

Reducing the chance of relapse in vaginal candidosis

When *Candida* plays hide and seek

Recent microscopy studies have shown that *Candida albicans* appears capable of penetrating the deeper keratinous layers of vaginal epithelial cells. This suggests that the organisms may be protected from topical antifungal agents, only to re-emerge and proliferate again some time later when the epithelial cells are normally shed.

As the deeper layers of the vaginal mucosa are reached more easily by *systemic* than by topical treatment, relapse is likely to be avoided accordingly.

Scanning electron micrograph
of mycelial cells penetrating
between vaginal surface
epithelial cells. (x 3000)

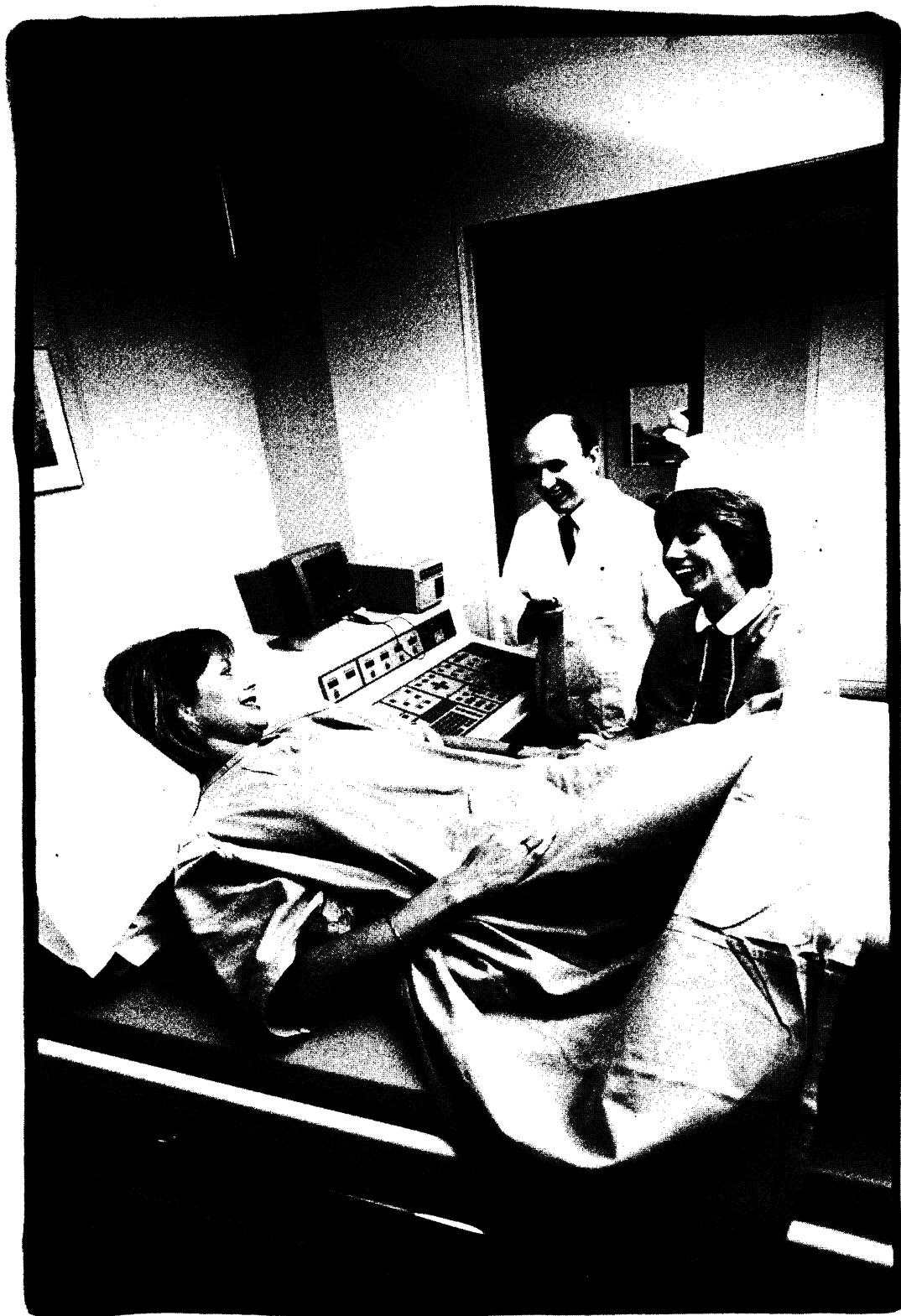
TRADEMARK
Nizoral
ketoconazole

*the elegant way
to treat an inelegant problem*

Presentation: white, flat, half-scored uncoated tablets marked "Janssen" on one side and K/200 on the reverse. Each tablet contains 200 mg ketoconazole. **Dosage** (for vaginal candidosis only): two tablets (400 mg) once daily for 5 days. For maximal absorption Nizoral should be taken with meals. **Precautions:** the use of agents which reduce gastric acidity (anti-cholinergic drugs, antacids, H₂-blockers) should be avoided and, if indicated, such drugs should be taken not less than 2 hours after Nizoral. Ketoconazole, when given together with cyclosporin A results in increased blood levels of cyclosporin A. It is important that blood levels of cyclosporin A are monitored if the two drugs are given concomitantly. **Side-effects:** nausea, skin rash, headache and pruritus may occasionally be observed. Alterations in liver function tests have occurred in patients on ketoconazole; these changes may be transient. Cases of hepatitis have been reported with an incidence of about 1 per 10,000 patients. Some of these may represent an idiosyncratic adverse reaction to the drug. This should be borne in mind in patients on long-term therapy. If a patient develops jaundice or any symptoms suggestive of hepatitis, treatment with ketoconazole should be stopped. Mild asymptomatic increases of liver enzyme levels, on the other hand, do not necessitate discontinuation of the treatment.

Full prescribing information available on request.
Ref: Acta Cytol. (Baltimore) 26, 7 (1982)

HERE IS SOMEONE GOING THROUGH A SHATTERING EXPERIENCE



And, as you can see, she's quite happy about it.

Considering she's undergoing treatment for a kidney stone, this should be surprising, but it isn't.

The machine she's lying on is a Wolf Piezolith 2200 in the London Bridge Hospital. It's the most sophisticated lithotripter in the world. It emits pulses of precisely focussed high energy shock-waves, which have a shattering effect upon the stone, but not on the patient.

Every year about 5000 people in Britain alone have to be treated for kidney stones. As many as 2000 of them undergo surgery.

A good many of them could achieve the same result with less discomfort and in less time at the London Bridge Hospital.

London Bridge Hospital is part of the St Martins Hospitals Group, and is pioneering stone treatment at its Renal and Urological Department, just as the other hospitals in the Group, the Devonshire and the Lister, are pioneering techniques in theirs.

St. Martins Hospitals Limited is one of the largest groups of private hospitals in central London. It was formed to bring the highest standards of health care to people both inside and outside the UK and to make life for our patients easier all round!

For further information, please contact G. B. Scholes, Chief Executive and Medical Director, London Bridge Hospital, 27 Tooley Street, London SE1 2PR. Tel: 01-407 2219. Telex: 915489 SMART 6. Fax: 01-407 3162.

St M
ST · MARTINS
HOSPITALS

Historical

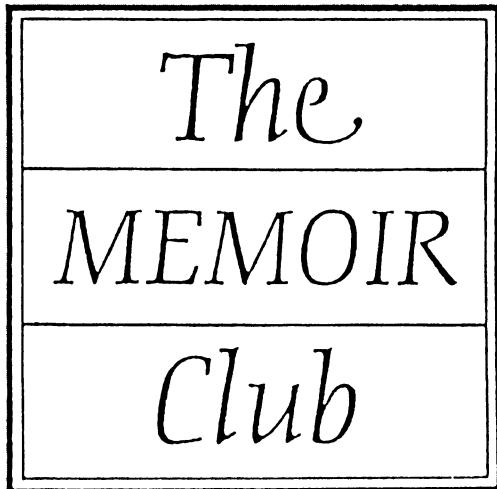
Cynical

Polenical

Whimsical

Autobiographical

The BMJ's new series
of books of general
interest by medical
writers



The second book in the series, published in November 1987, is *Recollections and Reflections* by Douglas Black. His recollections are of his remarkable career, in which he has been professor of medicine at Manchester university, chief scientist at the DHSS, president of the Royal College of Physicians, and the occupant of important posts when officially "retired". His reflections are on the practice and progress of medicine, university teaching and administration, public service, and life in general. Absorbing and provocative, the book bears its author's hallmarks of insight, scholarly precision, and dry wit.

Price: Inland £14.95; Abroad £17.50; US\$29.00
BMA members: Inland £14.45; Abroad £16.50; US\$27.00
including postage, by air abroad
Please enclose payment with order

ORDER FROM British Medical Journal, PO Box 295, London WC1H 9TE,
or any leading bookseller.

Philosophical

Second Edition

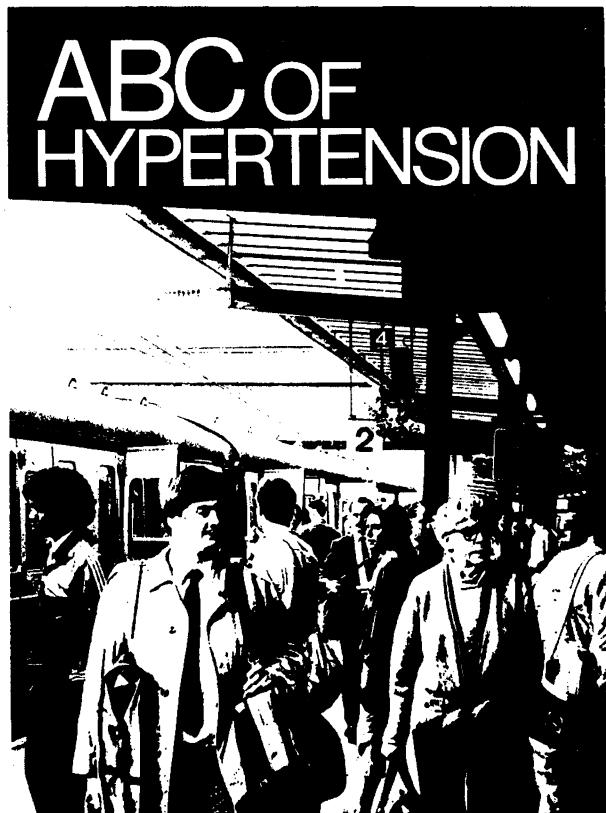
Just published

ABC OF HYPERTENSION

A short guide to a complex and rapidly developing topic, the second, revised edition of *ABC of Hypertension* reviews up to date information from all recent clinical trials on hypertension and includes the latest recommendations of the British Hypertension Society. With its comprehensive survey of drug treatment – including advice on treating hypertension in pregnancy and in the elderly – this is an invaluable source of facts and guidance for practising doctors and medical students.

Chapters include

- Blood pressure measurement in infancy and childhood
- Drug treatment
- Blood pressure reduction in the elderly
- Hypertension in pregnancy
- Detecting hypertensive patients
- Management of hypertension in general practice



Price: Inland £4.95; Abroad £6.50; USA\$10.50
BMA members: Inland £4.45; Abroad £6.00; USA\$9.50
including postage, by air abroad

Payment must be enclosed with order

Order from BRITISH MEDICAL JOURNAL, PO Box 295
London WC1H 9TE or any leading bookseller

ABC OF AIDS

EDITED BY MICHAEL W ADLER

Today's most widely known and perhaps most generally feared disease, AIDS presents particular problems for non-specialist doctors. So far treatment of patients with AIDS has been largely confined to specialist centres so that, although the disease will inevitably spread, few doctors have had much experience of managing it. The *ABC of AIDS* provides essential details on the development of the epidemic, management of early HIV infection, tumours, and the respiratory, neurological, and gastrointestinal manifestations. It discusses the treatment of infections and the prospects for vaccines and prevention as well as outlining programmes for counselling, nursing, and the control of infection. Edited by Michael Adler, a leading authority on the topic, the *ABC of AIDS* is a vital guide that no medical practitioner can afford to be without.

Just published

The facts and the future

Price: Inland £9.95
Abroad £12.50/USA\$21.00
BMA members: Inland £8.95
Abroad £11.50/USA\$19.00
including postage, by air abroad

Payment must be enclosed with order

Order from
British Medical Journal
P.O. Box 295
London WC1H 9TE
or any leading bookseller

ABC OF SEXUALLY TRANSMITTED DISEASES

MICHAEL W ADLER

AIDS and genital herpes are only the more dramatic signs of a general increase in the number and range of sexually transmitted diseases. Yet these conditions are not seen only in sexually transmitted disease clinics and doctors need to be aware that common clinical problems such as vaginal discharge, rashes, and pelvic pain may have a sexual origin.

Professor Michael Adler's ABC describes the presentation, diagnosis, and management of these conditions, emphasising the need to take a broad clinical view of patients and their problems.

Price: Inland £4.95; Overseas £6.50/USA \$10.50
(BMA members: Inland £4.45; Overseas £6.00/USA \$9.50)
Despatched by air overseas

Payment must be enclosed with order

BOOKS FROM THE BMJ

ABC OF SEXUALLY TRANSMITTED DISEASES

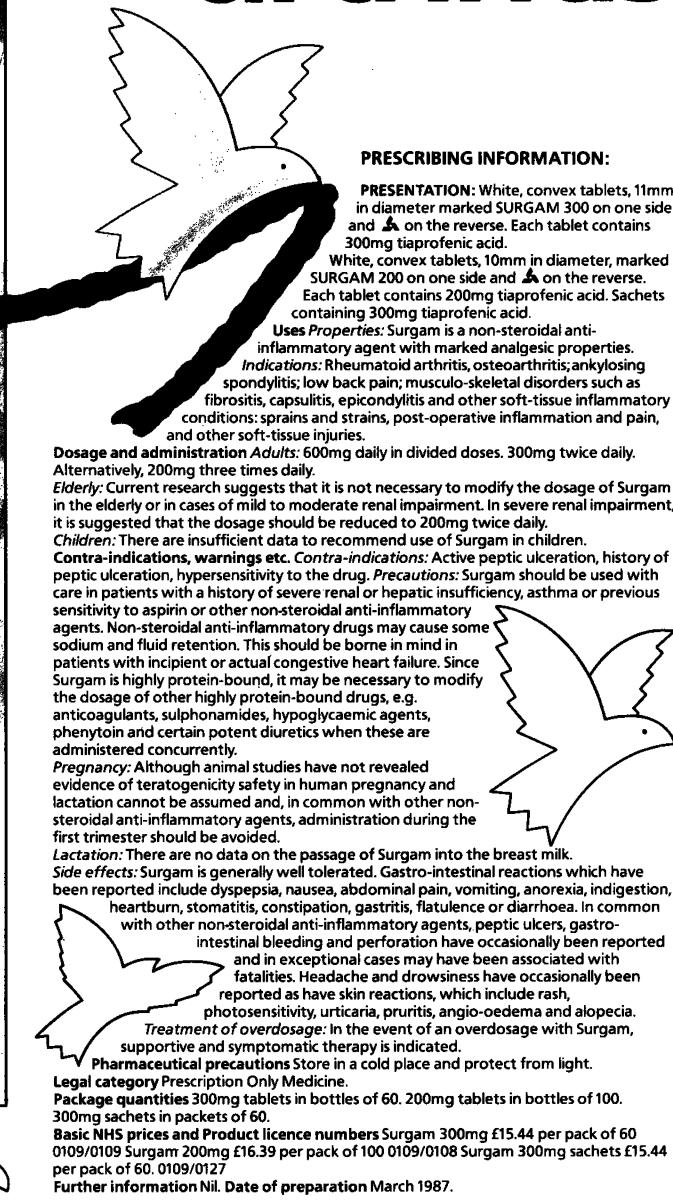
MICHAEL W ADLER



ARTICLES
FROM THE
BRITISH
MEDICAL
JOURNAL



Power to relieve arthritis



PRESCRIBING INFORMATION:

PRESENTATION: White, convex tablets, 11mm in diameter marked SURGAM 300 on one side and  on the reverse. Each tablet contains 300mg tiaprofenic acid.

White, convex tablets, 10mm in diameter, marked SURGAM 200 on one side and  on the reverse. Each tablet contains 200mg tiaprofenic acid. Sachets containing 300mg tiaprofenic acid.

Uses Properties: Surgam is a non-steroidal anti-inflammatory agent with marked analgesic properties.

Indications: Rheumatoid arthritis, osteoarthritis; ankylosing spondylitis; low back pain; musculo-skeletal disorders such as fibrositis, capsulitis, epicondylitis and other soft-tissue inflammatory conditions; sprains and strains, post-operative inflammation and pain, and other soft-tissue injuries.

Dosage and administration Adults: 600mg daily in divided doses. 300mg twice daily.

Alternatively, 200mg three times daily.

Elderly: Current research suggests that it is not necessary to modify the dosage of Surgam in the elderly or in cases of mild to moderate renal impairment. In severe renal impairment, it is suggested that the dosage should be reduced to 200mg twice daily.

Children: There are insufficient data to recommend use of Surgam in children.

Contra-indications, warnings etc. **Contra-indications:** Active peptic ulceration, history of peptic ulceration, hypersensitivity to the drug. **Precautions:** Surgam should be used with care in patients with a history of severe renal or hepatic insufficiency, asthma or previous sensitivity to aspirin or other non-steroidal anti-inflammatory agents. Non-steroidal anti-inflammatory drugs may cause some sodium and fluid retention. This should be borne in mind in patients with incipient or actual congestive heart failure. Since Surgam is highly protein-bound, it may be necessary to modify the dosage of other highly protein-bound drugs, e.g. anticoagulants, sulphonamides, hypoglycaemic agents, phenytoin and certain potent diuretics when these are administered concurrently.

Pregnancy: Although animal studies have not revealed evidence of teratogenicity safety in human pregnancy and lactation cannot be assumed and, in common with other non-steroidal anti-inflammatory agents, administration during the first trimester should be avoided.

Lactation: There are no data on the passage of Surgam into the breast milk.

Side effects: Surgam is generally well tolerated. Gastro-intestinal reactions which have been reported include dyspepsia, nausea, abdominal pain, vomiting, anorexia, indigestion, heartburn, stomatitis, constipation, gastritis, flatulence or diarrhoea. In common with other non-steroidal anti-inflammatory agents, peptic ulcers, gastrointestinal bleeding and perforation have occasionally been reported and in exceptional cases may have been associated with fatalities. Headache and drowsiness have occasionally been reported as have skin reactions, which include rash, photosensitivity, urticaria, pruritis, angio-oedema and alopecia.

Treatment of overdosage: In the event of an overdosage with Surgam, supportive and symptomatic therapy is indicated.

Pharmaceutical precautions: Store in a cold place and protect from light.

Legal category: Prescription Only Medicine.

Package quantities: 300mg tablets in bottles of 60. 200mg tablets in bottles of 100.

300mg sachets in packets of 60.

Basic NHS prices and Product licence numbers: Surgam 300mg £15.44 per pack of 60 0109/0109 Surgam 200mg £16.39 per pack of 100 0109/0108 Surgam 300mg sachets £15.44 per pack of 60. 0109/0127

Further information Nil. Date of preparation March 1987.

SURGAM

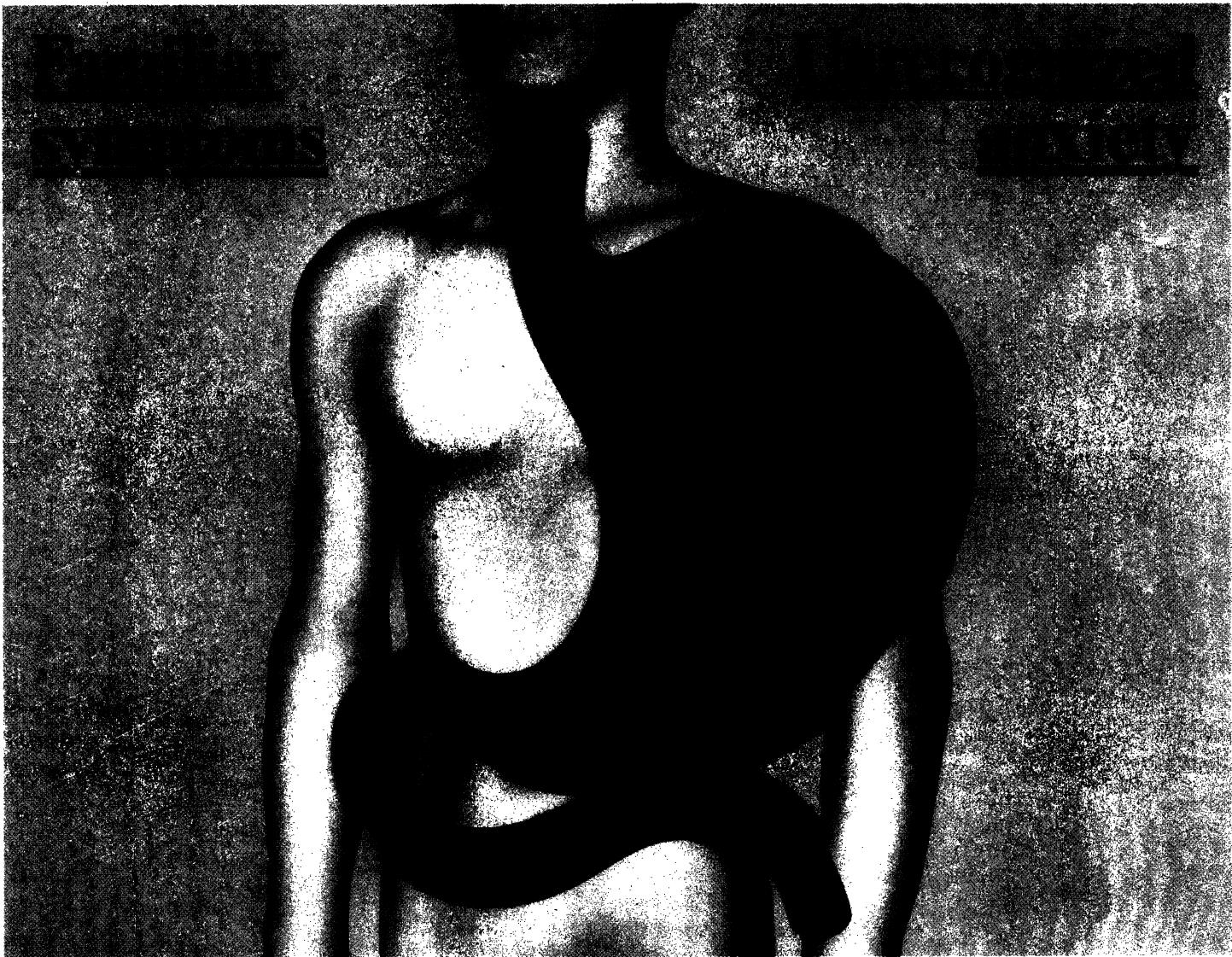
tiaprofenic acid

300

bd

ROUSSEL 

Roussel Laboratories Ltd,
Broadwater Park, North Orbital Road,
Uxbridge, Middlesex UB9 5HP.



Organic complaints are often
the perceptible expression of
concealed anxiety.

〈Lexotan〉
helps pinpoint the cause.

Bridging anxiety

Lexotan

bromazepam

Composition: 7-Bromo-1,3-dihydro-5-(2-pyridyl)-2 H-1,4 benzodiazepin-2-one (bromazepam). **Indications:** Anxiety neurosis as well as tension states and somatic complaints associated with it. **Dosage:** Average dose for ambulant patients: 1,5-3 mg up to three times daily. It is often an advantage to give the total daily dose as a single dose in the evening. Severe cases, especially in hospital: 6-12 mg two or three times daily. **Side effects:** With high dosage, fatigue, drowsiness and, more rarely, muscular weakness may occur. Please consult the package insert for fuller details on indications, contraindications and precautions. 〈Lexotan〉 is a Trade Mark.

F. Hoffmann-La Roche & Co. Limited Company, Basle, Switzerland

