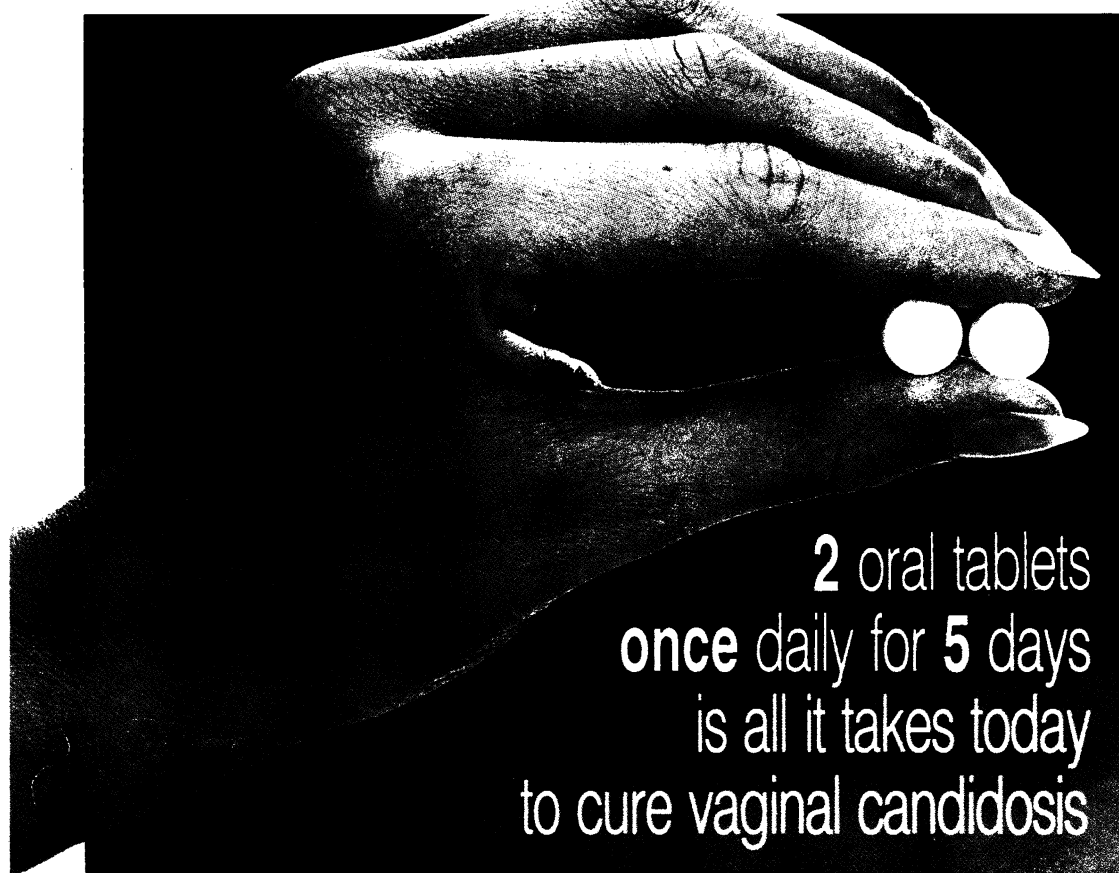


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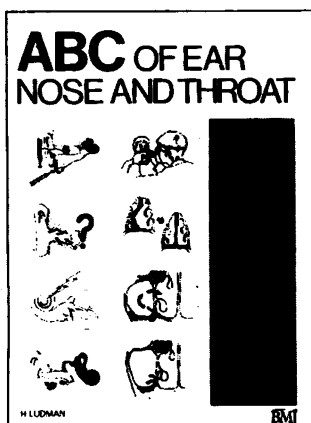
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References:
Tooley, *et al.*: The Practitioner 229, 655 (1985)
Benussi, *et al.*: Curr. Ther. Res. 31(4), 511 (1982)

ABC update – three new editions



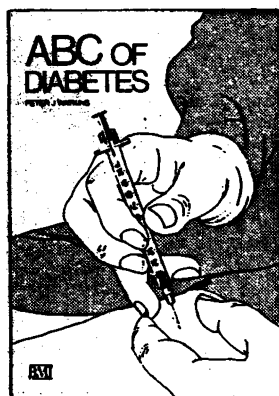
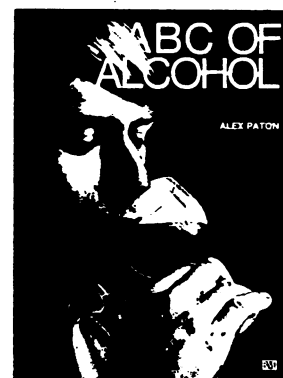
Just published

As any general practitioner knows, diseases of the ear, nose and throat are some of the most common complaints that bring patients to the surgery – children suffering misery and discomfort and adults having to take time off work. In the second, revised edition of *ABC of Ear, Nose and Throat* Harold Ludman gives busy clinicians expert, up to date advice on assessing and managing these conditions.

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Composition: 1 Adalat capsule contains 10 mg nifedipine. **Indications:** 1. **Coronary heart disease:** Chronic stable angina pectoris, angina at rest, including vasospastic angina (Prinzmetal's angina, variant angina) and unstable angina (crescendo preinfarction angina), angina pectoris following myocardial infarction (except in the first 8 days following acute myocardial infarction). 2. **Hypertension.** **Contraindications:** Hypersensitivity to Adalat and the whole period of pregnancy. There are no findings on use during lactation. Caution should be exercised in the presence of pronounced low blood pressure (severe hypotension: systolic blood pressure < 90 mmHg). Cardiovascular shock. **Side effects:** Side-effects generally occur at the start of therapy and are often of a slight and transient nature: facial flush, heat sensation, headache. In isolated cases, particularly at higher doses: nausea, dizziness, tiredness, skin reactions, paraesthesia, hypotensive reaction, palpitations and increased pulse rate. Occasionally leg oedema due to dilatation of the blood vessels. Extremely rare: during long-term therapy, gingival hyperplasia which regresses completely once therapy is discontinued; chest pain (which may be angina pectoris-like pain) - where this occurs and a causal connection with Adalat is suspected, therapy should be discontinued. Caution should be exercised in dialysis patients with malignant hypertension and irreversible renal failure with hypovolaemia, since vasodilatation can result in a reduction in blood pressure. Treatment of

hypertension with this drug requires regular medical supervision. Individuals may react differently to this drug and some patients' ability to drive and to operate machinery may be impaired. This applies particularly at the start of treatment, when changing from one preparation to another and if alcohol is consumed. **Mode of action:** Adalat is a calcium antagonist and is classified as a coronary therapeutic agent/antihypertensive agent. **Dosage:** Treatment should be adapted to the individual as much as possible according to the severity of the disease and the patient's response to therapy. **Coronary heart disease:** Long-term therapy, generally with a daily dose of 3 x 1 capsule Adalat. In some cases the dose can be increased in stages to 60 mg (3 x 2 capsules Adalat). For coronary spasms (Prinzmetal's angina, angina at rest) the daily dose can be temporarily increased to between 80 and a maximum of 120 mg (between 4 x 2 and 6 x 2 capsules Adalat) in individual cases. **Hypertension:** Daily dose: 3 x 10 to a maximum of 3 x 20 mg (3 x 1 to 3 x 2 capsules) Adalat. If particularly rapid onset of action is required in cases of acute high blood pressure (hypertensive crisis) or impending angina pectoris attack, the individual dose is 1-2 capsules Adalat (10-20 mg) administered sublingually (the capsule should be bitten). In exceptional cases up to 3 capsules Adalat (30 mg). **Dosage interval:** Where the individual dose is 20 mg, the capsules should be taken at intervals of not less than 2 hours. **Interactions with other drugs:** Adalat/antihypertensive agents;

concomitant administration may enhance the antihypertensive effect of nifedipine. **Adalat/beta receptor blockers:** the patient must be monitored carefully during concomitant administration since severe hypotension may occur; development of heart failure has been reported occasionally. **Ad-cimetidine:** possible enhancement of antihypertensive effect. **Precautions:** Adalat: packs with 30, 50 and 100 capsules each containing 10 mg nifedipine.

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