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WHY NOT SUBSCRIBE TO THE SPECIALIST JOURNALS PUBLISHED BY THE BMA:—A SELECTION INCLUDES

Archives of Disease in Childhood, British Heart Journal, British Journal of Ophthalmology, Gut, Journal of Clinical Pathology & Journal of Neurology, Neurosurgery & Psychiatry.

FULL DETAILS OF SUBSCRIPTION RATES FROM BMA SPECIALIST PUBLICATIONS: BMA HOUSE, TAVISTOCK SQUARE, LONDON WC1H 9JR
TELEPHONE 01-387 4499 EXT. 309.

6 European expert committees have now reported on diet and CHD.

5 recommend partial substitution of saturated fats by polyunsaturated fats.

1	NORWAY, SWEDEN & FINLAND 1968. "Medical boards' recommendations on diet in the Scandinavian countries."	✓	4	GERMANY (FR) 1974. Federal health report: "Edible fats and circulatory disorders."	✓
2	NETHERLANDS NUTRITION COUNCIL 1973. "Recommendations on the amount and nature of dietary fats."	✓	5	UNITED KINGDOM 1976. Royal College of Phy. & the British Cardiac Soc: "Prevention of coronary heart disease."	✓
3	UNITED KINGDOM 1974. DHSS Coma Report: "Diet and coronary heart disease."		6	UNITED KINGDOM 1978. Centre for Agricultural Strategy: "Food, health and farming."	✓

This European consensus on the role that dietary fat plays in the prevention of CHD is supported by a new report from an international committee.*

This recommends that "the intake of excess dietary energy, saturated fat and cholesterol should be reduced" and that "the intake of polyunsaturated fatty acids should be increased, preferably to the same level as the intake of saturated fatty acids."

Flora margarine is made with pure sunflower oil. It is higher in polyunsaturates than any other nationally available spread and the lowest in saturated fat.



*Dietary fats and oils in human nutrition. Food and Agriculture Organization of the United Nations. 1977.

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¹Data on file.

PRESCRIBING INFORMATION

Indications Bacterial infections of the lower respiratory, urinary and genital tracts, sinusitis, otitis media, skin infections, septicaemia, typhoid and paratyphoid fevers, and other infections caused by sensitive organisms. **Dosage** *Septtrin Forte Tablets*. Adults and children over 12 years: 1 twice daily. Maximum dosage for particularly severe infections: 1½ forte tablets twice daily. In acute infections Septtrin should be given for a minimum of 5 days. **Adverse Reactions** Occasionally, nausea, vomiting, glossitis and skin rashes may occur with normal doses and very rarely, haematological reactions. **Precautions** In cases of renal impairment a reduced dosage is indicated and an adequate urinary output should be maintained. Regular blood counts are necessary whenever long-term therapy is used. Caution is advised in patients with folate deficiency. Care should be taken when giving Septtrin to patients receiving oral anticoagulants of the coumarin group pyrimethamine or sulphonylureas. **Contra-indications** Septtrin is contra-indicated in patients with marked liver parenchymal damage, blood dyscrasias or severe renal insufficiency. Septtrin should not be given to patients hypersensitive to sulphonamides; should not be given during pregnancy or to neonates. **Presentation** Septtrin Forte Tablets each contain 160mg Trimethoprim BP and 800mg Sulphamethoxazole BP. Basic NHS cost: £1.34 for 10. PL 3/0121.

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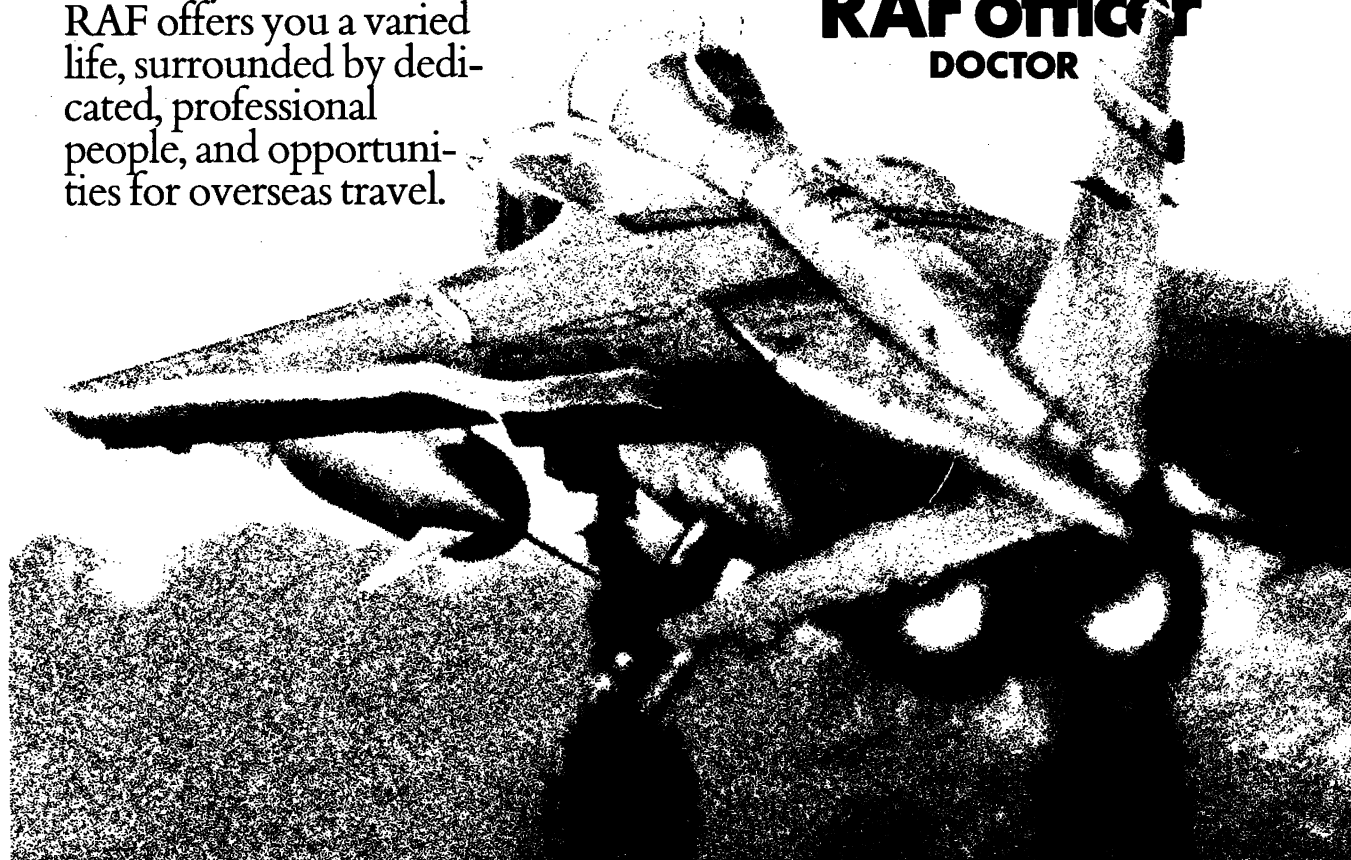
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* Practitioner, 1970, 204, 639

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Further details and brochures may be obtained from the Medical Director, St Andrew's Hospital, Northampton (Telephone 0604-21311)

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Presentation Tablets containing 25mg diclofenac sodium, circular, slightly biconvex with bevelled edges, yellow enteric coated, approximately 7mm diameter, imprinted Geigy on one side.

Mode of action Voltarol is a non-steroidal agent with marked analgesic/anti-inflammatory and antipyretic properties. Like most other drugs in this class, it is an inhibitor of prostaglandin synthetase.

Indications Rheumatoid arthritis, osteoarthritis.

Dosage Oral: In adults the initial dosage is 25-50mg 3 times daily, depending on the severity of the condition. Maintenance dose should be reduced to the minimum amount that will provide continuous therapeutic control, usually 1 x 25mg tablet three times daily.

Dosage in children has not yet been established.

The tablets should be swallowed whole, with a meal.

Contraindications Peptic ulcer.

Voltarol is contraindicated in asthmatic patients in whom attacks of asthma, urticaria or acute rhinitis are precipitated by aspirin or other non-steroidal anti-inflammatory agents with prostaglandin synthetase inhibiting activity.

Precautions Voltarol should not be prescribed during pregnancy, unless there are compelling reasons for doing so.

Patients with a history of peptic ulcer, haematemesis, or melaena, or with severe hepatic or renal insufficiency, should be kept under close surveillance.

Voltarol has been reported to depress

salicylate levels, and vice versa; the clinical relevance of this phenomenon is not yet clear.

Warnings & side-effects Initially, some patients may complain of epigastric pain, nausea and diarrhoea, headache and slight dizziness. These side-effects are often transient, disappearing with continuation of medication.

Occasionally skin rash, peripheral oedema and abnormalities of serum transaminases have been reported.

Very rarely peptic ulcer and haematemesis or melaena have been reported, mainly in patients with a history of such disorders, or who were receiving concomitant anti-rheumatic medication.

Accidental overdosage There is no known antidote to Voltarol and the treatment is

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Pharmaceutical precautions Storage - protect from moisture.

Legal Category Prescription only.

Package quantities Basic N.H.S. prices
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Further information Pharmacodynamic studies have shown no potentiation of oral hypoglycaemic and anti-coagulant drugs.

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