

# Some patients are more susceptible to vaginal candidosis than others



*Candida* cells are capable of penetrating to the depth of several layers of the vaginal epithelium. This suggests that these hidden yeasts may be protected from topical antifungal agents, only to re-emerge and proliferate again some time later when the epithelial cells are normally shed. The deeper layers of the vaginal mucosa are more accessible by systemic than by topical route. Thus, in patients who appear highly susceptible to vaginal candidosis, oral Nizoral treatment makes good sense.

**Nizoral** TRADEMARK  
(ketoconazole)

**2** oral tablets  
**once** daily for **5** days

Full prescribing information available on request.

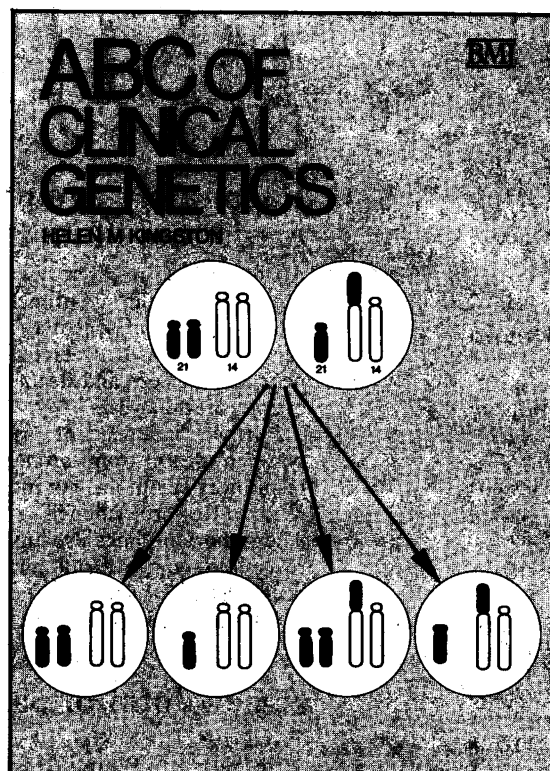
**Prescribing notes:** For maximal absorption Nizoral should be taken with meals. **Nizoral is contra-indicated in pregnancy.** **Precautions:** the use of agents which reduce gastric acidity (anti-cholinergic drugs, antacids,  $H_2$ -blockers) should be avoided and, if indicated, such drugs should be taken not less than 2 hours after Nizoral. **Side-effects:** nausea, skin rash, headache and pruritus may occasionally be observed. Alterations in liver function tests have occurred in patients on Nizoral; these changes may be transient. Cases of hepatitis have been reported with an incidence of about 1 per 10,000 patients. If a patient develops jaundice or any symptoms suggestive of hepatitis, treatment with Nizoral should be stopped. Mild asymptomatic increases of liver enzyme levels, on the other hand, do not necessitate discontinuation of the treatment.

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antimycotic research

## Just published

Genetics is a subject fundamental to medicine, but rapid advances in recent years may make the subject complex and confusing to clinicians and paramedical staff outside the specialty. Nevertheless, the demand for genetic investigation and counselling is increasing, and these services need to be offered by clinicians other than clinical geneticists. In the *ABC of Clinical Genetics* Helen Kingston, consultant clinical geneticist at St. Mary's Hospital, Manchester, reviews basic concepts of inheritance in mendelian, chromosomal, and multifactorial disorders; outlines the investigation and management of genetic conditions; and illustrates the application of recombinant DNA technology to clinical practice. Implications of genetic diseases for relatives are also considered, together with the ethical and human dilemmas that face doctors and patients and their families.



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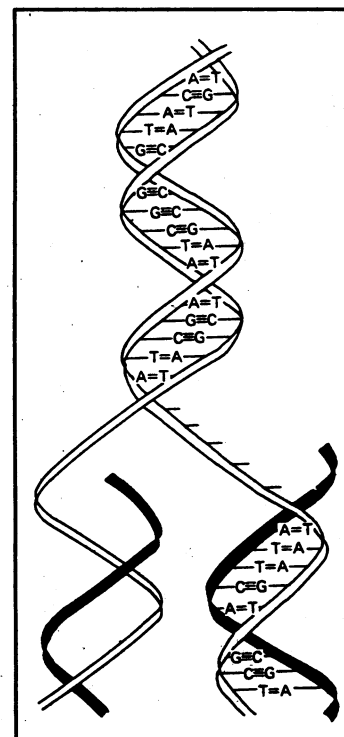
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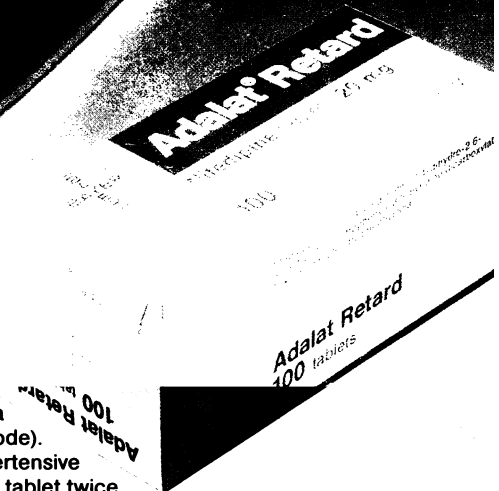


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# Adalat® retard:

## The antihypertensive from Bayer with cardioprotective effect.

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**Adalat® retard.** Nifedipine: **sustained-release tablets 20 mg.** **Indications:** CHD: chronic stable angina pectoris (stress-induced angina), post-infarction angina (start treatment 8 days after acute episode).

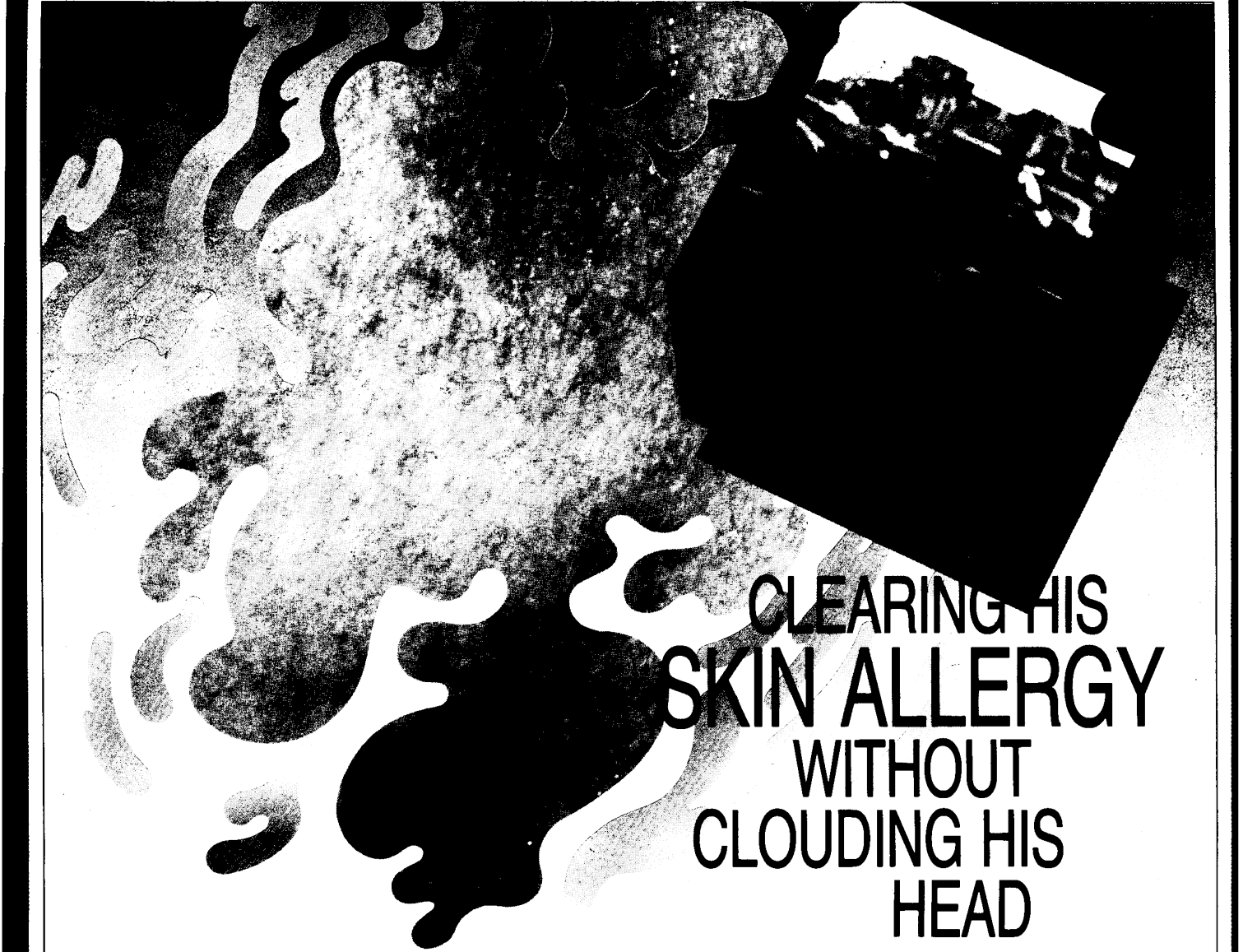
Hypertension. **Note:** For particularly rapid onset, e.g. Prinzmetal's angina, impending attack, hypertensive crisis, Adalat capsules (10 mg) should be used; see full prescribing information. Dosage: Generally 1 tablet twice daily; in some cases 2 tablets twice daily; see full prescribing information. Single dosage interval of 2 tablets never less than 4 hours. Contraindications:

Hypersensitivity to active substance; pregnancy; lactation; cardiovascular shock. Precautions: Severe hypotension; dialysis patients with malignant hypertension: close monitoring. Interactions: Antihypertensive agents, cimetidine: may enhance the antihypertensive effect. Same with beta-blockers: possible development of heart failure. Side effects: Often mild and transient vasodilation, hypotensive, skin and other reactions; see full prescribing information. Solitary gingival hyperplasia, chest pain; if relation to Adalat established, discontinue therapy. Extremely rare liver function disturbances (including intrahepatic cholestasis), temporary hyperglycaemia, gynaecomastia (regression on drug discontinuation). Ability to drive or operate machinery may be impaired.

Full prescribing information available from Bayer AG, Leverkusen, West Germany.

Co.-No.: 2





CLEARING HIS  
SKIN ALLERGY  
WITHOUT  
CLOUDING HIS  
HEAD

astemizole

ONCE-A-DAY

TRADEMARK  
**Hismanal**

The antihistamine of  
exceptional strength.  
Effective from the first  
to the last day  
of therapy.



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B-2340 Beerse, Belgium

**Prescribing Information**

**Uses:** Hismanal is a potent and non-sedative antihistamine indicated for the treatment of seasonal and perennial allergic rhinitis, allergic conjunctivitis, chronic urticaria and other allergic conditions.

**Dosage and administration:** adults and children over 12 years: 10 mg daily. Children 6-12 years: 5 mg once daily. Children younger than 6 years: 2 mg per 10 kg daily. Hismanal should be taken on an empty stomach. **Precautions:** Hismanal should be used in pregnant women only when, in the judgement of the physician, the potential benefits outweigh the possible hazards.

**Adverse reactions:** weight gain may occur during prolonged treatment. **Overdose:** in case of overdose, gastric lavage should be followed by close observation and ECG monitoring as arrhythmias have occasionally occurred after intake of doses in excess of 200 mg.

**Full prescribing information available on request**