

ZERO  
HRS

24  
HRS

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

# Zestril

lisinopril ICI

## PRESCRIBING NOTES

### 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** - Adults (including elderly): 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:** Adults (including elderly): initially 2.5mg daily in hospital under close medical supervision, increasing to 5-20mg once-daily according to response. Monitor blood pressure and renal function.

**Renal impairment:** May require lower maintenance dosage.

**CONTRAINDICATIONS:** Pregnancy. Hypersensitivity to Zestril. Patients with history of angioneurotic oedema to previous ACE inhibitor therapy. Patients with aortic stenosis, cor pulmonale or outflow tract obstruction.

**PRECAUTIONS:** Assessment of renal function is recommended. Symptomatic hypotension may occur, particularly in volume depleted patients and congestive heart failure. Caution in patients with ischaemic heart or cerebrovascular disease, renal insufficiency, renovascular hypertension. Patients with a history of angioedema may be at increased risk of angioedema with an ACE inhibitor. Cough has been reported with ACE inhibitors. Renal impairment (usually reversible) may occur in some patients. Hypotension may occur during surgery

or anaesthesia. Caution in nursing mothers. No paediatric experience. Afro Caribbean patients may show reduced therapeutic response. Symptomatic hypotension can be minimised by discontinuing diuretic prior to Zestril. Interaction with indomethacin and lithium. Potassium supplements, potassium sparing diuretics and potassium containing salt substitutes not recommended. Avoid concomitant use with high-flux dialysis membranes.

**SIDE EFFECTS:** Hypotension, dizziness, headache, diarrhoea, cough, nausea, fatigue. Less frequently, rash, asthenia. Rarely, angioneurotic oedema and other hypersensitivity reactions, myocardial infarction or cerebrovascular accident possibly secondary to excessive hypotension in high risk patients, palpitation, tachycardia, abdominal pain, dry mouth, hepatitis, jaundice, mood alterations, mental confusion, urticaria, diaphoresis, uraemia, oliguria/anuria, renal dysfunction, acute renal failure, impotence. A symptom complex which may include fever, vasculitis, myalgia, arthralgia/arthritis, positive ANA, elevated ESR, eosinophilia, leukocytosis, rash, photosensitivity or other dermatological manifestations may occur. Increases (usually reversible) in blood urea, serum creatinine, liver enzymes and serum bilirubin. Decreases in haemoglobin and haematocrit have occurred. Hyperkalaemia.

**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, £13.72.

Zestril is a trademark.



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

REFERENCE: 1. Kannel WB. Am J Med 1983; 75: 4-11.

# New Titles for General Practitioners . . .

## CANCER IN PRACTICE

J Bullimore • S Goodman • G Rees

A comprehensive description of modern cancer treatments, emphasising chemotherapy and radiotherapy, to enable the general practitioner to understand the treatment their patients will undergo.

February 1993 0 7506 1404 8 304pp 234 × 165mm Illustrated Softcover £25.00

## CLINICAL METHOD

A General Practice Approach

Edited by R C Fraser

Especially designed to help students gain maximum benefit from a period of exposure to, and teaching, the setting of general practice as part of their basic medical education.

June 1992 0 7506 1448 X 112pp 216 × 138mm Illustrated Softcover £10.95

## PSYCHOLOGY, PSYCHIATRY AND CHRONIC PAIN

S P Tyrer

Written for all those who work with sufferers of chronic pain so that they will be well equipped to assess and treat the psychological and psychiatric complications of the condition.

September 1992 0 7506 0573 1 192pp 234 × 165mm Illustrated Hardcover £22.50

## PRACTICAL GENERAL PRACTICE

A Khot • A Polmear

Brimming with sound practical advice, this book is set to become the touchstone for all general practitioners, whether established or in training.

October 1992 0 7506 0867 6 416pp 216 × 138mm Softcover £19.95

### Butterworth-Heinemann Guarantee

If you are not satisfied with a book, you can return it to us within the book to a resale price guarantee period of 30 days from the date of purchase. We will refund the invoice value of the book.

**B**  
**H** BUTTERWORTH  
HEINEMANN

Linacre House, Jordan Hill, Oxford OX2 8DP

### ORDER FORM

Order from your usual bookseller or from: Denise Baverstock, Butterworth-Heinemann, FREEPOST, Oxford, OX2 8BR, UK  
(No stamp required if posted within the UK)

Please send me:

- |   |         |
|---|---------|
| <input type="checkbox"/> Cancer in Practice 0 7506 1404 8 £25.00                      | £ _____ |
| <input type="checkbox"/> Clinical Method 0 7506 1448 X £10.95                         | £ _____ |
| <input type="checkbox"/> Practical General Practice 0 7506 0867 6 £19.95              | £ _____ |
| <input type="checkbox"/> Psychology, Psychiatry and Chronic Pain 0 7506 0573 1 £22.50 | £ _____ |

Postage £2.50

Total \_\_\_\_\_

I enclose a cheque for £ \_\_\_\_\_ (Cheques payable to Reed Book Services Ltd)

Please debit my credit card for £ \_\_\_\_\_  
\* Access/Barclaycard/Visa/Mastercard/American Express/Diners Club

Card number \_\_\_\_\_ Expiry date \_\_\_\_\_

If your credit card is registered at an address different from that given below, please supply.

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

\* Please delete as applicable

In the UK please allow 28 days for delivery. All prices correct at time of going to press but may be subject to change.

Registered office: 88 Kingsway, London EC2B 6AB. Registered in England No. 194771

M2066



## CLASSIFIED ADVERTISEMENTS

Classified Advertisements are welcomed and should be sent to: The Advertising Sales Executive, 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 publisher will not be responsible for any error in the insertion of, or omission to insert, any advertisement. 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 17.5%. 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, amend or withdraw any advertisement without explanation. All recruitment advertisements in this section are open to both men and women.

### 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

THE SOCIETY FOR PSYCHOSOMATIC RESEARCH AND THE LIAISON  
PSYCHIATRY GROUP, ROYAL COLLEGE OF PSYCHIATRISTS

### Conference on Medically Unexplained Symptoms: Mechanisms and Management

held at

Institute of Psychiatry, De Crespigny Park, Denmark Hill  
London SE5 8AF, 17th/18th November 1992

Topics include: The physiology and psychology of irritable bowel syndrome; Psychological influences on lower back pain; What is known about repetitive strain injury?; The role of physiology and psychology in non-cardiac chest pain; The endocrine and psychological basis of PMT; Pseudoseizures; Chronic fatigue; Medically unexplained symptoms in primary care — detection and management.

Expert speakers from general medicine, psychiatry and psychology.

Full conference fee £90.00 reduced to £80.00 for bookings received by 1st October 1992. Reduced price of £65.00 to members of the Society of Psychosomatic Research. PGEA approved.

Application forms and enquiries to Dr C Bass, Department of Psychological Medicine, John Radcliffe Hospital, Headington, Oxford OX3 9DU. (Telephone 0865 220379).

### BRITISH SOCIETY OF MEDICAL AND DENTAL HYPNOSIS

Basic and Intermediate introductory courses on the use of hypnosis in clinical practice October 10/11, December 5/6. PGEA approved for 4 sessions. £125 each course or £200 if booked together. For details apply Mrs J. Cull, 79 Fairlie Crescent, Birmingham B38 3DX.

### SERVICES



**MEDICAC**

ACCOUNTANTS  
FOR THE MEDICAL  
PROFESSION

### A SOLUTION TO BOOK-KEEPING AND ACCOUNTING

- Medicac provides a complete book-keeping and accounting service that is specifically aimed at the medical practitioner.
- Computerised accounting records and final accounts are prepared under the supervision of a qualified accountant who will also act as your adviser.
- Fees for the complete service are low, fixed and start from £10 per week.

Enquiries to: Medicac, Premier House, 112 Station Road, Edgware, Middlesex HA8 7BJ. Tel: 081 455 3000. Fax: 081 458 5671.



**SANDS**  
STILLBIRTH AND NEONATAL  
DEATH SOCIETY

### WHOSE JOB IS IT ANYWAY? SUPPORT IN THE COMMUNITY AFTER MISCARRIAGE, STILLBIRTH & NEONATAL DEATH

Thursday, 19 November 1992  
The Wellcome Foundation, London

A one day multidisciplinary conference to address and debate the issues and dilemmas facing GPs and other health professionals working in the community, and hear a variety of speakers on practical aspects of care after pregnancy and baby loss. PGEA approval pending.

Further details from SANDS, 28 Portland Place, London W1N 4DE. Tel: 071 637 7756 (24 hr answerphone)

Published by  
**RCGP**  
ROYAL COLLEGE OF GENERAL PRACTITIONERS

THE MANAGER IN PRACTICE

***Balancing  
Dreams And Discipline***

*by Sally Irvine MA*

The author draws on experience of over seven years of providing consultancy to practices.

This Book is based on the belief that “the years ahead will be best of all for those who learn to balance dreams and discipline.”

Now available, price £13.50 from RCGP Enterprises Ltd, 14 Princes Gate, Hyde Park, London SW7 1PU, Telephone 071 823-9698.