



SCHERING

## What HRT ought to be

UK doctors told us what they wanted in an oral HRT formulation. Nuvelle closely matches their specifications – developed in the UK, for the UK, as first-line HRT.\*

# nuvelle

oestradiol and levonorgestrel

**POM** Reviewed February 1993.

#### Prescribing Information

28 tablets containing oestradiol valerate 2 mg, the last 12 also containing levonorgestrel 75 micrograms. **Indications:** Hormone replacement therapy for the treatment of the climacteric syndrome. **Dosage and administration:** Menstruating patients begin treatment on the 5th day of menstruation. Other patients may start at any time. One tablet daily continuously. **Contra-indications, warnings, etc.** **Contra-indications:** Pregnancy, severe disturbances of liver function, jaundice or general pruritus of pregnancy, Dubin-Johnson syndrome, Rotor syndrome, existing or previous thromboembolism, sickle-cell anaemia, suspected or existing hormone-dependent disorders or tumours of the uterus and breast, congenital disturbances of lipid metabolism, a history of herpes gestationis (also known as pemphigoid gestationis), otosclerosis with deterioration during pregnancy. **Warnings/side-effects:** Hormonal contraception should be stopped. Reported symptoms include anxiety, increased appetite, bloating, breast symptoms, cardiac symptoms, depressive symptoms, dizziness, dyspepsia, leg pains and swelling, altered libido, nausea, rashes, vomiting and altered weight. Cholestasis is possible in predisposed patients. Carefully monitor multiple sclerosis, epilepsy, diabetes, hypertension, porphyria, tetany and otosclerosis. **Precautions and special**

**information:** Before treatment, exclude pregnancy. If the expected bleeding fails to occur at about 28-day intervals, stop treatment and exclude pregnancy. Stop treatment at once if there are frequent and unusually severe headaches, first migraine or possible prodromata of vascular occlusion, or if trauma, illness or impending surgery entails a risk of thrombosis, if jaundice or pregnancy occurs, or blood pressure rises significantly. In patients with mild chronic liver disease, check liver function every 8-12 weeks. Examination of the pelvic organs, endometrium, breasts and blood-pressure is advised before and periodically during treatment. Investigate irregular bleeding. **Pharmaceutical precautions:** Store in cool, dry conditions. Shelf-life five years. **Legal category** POM Basic NHS Cost per pack of 3 x 28 tablets: £13.77 PL 0053/0219 PL Holder: Schering Health Care Ltd, Burgess Hill, West Sussex RH15 9NE. Nuvelle™ is a trademark of Schering AG. NUV Feb 1993 **References:** 1. Eisen, S.A. et al., Arch. Intern. Med., 1990; 150: 1881-84. 2. Schneider, W.H.F. & Spona, J., Acta. Obstet. Gynecol. Scand., 1977; Suppl. 65: 39-43. 3. Kloppe, A., Br. Med. J., 1976; 2: 414-416. 4. Whitehead, M.I., Acta. Obstet. Gynecol. Scand. Suppl., 1986; 134: 81-91. 5. Whitehead, M.I. et al., J. Reprod. Med., 1982; 27 (suppl. 8): 539-48.

## HRT in a single daily tablet

Schering Health Care Ltd, The Brow, Burgess Hill, West Sussex, RH15 9NE. Telephone 0444 232323

# THE EXPANDING WORLD OF 'ZESTRIL'



More GPs are prescribing 'Zestril'  
for more patients than ever before

**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, pancreatitis. 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.

**LEGAL CATEGORY:** POM. **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: ZENECA Pharma, King's Court, Water Lane, Wilmslow, Cheshire SK9 5AZ. ZENECA Pharma is part of the ICI Group.

**lisinopril**

*Helping hypertensives retain  
their Zest for Life*

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## THE ROYAL COLLEGE OF GENERAL PRACTITIONERS PRINCE OF WALES EDUCATIONAL FELLOWSHIPS £12,000

The Royal College of General Practitioners has recently established a Commission on Primary Care to improve services for patients through better inter-professional working facilitated by learning together. The Commission represents the disciplines of general practice, nursing, health visiting, social work, practice management and osteopathy, as well as carers and patients.

The Commission invites applications for the following Prince of Wales Educational Fellowships:

***Physical Disability Fellowship***, sponsored by the Medical and Dental Defence Union of Scotland.

***Care of People with Mental Health Problems***, sponsored by the Medical Insurance Agency Charity.

Both Fellowships are funded for three sessions per week (£12,000pa), tenable for three years from 1 September 1993. The Fellowship are open to experienced professionals from all disciplines within primary care who have a proven track record in organising multi disciplinary training and /or continuing education. The postholders will have excellent written and oral communication skills and should be able to command respect from education providers and professionals across all the disciplines encompassed within primary care. A medical or nursing qualification is not required.

For further details contact the Clerk to the RCGP Commission on Primary Care, RCGP, 14 Princes Gate, Hyde Park, London, SW7 1PU - 071 581 3232. Enquirers should specify in which Fellowship they are interested.

*Closing date for applicants is 21 May 1993.*

*The following clinics are available for referral of patients by general practitioners. They are based on the training schools at present accredited by the General Council and Register of Osteopaths. Treatment is carried out by those in training for membership of the Register of Osteopaths (MRO) and is closely supervised by experienced osteopaths with that qualification. Training courses are four years in duration for non-medical osteopaths including between 1,100 and 1,600 hours of supervised patient treatment; medical practitioners at the London College of Osteopathic Medicine train for thirteen months involving 900 hours of patient treatment supervised by medically qualified osteopaths.*

**THE BRITISH COLLEGE OF NATUROPATHY AND OSTEOPATHY CLINIC**

Founded 1935, Registered Charity No. 312907.

Frazer House, 6 Netherhall Gardens, London NW3 5RR. (Nearest Underground station - Finchley Road)

Appointments: 071 435 7830

**THE BRITISH SCHOOL OF OSTEOPATHY CLINIC**

Founded 1917. Registered Charity No. 312873.

1-4, Suffolk Street, London SW1Y 4HG. (Adjacent to the National Gallery)

Appointments: 071 930 9254

**THE EUROPEAN SCHOOL OF OSTEOPATHY CLINIC**

Registered Charity No. 266633.

104, Tonbridge Road, Maidstone, Kent ME16 8SL

Appointments: 0622 685989

**THE OSTEOPATHY ASSOCIATION CLINIC**

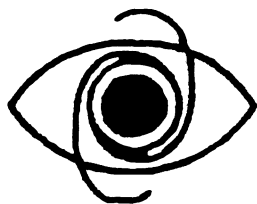
Founded 1927, Registered Charity No. 209713. (London College of Osteopathy Medicine)

8-10, Boston Place, NW1 6QH (Adjacent to Marylebone Station)

Appointments: 071 262 1128

*At these clinics patients' payments are below those generally charged in the independent sector and may be further reduced for claimants or others with low income; enquiries concerning the level of charges and the availability of reductions should be made when booking appointments.*

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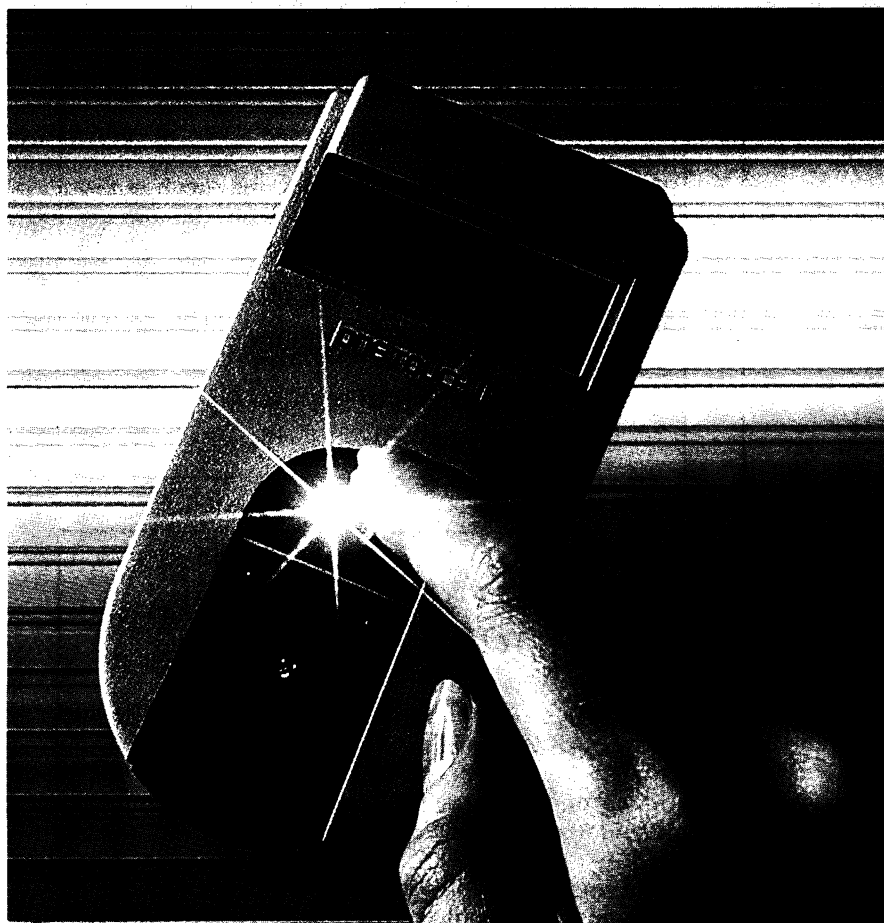
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## FORTHCOMING COURSES 1993

### THE "NEW" MANAGEMENT APPRECIATION COURSE

The changes General Practice is continuing to experience, has placed a greater demand on the quality of management in practice. This new 2 day course addresses those needs with the aim of helping GPs and Practice staff become better managers. The course deals with:

- \* strategic and operational management of the practice
- \* management of staff, time and the organisation
- \* management of change

Fee: £235 including VAT (£200 + £35 Vat) PGEA applied for. This course will be available from Mid 1993 early booking is advised.

### EFFECTIVE PERSONNEL MANAGEMENT

**Course Director: Sally Irvine**

**Course Tutor: Hilary Haman**

**3/4 June & 12/13 October 1993**

This course is designed for members of the practice team whose responsibilities include staff management. The principles of personnel management, and their application in the management of staff whose conduct and performance are problematic, are covered. This two day residential course addresses the contract of employment, the motivation of staff and dealing with disciplinary issues.

The fee is £200.00 for members and £250.00 for non-members. PGEA approved.

### PERFORMANCE APPRAISAL

**Course Tutor: Hilary Haman**

**13/14 May & 23/24 November 1993**

Two day course open to general practitioners and practice and health centre managers. It aims to provide an appreciation of performance appraisal, the opportunity to practice interviewing skills, including role play and the use of video, and to develop a plan to allow participants to introduce a performance appraisal scheme into their practice. This course is highly intensive and therefore limited to twelve participants only.

PGEA Approved. The fee is £270.00 including lunch and refreshments and dinner on the first evening.

For further details please contact RCGP Courses and Conferences on 071 823 9703 or Fax 071 225 3047

RCGP COURSES . RCGP COURSES . RCGP COURSES

## INTERVENTION SKILLS ALCOHOL - reducing the risk

**Friday 7 May 1993**

This one day conference jointly organized by the Health Education Authority and the RCGP will help general practitioners and practice team members to improve both general intervention skills and knowledge of how to deal effectively with patients with alcohol-related problems.

Plenary sessions and skills based workshops will cover: the role of the general practitioner, effectiveness of intervention, recognition of alcohol problems, working with others negotiating behaviour change, managing withdrawal and family implications.

Attend this event and put ideas into practice.

Fee for the day including papers and lunch is £30 per person or £10 for two members of the primary health care team from the same practice. PGEA approved.

For further details contact Courses and Conferences Development Unit. RCGP 14 Princes Gate, Hyde Park, London SW7 1PU.

Tel: 071-823-9703, Fax 071-225-3047

## ADVANCE NOTICE PHYSIOTHERAPY IN PRACTICE

This one day conference organised by the Royal College of General Practitioners in conjunction with the Chartered Society of Physiotherapy will take place on Thursday **11 November 1993** at the Royal Geographical Society London.

The conference will examine ways in which the two organisations can co-operate in patient care. In addition to the formal presentations there will be a series of practical demonstrations. Poster presentations on aspects of physical medicine with particular reference to co-operative activities will be available. Joint presentations from GPs and Physiotherapists will be particularly welcome and a prize will be offered for the best presentation.

Potential **poster presenters** are invited to submit abstracts outlining their subject on forms available from RCGP courses.

**Closing Date for submissions is 1st OCTOBER 1993.**

Abstract forms and further details of the Conference are available from Courses and Conferences, RCGP, 14 Princes Gate, London SW7 1PU. Tel; 071 823 9703 Fax: 071 225 3047



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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 £12.00 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 of refuse, amend or withdraw any advertisement without explanation. All recruitment advertisements in this section are open to both men and women.

## COURSES



ROYAL COLLEGE OF PHYSICIANS OF LONDON  
conference on  
**"VACCINES: PAST, PRESENT AND  
FUTURE"**

Thursday 22nd April 1993

This conference will include sessions on:

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THE HEALTH EDUCATION AUTHORITY PERSPECTIVE  
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at the Royal College of Physicians  
11 St Andrew's Place, Regent's Park,  
London NW1 4LE

Further details from the Conference Office  
Telephone 071 935 1174 ext 252/300

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A research project is supported and supervised and submitted as a dissertation for the Diploma or thesis for MSc.

Opportunities for short clinical attachments and personal development are included as well as encouragement to participate in the activities of a flourishing and vigorous new department.

For further details please contact:-

Professor B W McGuinness M.D., F.R.C.G.P., D.R.C.O.G., D.C.H  
Centre for Primary Health Care  
School of Postgraduate Medicine  
Thornburrow Drive  
Hartshill  
Stoke on Trent  
ST4 7QB  
Telephone: 0782 716047 Fax: 0782 747319

### THE EARLY BIRD GP REFRESHER COURSE PLYMOUTH MEDICAL CENTRE

7th - 11th June 1993

This popular Course is to be held again this year and will start at 7.00 am and finish at 12.30 pm each day. It will cover a wide range of subjects relevant to everyday medical practice and practice management. The Course will include some formal lectures, group work, case presentations and quizzes. The Course will qualify for 25 hours PGEA approval. Course fee £180.00.

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

### MAKING A BID THAT'S GOING TO SUCCEED 12th MAY 1993

Professor John Bell

Oxford University

Shaun Brogan

Oxford Regional Health Authority

Keith Houghton,

General Manager Derby FHSA

**ONE FULL DAY PGEA applied for**

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HP21 8AL, Tel: 0296 315425

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For further information please contact: Education and Training Unit, St George's Hospital Medical School, 6th floor Hunter Wing, London SW17 0RE. (Tel No. 081 672 9944 Ext: 56273).

#### UNIVERSITY OF LEEDS M.A. IN HEALTH CARE ETHICS

This course is designed to assist those who seek to incorporate into their professional work a better understanding of ethical problems in health care and the challenges these present.

Study is participatory and guided by academics in philosophy, law and by health care professionals.  
For further information contact:

Ms. Jennifer Jackson,  
Department of Philosophy,  
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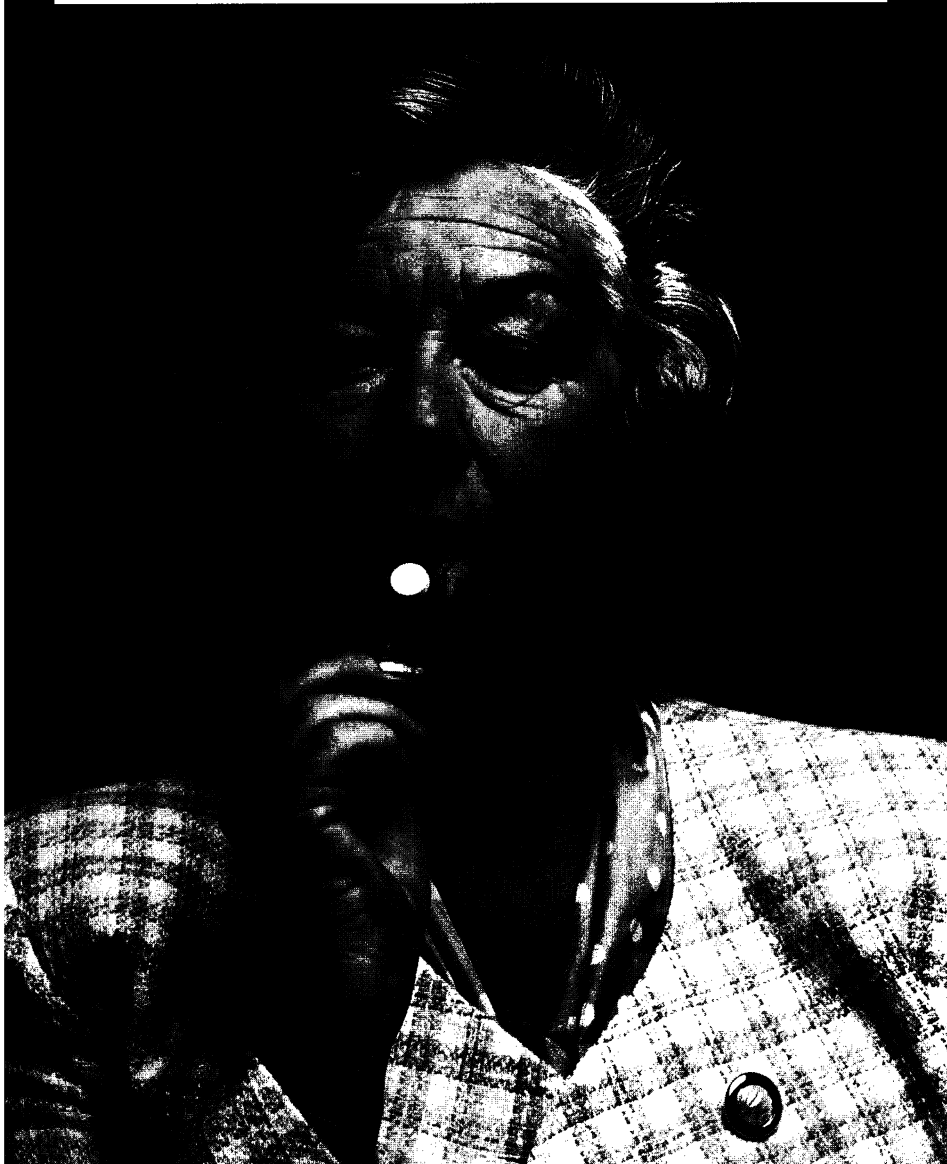
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##### MENTAL HEALTH DIGEST.

Summaries of selected articles from the professional press. Annual subscription (issues 11 - 13) - £6. From: Mental Health Digest Ltd, 77 Maldon Road, Brighton BN1 5BD.



# BRITAIN'S ARTHRITICS ARE STARTING TO MELT



## Prescribing Information For FELDENE MELT\* (piroxicam): UK

**Indications:** Adults: Rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, acute gout and acute musculoskeletal disorders. Elderly: As with other NSAIDs, elderly patients should be closely supervised. Children: FELDENE MELT is not recommended in children. For treatment of juvenile chronic arthritis (Still's disease) please see oral data sheet. **Dosage:** Rheumatoid arthritis, osteoarthritis and ankylosing spondylitis - normal starting and maintenance dosage 20mg once daily. Long-term use of 30mg daily or more carries an increased risk of gastro-intestinal side-effects. Acute gout - 40mg daily in single or divided doses for up to 7 days. Acute musculoskeletal disorders - 40mg daily, in single or divided doses, for the first 2 days, 20mg daily for the remainder of the 7 to 14 days' treatment. **Contra-indications:** Active peptic ulceration or history of recurrent ulceration. Hypersensitivity to FELDENE, aspirin or other NSAIDs. **Warnings:** Pregnancy, lactation.

**Precautions:** Significant renal, hepatic or cardiac insufficiency. Patients with phenylketonuria - each FELDENE MELT tablet contains 0.14mg phenylalanine.

**Drug Interactions:** Monitor patients on concurrent anticoagulants, lithium or diuretic therapy. Concurrent use of aspirin or other NSAIDs is not advised. **Side-Effects:** Gastro-intestinal symptoms; if peptic ulceration or gastro-intestinal bleeding occurs withdraw FELDENE. Oedema, mainly ankle. Skin rashes. CNS effects, including headaches and dizziness. Rare cases of renal and hepatic abnormalities have been reported. Haematological reactions including thrombocytopenia and anaemia and hypersensitivity reactions such as bronchospasm and anaphylaxis have been reported very rarely. **Legal Category:** POM. **Package Quantities and Basic NHS Cost:** FELDENE MELT tablets 20mg, pack of 28, £11.97 (PL 0057/0352). Full information on request.

**References** 1. Data on file Pfizer Limited. 2. Boardman PL *et al. Eur J Rheumatology Inflamm* (1983); 6 (1): 73-83.

\*Trade Mark



Pfizer Limited, Sandwich, Kent.



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p i r o x i c a m

Now you can offer your arthritic patients an entirely different way of taking oral NSAID therapy.

New FELDENE MELT\* breaks the mould of traditional tablets and capsules. When placed on the tongue FELDENE MELT dissolves in seconds to provide 24 hour control of symptoms. In this way patients can benefit from night and day relief of pain, reduced inflammation and improved mobility.

Because it's such a pleasant way of taking medicine, you may find many of your patients prefer FELDENE MELT to conventional capsules or tablets. Try them and see.

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RELIEVES PAIN FOR 24 HOURS.<sup>1,2</sup>

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