA Accreditation Three Days: Cost £200.00 inclusive.

For further information please contact Mrs Ann Whale, Montgomeryshire Medical Society, Brynhyfryd Hospital, Forden, Welshpool, Powys SY21 8NW. Tel: 0938 76377 ext. 23.

## RCGP

Courses  
and  
Conferences



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Join our PGEA approved Personnel Management Course led by Hilary Haman, personnel consultant, and learn the skills needed to effectively manage staff. The 2 day intensive course is being run on 13 and 14 October 1992 for general practitioners and practice staff.

For further details contact RCGP Courses, Ref. NU, 14 Princes Gate, London SW7 1PU. Tel: 071-823 9703.

## WEST OF SCOTLAND FACULTY

Offer the following courses:

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4 sessions HP. Techniques in one to one, lecture and promotion situations. 2 days, 14th-15th September, 1992.

### ONE WEEK COURSE IN GENERAL PRACTICE STUDIES

10 sessions (mixed). An update course in clinical aspects of practice. 5 days, 22nd-26th February, 1993.

### ONE WEEK COURSE IN GENERAL PRACTICE STUDIES

10 sessions (mixed). An update course in clinical aspects of practice. 5 days, 1st-5th March, 1993.

### RECENT ADVANCES AND CURRENT TRENDS

6 sessions DM. Hospital based course of lectures and bed side teaching in various specialties. 3 days, 16th-18th March, 1993.

### RECENT ADVANCES IN GENERAL PRACTICE

6 sessions (mixed). The cutting edge of medicine for the thinking GP. 3 days, 24th-26th March, 1993.

Applications for all courses to be made to:

Miss E. Paton  
Postgraduate Medical Office  
University of Glasgow  
Glasgow G12 8QQ  
Telephone: 041 339 8855

Course fee: £30/Session.

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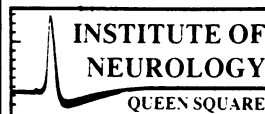
## SPINAL MANIPULATION

14-16 October, 9-11 December 1992

Kingston-on-Thames PG Medical Centre

Contact Mrs Marshall

4 Studland Road, Kingston, Surrey KT2 5HJ



UNIVERSITY OF LONDON  
British Postgraduate  
Medical Federation

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### 'COMMON NEUROLOGICAL COMPLAINTS'

on Friday, 20th November 1992 at 9.30 am.

Cost £20 including lunch. PGEA approved.

For further details please contact:

The Assistant Secretary for Students, Institute of Neurology,  
National Hospital for Neurology and Neurosurgery, London  
WC1B 3BG. Tel: 071-837-3611. Fax: 071-278-5069.

## NEW THINGS '92

This established educational course, run by GPs for GPs, now in its twelfth year, will take place on 19th - 23rd October, 1992 at Eastbourne Postgraduate Medical Centre, District General Hospital. The course will be recognised for five whole days PGEA approval. Fee: £240.00, coffee, lunch and tea provided.

Enquiries to: Dr M. Walter, New Things Course Organiser, Postgraduate Medical Centre, District General Hospital, King's Drive, Eastbourne, East Sussex BN21 2UD. Tel: 0323 417400 ext. 4283.

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**Contra-indications.**

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**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 discoloration and staining of clothing have been noted when FELDENE Gel is not rubbed in completely.

**Package Quantities and Basic NHS Cost:** FELDENE Gel 60g tube — £7.77 (PL 0057/0284).

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