

salbutamol's good

RECEIVED

JUL 13 1996  
Central Medical Library  
CATHOLIC MEDICAL CENTER



Combivent  
UDVs  
are better

New *Combivent*



A convenient solution for greater Oompah in COPD

Putting research into practice...

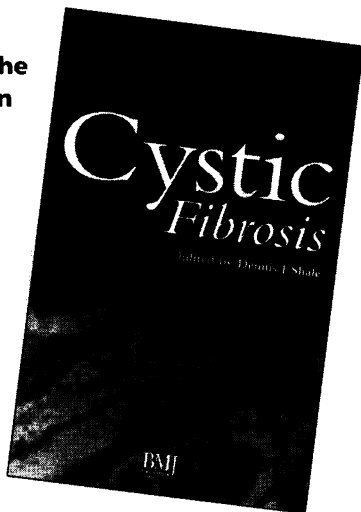
# Cystic Fibrosis

Edited by Dennis J Shale

Treatment for this disabling disease has undergone major developments, resulting in many sufferers surviving until adulthood. The most up to date book on the subject available, **Cystic Fibrosis** brings together important research material from international workers in the field, providing physicians and paediatricians with the practical information needed to provide those afflicted with a manageable life style.

Contents include:

- management of the disease in children and adults
- genetic origins and implications for treatment
- lung injury
- infection
- transplantation
- ethical and psychosocial issues.



ISBN 0 7279 0826 X  
165 pages April 1996  
UK £25.00; Overseas £27.00  
(BMA members £23.00; £25.00)

**BMJ**  
Publishing  
Group

Available from: **BMJ Publishing Group, PO Box 295, London WC1H 9TE. Telephone 0171 383 6185/6245.**  
Also available from medical booksellers including the **BMJ Bookshop in BMA House.**

Please send me \_\_\_\_\_ copy(ies) of **Cystic Fibrosis**

I enclose £ \_\_\_\_\_ Please make cheques payable to British Medical Journal

BMA Membership no. \_\_\_\_\_

Debit my credit card (please tick box)

VISA  AMERICAN EXPRESS  MASTERCARD

Card number \_\_\_\_\_

Expiry date \_\_\_\_ / \_\_\_\_

Signature \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

## Salamol Easi-Breathe™ Inhaler

### Salbutamol BP Inhaler

(Please refer to full data sheet before prescribing)

**Presentation** Metered-Dose Aerosol supplied in a Breath-Operated Inhaler containing 200 doses. Salamol Easi-Breathe Inhaler delivers 100mcg of Salbutamol BP per actuation.

**Uses** Provides automatic actuation of inhaler with inspiration. For the treatment and prophylaxis of bronchial asthma.

**Dosage and Administration** Use as required. *Adults* (i) Acute bronchospasm and intermittent episodes of asthma, including relief of symptoms – one or two inhalations as a single dose. (ii) Chronic maintenance or prophylactic therapy – two inhalations three or four times daily. (iii) To prevent exercise induced bronchospasm – two inhalations should be taken before exertion. *Children* (i) Acute bronchospasm and episodic asthma, including relief of symptoms, or before exercise – one inhalation. (ii) Routine maintenance or prophylactic therapy – one inhalation three or four times daily. The doses in children may be increased to two inhalations. Children should be supervised. Allow 4 hours between each dose. No more than 4 doses in any 24 hours.

**Contra-indications** Managing premature labour or threatened abortion. Hypersensitivity to any of the components.

**Warnings** Potentially serious hypokalaemia may result from beta<sub>2</sub>-agonist therapy and may be potentiated by concomitant drugs or hypoxia – serum potassium levels should be monitored in this situation. Propranolol and other non-cardioselective beta-adrenoceptor blocking agents antagonise the effect of salbutamol.

**Precautions** Cautious use in patients with hyperthyroidism, who are hypersusceptible or who are suffering from diabetes mellitus, serious cardiovascular disorders or hypertension. Alternative or additional therapy including corticosteroids should be instituted promptly in asthmatic patients whose condition deteriorates despite salbutamol therapy. Adverse metabolic effects of high doses of salbutamol may be exacerbated by concomitant administration of high doses of corticosteroids.

**Side Effects** Potentially serious hypokalaemia (see Warnings). Salbutamol may cause fine tremor of skeletal muscle, palpitations, muscle cramps, slight tachycardia, tenseness, headaches and peripheral vasodilatation. Reports of hyperactivity in children or hypersensitivity reactions are rare.

**Pregnancy/Lactation** Use inhalers only if the potential benefit outweighs the risk.

### Product Licence Number and Basic NHS Cost

PL 0530/0399 £6.30

**Legal Category** POM

**Further Information** is available on request from: Baker Norton, Gemini House, Flex Meadow, Harlow, Essex CM19 5TJ

## Beclazone Easi-Breathe™ Inhaler

### Beclomethasone Dipropionate BP Inhaler

(Please refer to full data sheet before prescribing)

**Presentation** Metered-Dose Aerosol supplied in a Breath-Operated Inhaler containing 200 doses. **Beclazone 50 Easi-Breathe, Beclazone 100 Easi-Breathe and Beclazone 250 Easi-Breathe Inhalers** deliver 50, 100 and 250 microgram Beclomethasone Dipropionate BP per actuation of the valve.

**Uses** Provides automatic actuation of inhaler with inspiration. For the management of bronchial asthma especially in patients inadequately controlled by bronchodilators and sodium cromoglycate.

**Dosage and Administration** Use regularly. *Adults, Beclazone 50 and 100 Easi-Breathe Inhalers;* 100 microgram three or four times daily. *Beclazone 250 Easi-Breathe Inhaler;* 500 microgram twice a day or 250 microgram four times a day.

*Elderly,* no dose adjustment necessary, including patients with renal or hepatic impairment. *Children, Beclazone 50 and 100 Easi-Breathe Inhalers;* 50 to 100 microgram two to four times daily, *Beclazone 250 Easi-Breathe Inhaler* is not indicated for use in children.

**Contra-indications** Hypersensitivity to the ingredients.

**Precautions** Patients should be instructed in the correct use of inhalers. May induce systemic cortico-steroid effects (with reduction in plasma cortisol levels) and adrenal suppression (above 2000 microgram daily) – monitor adrenal function and provide systemic steroids in appropriate cases of stress. Caution in patients with history of, or active pulmonary tuberculosis. Avoid sudden cessation of treatment.

**Pregnancy/Lactation** Use inhalers only if the potential benefit outweighs the risk.

**Side Effects** Paradoxical bronchospasm – discontinue use immediately and seek medical advice. Candidiasis, hoarseness or throat irritation – relieve by rinsing throat with water.

### Product Licence Numbers and Basic NHS Cost

**Beclazone 50 Easi-Breathe Inhaler** – PL 0530/0451 £4.34

**Beclazone 100 Easi-Breathe Inhaler** – PL 0530/0452 £8.24

**Beclazone 250 Easi-Breathe Inhaler** – PL 0530/0453 £18.02

**Legal Category** POM

**Further Information** is available on request from: Baker Norton, Gemini House, Flex Meadow, Harlow, Essex CM19 5TJ

**Date of Issue** January 1996

**Date of Preparation** December 1995

**BAKER  
NORTON**

**The freedom to prescribe**

Salamol, Salamol Easi-Breathe, Beclazone, Beclazone Easi-Breathe and Baker Norton are trademarks of Norton Healthcare Limited.

BNEB0196/A4



Designed for living

...priced for everyone

The Easi-Breathe breath-operated inhalers are designed to help save lives. Perhaps it doesn't matter that many asthma patients can't use their salbutamol inhaler properly – they just take more doses until they feel an effect – but with a preventative, such as beclomethasone, the results could be serious.

Easi-Breathe inhalers offer both these therapies in breath-operated inhalers that breathe new life into asthma treatment. Literally, all you do is open...breathe...and close. There's no need to co-ordinate release, and the low inspiratory effort makes Easi-Breathe suitable for a wide range of patients.

Of course, you'd give all your asthma patients a better inhaler if cost wasn't an issue. Well, now it isn't. Easi-Breathe beclomethasone inhalers actually cost up to 22% less than ordinary press-and-breathe inhalers, and the salbutamol is also competitively priced (even before eliminating those 'extra puffs') – so there's no need for patients to use another inhaler for either of

these treatments.

Beclazone and Salamol Easi-Breathe

inhalers are convenient, economical, simple and effective. They're designed for living, and priced for everyone.

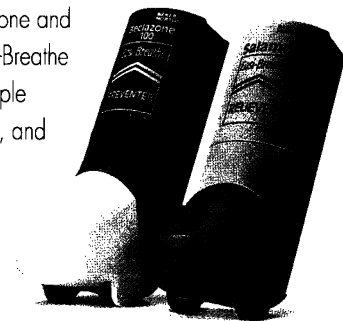
# Easi-Breathe

**Beclazone Easi-Breathe**

**Beclomethasone Dipropionate BP  
50, 100 & 250 microgram inhalers**

**Salamol Easi-Breathe**

**Salbutamol BP  
100 microgram inhaler**



#### PRESCRIBING INFORMATION

**Presentations:** Pulmicort Respules, (2ml single dose unit ampoules) containing 0.25mg/ml or 0.5mg/ml budesonide in a suspension for nebulisation. **Uses:** Bronchial asthma where use of a pressurised inhaler or dry powder formulation is unsatisfactory or inappropriate. **Dosage and administration:** Dosage schedules: Administer from suitable nebulisers. Dose delivered to the patient varies depending on the nebulising equipment used (see data sheet). Adjust dosage individually. Initially during periods of severe asthma and while reducing or discontinuing oral glucocorticosteroids the recommended dose in adults (including elderly and children 12 years and older) is usually 1-2mg twice daily. In very severe cases the dosage may be further increased. Children 3 months to 12 years: 0.5-1mg twice daily. The maintenance dose should be the lowest dose which keeps the patient symptom-free. Recommended doses are: Adults (including elderly and children 12 years and older): 0.5-1mg twice

daily. Children (3 months to 12 years): 0.25-0.5mg twice daily. For an increased therapeutic effect increase dose of Pulmicort rather than combine treatment with oral corticosteroids because of the lower risk of systemic effects. **Contra-indications, warnings, etc.:** Contra-indications: Hypersensitivity to any of the constituents. Special warnings and precautions: Care is needed in patients with pulmonary tuberculosis and viral infections in the airways. A short course of oral steroids in addition to Pulmicort may be required in patients with excessive mucus in the bronchi. Transfer of patients dependent on oral steroids to Pulmicort demands special care; see data sheet for further details. The nebuliser chamber should be cleaned and dried after every administration. Pulmicort does not affect the ability to drive and use machines. Pulmicort Respules can be mixed with 0.9% saline and with solutions of terbutaline, salbutamol, sodium cromoglycate or ipratropium bromide. **Side-effects:**

Mild irritation in the throat, coughing and hoarseness and oral candidiasis have been reported. In rare cases inhaled drugs may provoke bronchoconstriction in hyperreactive patients. Facial skin should be washed after use of the face mask as irritation can occur. Coughing can usually be prevented by inhaling a  $\beta_2$ -agonist (e.g. terbutaline) 5-10 minutes before inhalation of Pulmicort Respules. Avoid in pregnancy. **Pharmaceutical precautions:** Store below 30°C. Use within 3 months of opening the foil envelope. Protect opened ampoules from light. Use within 12 hours of opening. **Legal status:** POM. **Basic NHS price:** Pulmicort Respules 0.25mg/ml (20 single dose units) £32.00. Pulmicort Respules 0.5mg/ml (20 single dose units) £44.64. **Product licence nos.:** Pulmicort Respules 0.25mg/ml PI. 0017/0309. Pulmicort Respules 0.5mg/ml PI. 0017/0310. **Name and address of product licence holder:** Astra Pharmaceuticals Ltd., Home Park, Kings Langley, Herts WD4 8DH



Inspired control you can trust

Astra Pharmaceuticals Ltd.  
Home Park,  
Kings Langley,  
Herts WD4 8DH.

**ASTRA**  
Astra Pharmaceuticals

© Registered Trademark  
Date of preparation: May 1995  
P.Res. 0382

**Pulmicort**<sup>®</sup>  
**Respules**<sup>®</sup>  
BUDESONIDE

Nebulised Steroid Control

ropion  
 describing Intra  
 to the full data sheet

ically active corticosteroid for  
 ctic management of asthma.  
 and administration  
 nulation only. Use regularly. Onset  
 rapeutic effect usually occurs in  
 days. *Adults:* 100 to 1,000  
 grams twice daily. *Children aged 4*  
 ver: 50 to 100 micrograms twice  
 Equivalent disease control usually  
 half the daily dose of other  
 Ealed steroids.

erolone activity

erolone  
 body  
 rch  
 ess effects  
 teroids and  
 nhaled cortic  
 exacerbation  
 ymptoms: Not  
 ymptoms. A class

ronchodilator is required. Systemic  
 ffects: Adrenal function and reserve  
 usually remain within the normal range.  
 Some systemic effects may occur in a  
 small proportion of patients on long  
 term treatment at high doses. Some  
 biochemical changes reported in  
 children, but no stunting of growth  
 observed. *Transfer from oral steroids:*  
 Special care is needed. Monitor adrenal  
 function. Do not stop Flixotide abruptly.  
 Consider additional corticosteroid  
 therapy in situations likely to produce  
 stress. *Pregnancy and lactation:* Experience  
 is limited. Balance risks against benefits.  
 Side effects Candidiasis of mouth and  
 throat. Hoarseness. Rarely, cutaneous  
 hypersensitivity. *Paradoxical bronchospasm:*  
 Stop use and seek alternative therapy.

Presentations. Basic NHS cost  
 Flixotide Accuhaler Inhalations.  
 50 micrograms - £8.23. 100 micrograms  
 - £12.80. 250 micrograms - £22.86.  
 500 micrograms - £40.23. Flixotide  
 Inhaler: 120 actuations. 25 micrograms  
 - £6.86. 50 micrograms - £11.43.  
 125 micrograms - £22.86.  
 250 micrograms - £38.86.  
 Flixotide Diskhaler: 14 four-place disks  
 with Flixotide Diskhaler. 50 micrograms  
 - £8.23. 100 micrograms - £12.80.  
 250 micrograms - £24.23.  
 500 micrograms - £40.23. Flixotide  
 14 four-place disks. 50 micrograms - £7.66.  
 100 micrograms - £12.23.  
 250 micrograms - £23.66.  
 500 micrograms - £39.66.  
 Diskhaler and Inhaler: Hospital pack  
 also available.

Product licence numbers  
 10949/0227, 10949/0228,  
 10949/0001, 10949/0002, 10949/0003,  
 10949/0004, 10949/0005, 10949/0006,  
 10949/0007, 10949/0008.

Product licence holder Glaxo  
 Pharmaceuticals UK Limited, Stockley  
 Park West, Uxbridge UB11 1BT.

The choice is yours

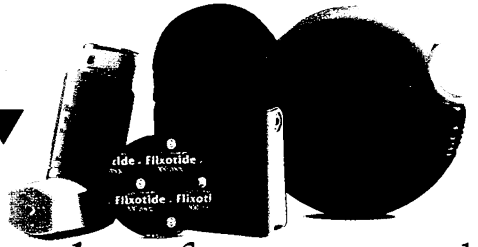
PCM



ALLEN & HANBURY'S  
 Further information is available  
 on request from:  
 Allen & Hanburys Limited  
 Uxbridge, Middlesex UB11 1BT  
 Accuhaler, Diskhaler and Flixotide are trade  
 marks of the Glaxo Group of Companies

June 1995

FLIXOTIDE  
 fluticasone propionate



Designed for control, with safety in mind



New for asthma

# Foradil<sup>®</sup>

eformoterol fumarate - long acting  $\beta_2$ -agonist

Complements inhaled corticosteroids

Protects for 12 hours

Twice daily dosage for maintenance therapy

Begins to work within 1-3 minutes

**In the UK Foradil is not licensed as rescue therapy**

**Prescribing Information** ▼ ©FORADIL eformoterol fumarate **Presentation** 12 micrograms dry powder inhalation capsules for use with breath activated inhaler device. **Indications** Regular maintenance treatment of bronchospasm in patients with reversible obstructive airways disease. **Dosage** Adults including the elderly: 1-2 capsules twice daily. Not recommended for children. **Contra-indications** Hypersensitivity to eformoterol fumarate or lactose. **Precautions** Steroid treatment should continue unchanged. FORADIL is not for relief of acute

symptoms – a short-acting  $\beta_2$ -agonist is required. Thyrotoxicosis, severe cardiovascular disorders, dysrhythmia, hypokalaemia, diabetes mellitus. Pregnancy and lactation. Avoid use with  $\beta$ -adrenergic blockers. **Side-effects** *Occasionally:* tremor, palpitations, headache. *Rarely:* muscle cramps, myalgia, tachycardia, agitation, dizziness, insomnia, paradoxical bronchospasm, oropharyngeal irritation. **Legal category** POM. **Packs** Dry powder capsules of 12 micrograms (PL0001/0192) together with an inhaler device, in calendar packs of 56

(basic NHS price £24.00). ® denotes registered trademark. Full prescribing information is available on request from Geigy Pharmaceuticals, Horsham, West Sussex, RH12 4AB. Telephone (01403) 272827.

**Date of preparation**  
February 1995.  
© Ciba-Geigy PLC 1995









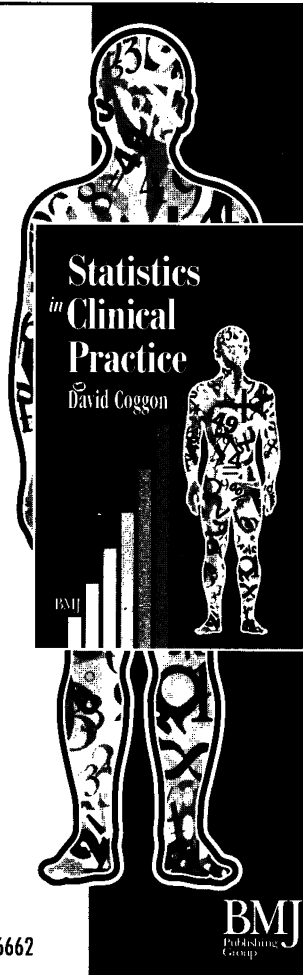
# Baffled by statistics?

All doctors and medical students need a basic understanding of the statistics presented in medical journals and at clinical meetings. *Statistics in Clinical Practice* is a practical, easy to read guide to demystifying statistics which will show you how to interpret data and present statistical information yourself.

- Covers all the basic principles including probability, making conclusions based on statistical results and summarising data.
- Contains realistic clinical examples.
- Assumes only a basic knowledge of mathematics.
- Includes useful questions and answer sections to test yourself.

ISBN 0 7279 0907 X 128 Pages 1995  
 UK £10.95; Overseas £12.95  
 (BMA members £9.95; £12.00)

Available from:  
 BMJ Publishing Group  
 P.O. Box 295, London WC1H 9TE  
 Tel: 0171 383 6185/6245 Fax: 0171 383 6662



## 3M Health Care



BRITISH LUNG  
 FOUNDATION

### BRITISH LUNG FOUNDATION/3M HEALTH CARE 1996 ERS TRAVEL FELLOWSHIPS

The British Lung Foundation and 3M Health Care, as part of their support for research in the respiratory field, are offering 10 travel fellowships worth £500 each for the European Respiratory Society Annual Congress in Stockholm, 7-11 September 1996. The Fellowships will contribute towards the registration fee, accommodation and travel costs.

The Travel Fellowships are designed to enable young clinical research workers in the respiratory field, as well as senior Registrars or equivalent level, to attend this important meeting. A candidate must be actively involved with research and must be the author of an abstract submitted to the European Respiratory Society for this meeting.

Application forms are available from

**BRITISH LUNG FOUNDATION**  
 78 Hatton Garden, London EC1N 8JR  
 Tel: 0171 831 5831

Completed forms together with 3 copies must be submitted to the Research Grants Administrator at the British Lung Foundation by 5 July 1996. Successful applicants will be informed by letter once a decision has been made.

The British Lung Foundation is a charity funding research into the prevention, alleviation and cure of chest and lung diseases.

# Applying science to health care

## Scientific Basis of Health Services

Edited by  
 Michael Peckham  
 and Richard Smith

BMJ

ISBN 0 7279 4024 0 300 pages April 1996  
 UK £22.50 Overseas £26.00  
 (BMA members £20.00; £23.00)

Evidence based medicine is the buzz word in health care today but the concept that the design and function of health services should also be based on scientific evidence is less familiar and more radical. Grown out of a ground breaking conference, *The Scientific Basis of Health Services* examines how the activities of health services can be rooted in research.

#### Chapters include:

- Economic evaluation and clinical practice
- The role of the consumer in health research
- Evidence based management in health care
- Shifting the balance between primary and secondary care

With contributions from leading international figures, this unique book points the way to the future and is essential reading for all involved in the design and management of health services.

Available from: BMJ Publishing Group, PO Box 295, London WC1H 9TE, medical booksellers or the BMJ bookshop in BMA House.

OR: Phone on our credit card hotline: 0171 383 6185/6245 or fax: 0171 383 6662

PRINT CLEARLY Please send me.....copy/ies of Scientific Basis of Health Services

Name .....

Address .....

Postcode.....Membership No: .....

Cheque enclosed (made payable to British Medical Journal) £.....

Debit my AMERICAN EXPRESS/VISA/MASTERCARD

Card No           Expires .....

Signature .....

**BMJ**  
 Publishing  
 Group

**Order your copy today**

**Turbohaler People.  
They have a certain  
air about them.**



**THE CREAM OF DONCASTER**

**Bricanyl® (terbutaline sulphate)**


**Presentation:** Bricanyl Turbohaler dry powder inhaler delivering 0.5mg terbutaline sulphate/actuation. **Uses:** Relief and prevention of bronchospasm in bronchial asthma and bronchopulmonary disorders in which bronchospasm or reversible airways obstruction is a complicating factor. **Dosage and administration:** Adults and Children (including elderly): One inhalation (0.5mg) as required. Not more than 4 inhalations/day. **Contra-indications, warnings, etc:** Contra-indications: Sensitivity to terbutaline sulphate. Precautions: Care should be taken in patients with myocardial insufficiency or hypertoxaemia. Additional blood glucose measurements are initially recommended in diabetic patients. If treatment becomes less effective or shorter acting, the patient's general condition should be reviewed. Do not use in patients with hypertrophic cardiomyopathy. Potentially serious hypotalaemia may result from  $\beta_2$ -agonist therapy. Administer with caution during the first trimester of pregnancy. Do not administer concurrently with non-selective  $\beta$ -blockers. Use with caution with other sympathomimetics. Side-effects: Tremor, tonic cramp and palpitations are all characteristic of sympathomimetic amines. A few patients feel tense. **Basic NHS price:** Bricanyl Turbohaler: £7.96. **Legal status:** POM. **Product licence no:** 00170241. **Name and address of Product Licence holder:** Astra Astra Pharmaceuticals


**Pharmaceuticals Ltd, Home Park, Kings Langley, Herts WD4 8DH.**

**Pulmicort® (budesonide)**  
**Presentation:** Pulmicort Turbohaler 100, 100µg/puff, budesonide dry powder inhaler containing 200 actuations. Pulmicort Turbohaler 200, 200µg/puff budesonide dry powder inhaler containing 100 actuations. Pulmicort Turbohaler 400, 400µg/puff budesonide dry powder inhaler containing 50 actuations. **Uses:** Bronchial asthma. **Dosage and administration:** Individualise dose. Adults (including elderly): 200, 1600µg daily in divided doses. A once daily dosage regimen of up to 800µg in the evening may be used by patients already controlled on inhaled steroids (e.g. budesonide or beclomethasone dipropionate) administered twice daily, for further information on transfer to once daily dosing see data sheet. Children: 200-800µg daily in divided doses. A once daily regimen is not recommended for children under 12 years old. Maintenance: Use lowest possible dose. Brush the teeth and rinse the mouth out with water after each use. **Contra-indications, warnings, etc:** Contra-indications: Active pulmonary tuberculosis. Precautions: Special care is needed in patients with quiescent lung tuberculosis, fungal and viral infections in the airways. Avoid administration during pregnancy. A short course of oral steroids in addition to Pulmicort may be required in patients with excessive mucus in the bronchi. Inhaled corticosteroids will not usually affect adrenocortical function. A

small proportion of patients may experience some systemic effects after long term treatment at high doses. Transfer of patients dependent on oral steroids to treatment with Pulmicort demands special care. See data sheet for further details.

**Side-effects:** Mild irritation in the throat, hoarseness and oral candidiasis occur in some patients. Rarely skin reactions such as rash may occur. As with other inhalation therapy, the potential for paradoxical bronchospasm should be kept in mind. **Basic NHS price:** Pulmicort Turbohaler 100 (200 actuations) £18.50. Pulmicort Turbohaler 200 (100 actuations) £18.50. Pulmicort Turbohaler 400 (50 actuations) £18.50. **Legal status:** POM. **Product licence no:** Pulmicort Turbohaler 100 PL 00170319. Pulmicort Turbohaler 200 PL 00170272. Pulmicort Turbohaler 400 PL 00170271. **Name and address of Product Licence holder:** Astra Pharmaceuticals Ltd, Home Park, Kings Langley, Herts WD4 8DH. **®Pulmicort, Bricanyl and Turbohaler are trademarks of Astra Pharmaceuticals Limited.** For further information contact the Product Licence holder: Astra Pharmaceuticals Limited, Home Park, Kings Langley, Herts WD4 8DH. Date of preparation: March 1996. TUR8 960891F

**Bricanyl®**  
  
**TERBUTALINE SULPHATE**

**Pulmicort®**  
  
**BUDESONIDE**

**DESIGNED FOR EFFICIENCY**

