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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.

Zestril

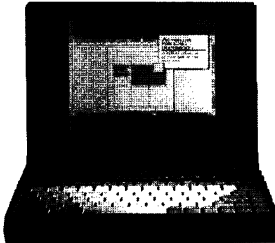
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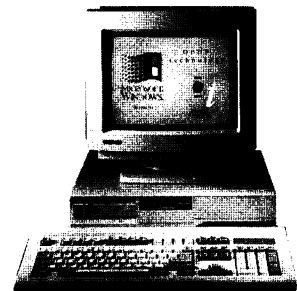
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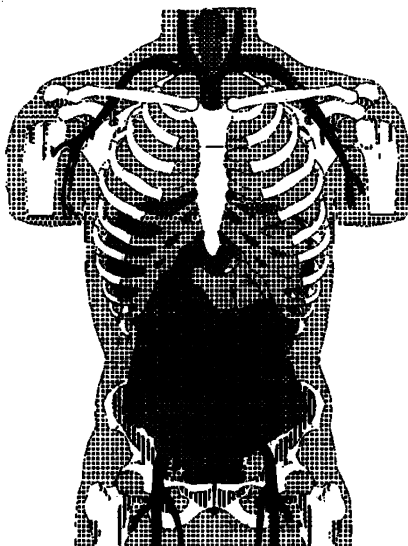
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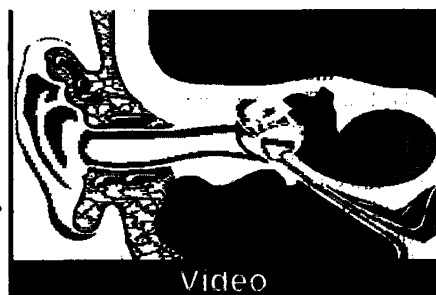
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A number of projects provide support and counselling for children and families living with life threatening illnesses such as cystic fibrosis, haemophilia and HIV infection.

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NOW DYSPORT OPENS UP A BRIGHT NEW FUTURE FOR SUFFERERS OF BLEPHAROSPASM AND HEMIFACIAL SPASM



Until now the treatment of blepharospasm has been essentially ineffective with no drug offering more than 30% efficacy¹. Surgery can be useful to restore vision but cosmetic problems and eventual recurrence limit its use¹.

Now, botulinum toxin is available as Dysport. It brings the chance of simple effective treatment to patients suffering from blepharospasm or hemifacial spasm. In clinical use over three quarters of those treated show substantial benefit¹. This benefit is also sustained when the Dysport treatment programme is maintained. A recent analysis of the efficacy of Dysport, used over a 2 year period, showed little or no loss of effect².

Further information on this new treatment can be obtained from Porton Products Ltd., 1 Bath Road, Maidenhead, Berkshire SL6 4UH, England.



DYSPORT Abbreviated Prescribing Information **Presentation:** Freeze dried pellet in a glass vial containing 500 units of *Clostridium botulinum* type A toxin-haemagglutinin complex. **Uses:** The treatment of blepharospasm and hemifacial spasm. **Dosage and Administration:** In the treatment of bilateral blepharospasm the recommended initial dose is 120 units per eye as four subcutaneous injections into the orbicularis oculi muscle. On subsequent administration, approximately every eight weeks, the dose may be reduced to 80 units per eye and further reduced to 60 units per eye depending upon the return of spasm. Hemifacial spasm is treated as unilateral blepharospasm. Use is not recommended in children. **Contraindications:** Pregnant or lactating women. **Side effects:** Ptosis, diplopia, keratitis, dry eyes, minor bruising, eye-lid swelling, reversible external ophthalmoplegia. **Warnings:** Excessive doses may produce profound neuromuscular paralysis. There is no specific antidote. **Pharmaceutical Precautions:** Store unopened vials at 2°C to 8°C. After reconstitution use within one hour. Do not freeze. After use, residual Dysport is inactivated with dilute hypochlorite solution (1% available chlorine). **Legal Category:** POM. **Pack Size:** Two vials per box. **Basic NHS Cost:** £340 per box. **Product Licence Number:** PL6958/0003. **Product Licence Holder:** Porton Products Limited, 1, Bath Road, Maidenhead, Berkshire, SL6 4UH, U.K. Tel:0628 771417, Fax:0628 770211. **References:** 1. Grandas F, Elston J, Marsden C.D. J. Neurol. Neurosurg. Psychiatry 1988;51:767-772. 2. Elston J.S. 1991 in press. Dysport is a trademark.

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OCCASIONAL PAPER 60



Shared Care of Patients with Mental Health Problems

Report of a Joint Royal College Working Group

ROYAL COLLEGE OF PSYCHIATRISTS

and

ROYAL COLLEGE OF GENERAL PRACTITIONERS



Published by
The Royal College of General Practitioners

SHARED CARE OF PATIENTS WITH MENTAL HEALTH PROBLEMS

Report of a Joint Royal College Working Group
Occasional Paper 60

General practice and psychiatry share much in common. They are the only two major branches of medicine which are centrally concerned with the patient's thoughts and feelings and both over the years have been referred to as "the other half of medicine".

To this end the two Royal Colleges of General Practitioners and Psychiatrists formed a joint working group to review shared management of psychiatric problems and to make a number of suggestions about the best way to share care for the patient's benefit.

Shared Care of Patients with Mental Health Problems. Report of a Joint Royal College Working Group is published as Occasional Paper 60 and is available from the Sales Office, Royal College of General Practitioners, 14 Princes Gate, Hyde Park, London SW7 1PU, price £6.00 including postage (Tel: 071 823 9698).

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CONFERENCES

Association for Family Therapy Conference, 19-22 September 1993, Changing Family Forms, Violence and Abuse. Speakers include John Borthwick, Alison Borthwick, Nick Child and Stuart Lieberman.

Enquiries: Association for Family Therapy, 100 St. James's House, High Street, London, SW1A 1QS. Tel: 01-83268877.

King's College School of Medicine &
Dentistry, Department of General Practice
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*A conference to explore the
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For further details please contact Ms M Seabrook, Dept of General Practice & Primary Care, King's College School of Medicine, Bessemer Road, London SE5 9PJ. Tel: 071 738 4999.

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Contact RCGP Courses and Conferences on Telephone: 071 823 9703 or Fax: 071 225 3047 for further details.

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- Part II - Saturday, 9th October 1993**
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Courses are held at Southampton General Hospital

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- Menacing microbes

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