

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. Indomethacin 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.



## 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 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.

### COURSES

# UMDS

GUY'S AND ST THOMAS'S  
MEDICAL AND DENTAL SCHOOL

## 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 SE1 9RT  
Telephone 071-955 4300

## AUTUMN UPDATE GP REFRESHER COURSE

12 - 16 October 1992

This popular Course is to be held again this year. It will cover a wide range of subjects relevant to general practice, and will include lectures, case discussion in groups and visits to Hospital Departments. Two afternoon sessions will involve outside visits to places of local medical interest. The Course will qualify for 30 hours PGEA approval. Course fee £200.

Applications to: Miss Joan Mitchell, Centre Manager, Plymouth Medical Centre, Derriford Hospital, Plymouth PL6 8 DH. Telephone (0752) 792715.

### GENERAL PRACTICE

## The University of Sheffield SENIOR LECTURER IN GENERAL PRACTICE

See main advert under the academic appointments section

## A RESIDENTIAL COURSE

Thornbridge Hall, near Bakewell, Derbyshire  
12 - 14 November 1992

Topics will include: Educational Theory into Practice; Transactional Analysis and the Trainer; Re-orientation of Attitudes, Concepts and Judgement from Hospital Medicine to General Practice and The Computer in Training Practices. Speakers will include Dr Eddie Josse and Dr Andrew Belton. S63 approval applied for.

Full details from: Dr D J Fairclough, Adviser in General Practice, Postgraduate Department, Medical School, Beech Hill Road, Sheffield S10 2RX (Tel: 0742 766222, ext 2526).

## THE MARCE SOCIETY Sixth International Conference

## RECENT ADVANCES IN CHILD BEARING AND MENTAL HEALTH

at the

Edinburgh Conference Centre  
Heriot-Watt University

2 - 4 September 1992

Course fee £150

Applications to:  
Conference Secretariat (Marce)  
1 Willoughby Street, Beeston  
Nottingham NG9 2LT  
Telephone: 0602 436323

**FOR ADVERTISING RATES  
TELEPHONE 071 225 2389**

CONFERENCE

# EPILEPSY AND PRIMARY CARE

A Joint Conference of the International League  
Against Epilepsy (British Branch) and the Royal  
College of General Practitioners

*Part of the Epilepsy Europe 1992 Conference  
Scottish Exhibition Centre, Glasgow  
1st - 2nd September 1992*

**TUESDAY 1st SEPTEMBER  
1400 - 1730 Hrs**

Epidemiology of Epilepsy in General Practice  
Audit and epilepsy in General Practice  
Epilepsy Clinics in General Practice  
Hospital/Primary Care Liaison

**WEDNESDAY 2nd SEPTEMBER  
0900 - 1230 Hrs**

Management of the First Seizure  
Modern Methods of Investigation  
Re-assessment of the Chronic Patient  
Update on Surgery and New Drugs

Fee: £75.00, which includes overnight accom-  
modation on 1st September and lunch on that day.  
Registration forms and full programme can be ob-  
tained from:

**MEDICINE GROUP (UK) LTD  
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62 STERT STREET  
ABINGDON  
OXON, OX14 3UQ  
Tel: 0235 555770 Fax: 0235 554691**

from whom details of the main conference can be  
obtained.

COURSES

## *The Royal Society of Medicine* **DISABILITY IN CHILDREN**

a conference for general practitioners  
and community paediatricians

**PGEA APPROVED PROGRAMME:  
½ DAY HEALTH PROMOTION & PREVENTION OF ILLNESS  
½ DAY DISEASE MANAGEMENT**

**Tuesday 20 October 1992**

**Venue:**

**The Royal Society of Medicine  
1 Wimpole Street, London W1M 8AE**

**Plenary sessions:**

The frequency of mental and physical disability in children  
Adolescence and the transfer to adult services  
Accessing specialist health services — genetics, orthopaedics,  
appliances etc

Does intervention in disability work?  
How families cope with disability

**Workshop sessions on common management problems:**

Communication and feeding  
Sleeping and behaviour patterns

Throughout the day there will be poster displays and stands,  
each manned by representatives from self-help groups and  
charities to answer your specific questions and problems

**Registration fees: RSM £30, Others £45**

For full programme and registration information please contact:  
Fiona Morris, Symposium Executive  
The Royal Society of Medicine, 1 Wimpole Street  
London W1M 8AE  
Tel: 071 408 2119 Fax: 071 355 3197

**WESTMINSTER HOSPITAL POSTGRADUATE CENTRE**

## **GP COURSES AUTUMN 1992**

**8th September**

Child Surveillance & Child Protection  
An Update For General Practitioners  
PGEA Approved 1 Day Category I. Fee £65.

**15th September**

Minor Surgery — Joining the List & Improving your Skills  
PGEA Approved 1 Day Category II. Fee £80.

**23rd - 27th November**

Westminster GP Refresher Course

Further details from Rita Mazzioli, Westminster Hospital  
Postgraduate Centre, 17 Horseferry Road, London SW1P 2AR.  
Tel. 081 746 8310.

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TELEPHONE 071 225 2389**

## CLASSIFIED ADVERTISEMENTS

### APPOINTMENTS

#### THE UNIVERSITY OF SHEFFIELD SENIOR LECTURER IN GENERAL PRACTICE

Applications are invited for this new full-time post based in the Department of General Practice in the Medical School at the Royal Hallamshire Hospital, for an initial period of five years with the expectation that the appointment will be renewed on a rolling basis.

The successful candidate will be expected to develop research in the field of Primary Care, and to attract research funding. There will also be an opportunity to influence development of General Practice teaching in the undergraduate curriculum as well as opportunities in medical audit, vocational training, and continuing medical education. It is envisaged that the person appointed will establish a clinical base with a suitable General Practice in the Sheffield area.

Candidates should be Principals in General Practice with some previous experience of teaching and research. Salary will be on the scale for Clinical Senior Lecturers £36,930 - £46,390 pa, under review.

Informal enquiries to Professor D R Hannay (0742 721706).

Further details from Director of Personnel Services, The University, PO Box 594, Firth Court, Western Bank, Sheffield S10 2UH (Tel. 0742 768555 ext 4144), to whom applications including a full CV and the names/addresses of three referees (2 copies of all documents) should be sent by 28 August 1992. Ref: R.176.

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### COURSES

## HOMOEOPATHY

### Introductory Course for General Practitioners

commencing 1st and 2nd October 1992

Details from Education Secretary  
Faculty of Homoeopathy  
2 Powis Place, London WC1N 3HT.

### TRAINING COURSE IN MAHARISHI AYUR-VED for doctors

Age-old, prevention-oriented, scientific system of natural medicine

2-week residential course giving a solid foundation of practical and theoretical knowledge of Maharishi Ayur-Ved, enabling doctors to incorporate it in their own medical practice. 20 approaches for prevention and treatment, including:  
★ Pulse diagnosis to determine constitutional type and state of health. ★ Comprehensive and scientific approach to prevention, including diet, daily and seasonal routine, exercise etc. based on individual constitution. Choice of dates: 16-30 August 1992 or 3-17 October 1992.

Enquiries to: Maharishi Ayur-Ved College of Natural Medicine, Mentmore, Leighton Buzzard, Beds LU7 0QH. Tel: 0296 661726. Fax: 0296 662049.

### GP INTENSIVE COURSE IN GENERAL SUBJECTS

19th - 23rd October 1992

5 days/10 sessions. PGEA, including 4 sessions practice management £150.

Apply: Postgraduate Administrator, Medical Centre, St. Charles Hospital, Exmoor Street, London W10 6DZ. Tel. 081 968 2323.

### ST. GEORGE'S HOSPITAL MEDICAL SCHOOL DIVISION OF ADDICTIVE BEHAVIOUR

#### **DIPLOMA IN ADDICTIVE BEHAVIOUR FOR GENERAL PRACTITIONERS**

This 1 year part-time course for general practitioners is unique in the UK. The next course starts 6th October, 1992. PGEA approved. For details contact Mari Ottridge, Education and Training Officer, Division of Addictive Behaviour, St. George's Hospital Medical School, London SW17 0RE. Tel. 081 672 9944 ext. 56137.

**FOR ADVERTISING RATES TELEPHONE 071 225 2389**



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**PRESCRIBING INFORMATION**

**Indications:** FELDENE Gel is effective in the treatment of osteoarthritis of superficial joints and acute musculoskeletal disorders. **Dosage:** For external use only. Occlusive dressings should not be used. Apply one gram of FELDENE 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 FELDENE 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 mucosal surfaces. 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 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).

Further information on request.



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**Feldene Gel**

piroxicam

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