

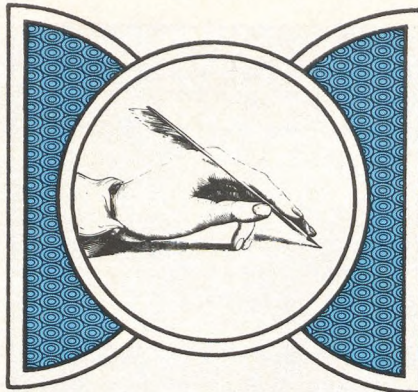
Letters to the Editor

The Journal welcomes Letters to the Editor; if found suitable, they will be published as space allows. Letters should be typed double-spaced, should not exceed 400 words, and are subject to abridgment and other editorial changes in accordance with journal style.

Wider Implications of Health and Disease

To the Editor:

I was pleased to see Dr. John Fry's article "Wider Implications of Health and Disease" in the May 1981 issue of the journal (*J Fam Pract* 12:935, 1981). I have found



that the concepts discussed by Dr. Fry are perfectly applicable to busy medical practices and essential to comprehensive patient care. I have developed an Integrated Model of Health and Disease¹ that facilitates

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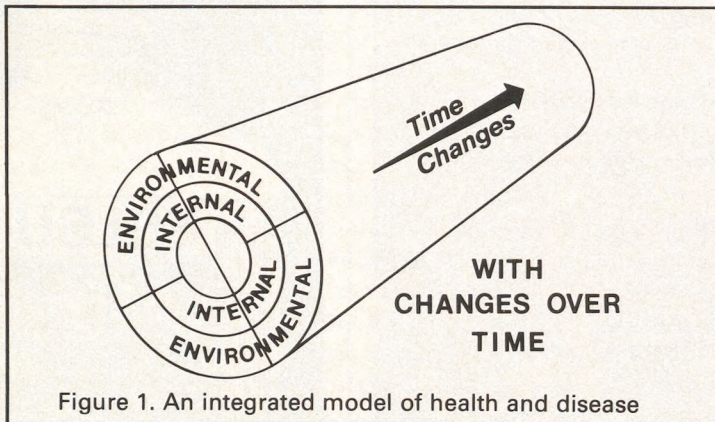


Figure 1. An integrated model of health and disease

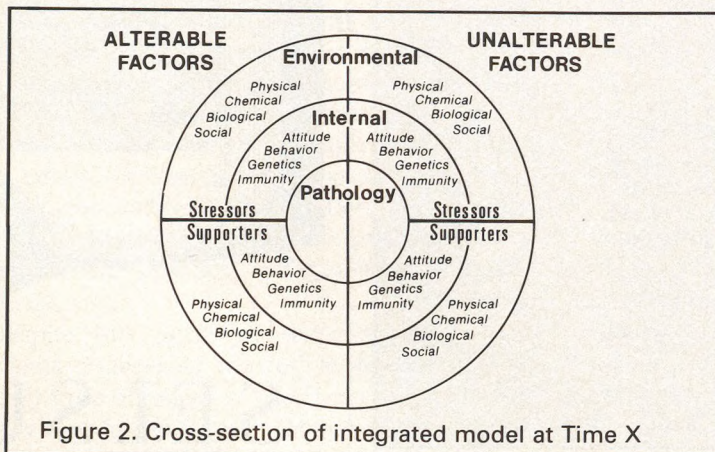


Figure 2. Cross-section of integrated model at Time X

ACTIVED-C[®] EXPECTORANT

INDICATIONS: Based on a review of this drug by the National Academy of Sciences—National Research Council and/or other information, FDA has classified the indications as follows:

"Lacking substantial evidence of effectiveness as a fixed combination." For the symptomatic relief of cough in conditions such as: the common cold, acute bronchitis, allergic asthma, bronchitis, croup, emphysema, tracheobronchitis. Final classification of the less-than-effective indications requires further investigation.

CONTRAINDICATIONS:

Use in Newborn or Premature Infants: This drug should not be used in newborn or premature infants.

Use in Nursing Mothers: Because of the higher risk of antihistamines, codeine and sympathomimetic amines for infants generally and for newborn and premature in particular, Actifed-C Expectorant therapy is contraindicated in nursing mothers.

Use in Lower Respiratory Disease: Antihistamines should NOT be used to treat lower respiratory tract symptoms including asthma.

Actifed-C Expectorant is also contraindicated in the following conditions:

Hypersensitivity to: 1) Triprolidine Hydrochloride and other antihistamines of similar chemical structure; 2) Sympathomimetic amines including pseudoephedrine; and/or 3) any of the other ingredients.

Monoamine oxidase inhibitor therapy (See Drug Interaction Section).

WARNINGS: Actifed-C Expectorant should be used with considerable caution in patients with:

Increased intraocular pressure (Narrow angle glaucoma)	Hypertension
Stenosing peptic ulcer	Diabetes mellitus
Pyloroduodenal obstruction	Ischemic heart disease
Symptomatic prostatic hypertrophy	Hyperthyroidism
Bladder neck obstruction	

Sympathomimetics may produce central nervous stimulation with convulsions or cardiovascular collapse with accompanying hypotension.

Codeine can produce drug dependence of the morphine type, and therefore has the potential of being abused.

Use in Children: As in adults, the combination of an antihistamine and sympathomimetic amine can elicit either mild stimulation or mild sedation in children.

While it is difficult to predict the result of an overdose of a combination of triprolidine, pseudoephedrine, and codeine the following is known about the individual components:

In infants and children especially, antihistamine in overdose may cause hallucination, convulsion or death. Large doses of pseudoephedrine are known to cause weakness, lightheadedness, nausea and/or vomiting. An overdose of codeine may cause CNS depression with muscular twitching and convulsion, weakness, disturbed vision, dyspnea, respiratory depression, collapse and coma.

Use in Pregnancy: Experience with this drug in pregnant women is inadequate to determine whether there exists a potential for harm to the developing fetus.

Use with CNS Depressants: Triprolidine and codeine phosphate have additive effects with alcohol and other CNS depressants (hypnotics, sedatives, tranquilizers, etc.).

Use in Activities Requiring Mental Alertness: Patients should be warned about engaging in activities requiring mental alertness as driving a car or operating appliances, machinery, etc.

Use in the Elderly (approximately 60 years or older): Antihistamines are more likely to cause dizziness, sedation and hypotension in elderly patients. Overdosages of sympathomimetics in this age group may cause hallucinations, convulsions, CNS depression, and death.

PRECAUTIONS: Actifed-C Expectorant should be used with caution in patients with: history of bronchial asthma, increased intraocular pressure, hyperthyroidism, cardiovascular disease, hypertension.

DRUG INTERACTIONS: MAO inhibitors prolong and intensify the anticholinergic (drying) effects of antihistamines and overall effects of sympathomimetics. Sympathomimetics may reduce the antihypertensive effects of methyldopa, decamylamine, reserpine, and veratrum alkaloids.

The CNS depressant effect of triprolidine hydrochloride and codeine phosphate may be additive with that of other CNS depressants.

ADVERSE REACTIONS:

- General:** Urticaria, drug rash, anaphylactic shock, photosensitivity, excessive perspiration, chills, dryness of mouth, nose and throat.
- Cardiovascular System:** Hypotension, headache, palpitations, tachycardia, extrasystoles.
- Haematologic System:** Hemolytic anemia, thrombocytopenia, agranulocytosis.
- Nervous System:** Sedation, sleepiness, dizziness, disturbed coordination, fatigue, confusion, restlessness, excitation, nervousness, tremor, irritability, insomnia, euphoria, paresthesias, blurred vision, diplopia, vertigo, tinnitus, acute labyrinthitis, hysteria, neuritis, convulsions, CNS depression, hallucination.
- G.I. System:** Epigastric distress, anorexia, nausea, vomiting, diarrhea, constipation.
- G.U. System:** Urinary frequency, difficult urination, urinary retention, early menses.
- Respiratory System:** Thickening of bronchial secretions, tightness of chest and wheezing, nasal stuffiness.

NOTE: Guafenesin has been shown to produce a color interference with certain clinical laboratory determinations of 5-hydroxyindoleacetic acid (5-HIAA) and vanillylmandelic acid (VMA).

HOW SUPPLIED: Bottles of 1 pint, 1 gallon and 4 oz. Unit of Use Bottle with Child Resistant Cap.



Burroughs Wellcome Co.
Research Triangle Park
North Carolina 27709

PRO-BANTHINE® (propantheline bromide)
Tablets, 7½ mg. and 15 mg.

INDICATION: Pro-Banthine is effective as adjunctive therapy in the treatment of peptic ulcer.

CONTRAINDICATIONS: Glaucoma, obstructive disease of the gastrointestinal tract, obstructive uropathy, intestinal atony, severe ulcerative colitis or toxic megacolon, unstable cardiovascular adjustment in acute hemorrhage, or myasthenia gravis.

WARNINGS: Heat prostration can occur with use of the drug in hot weather.

Diarrhea, especially in an ileostomy or colostomy patient, may indicate obstruction, and this possibility should be considered before administering Pro-Banthine.

Pro-Banthine may produce drowsiness or blurred vision.

With overdosage, a curare-like action may occur, i.e., neuromuscular blockade leading to muscular weakness and possible paralysis.

Use with caution in patients with severe cardiac disease if an increase in heart rate is undesirable.

Safe use in pregnancy has not been established. Use during pregnancy only when the benefits outweigh any possible risk.

Uncontrolled data derived from marketing experience do not suggest that significant quantities of Pro-Banthine are secreted in breast milk.

Safety and efficacy in children have not been established.

PRECAUTIONS: Use with caution in the elderly and in all patients with autonomic neuropathy, hepatic or renal disease, hyperthyroidism, coronary heart disease, congestive heart failure, cardiac tachyarrhythmias, hypertension, or hiatal hernia associated with reflux esophagitis.

Large doses should be avoided or the drug discontinued in patients with ulcerative colitis.

ADVERSE REACTIONS: Varying degrees of drying of salivary secretions may occur as well as decreased sweating, blurred vision, mydriasis, cycloplegia, and increased ocular tension. Other reported adverse reactions include urinary hesitancy and retention, tachycardia, palpitations, loss of the sense of taste, headache, nervousness, mental confusion, drowsiness, weakness, dizziness, insomnia, nausea, vomiting, constipation, bloated feeling, impotence, suppression of lactation, and allergic reactions or drug idiosyncrasies including anaphylaxis, urticaria and other dermal manifestations.

OVERDOSAGE: The symptoms of Pro-Banthine overdosage include CNS disturbances, circulatory changes, respiratory failure, paralysis and coma. See complete prescribing information for appropriate treatment.

DOSAGE AND ADMINISTRATION: The usual initial adult dose of Pro-Banthine tablets is 15 mg. taken 30 minutes before each meal and 30 mg. at bedtime (a total of 75 mg. daily). Subsequent dosage adjustment should be made according to the patient's individual response and tolerance.

The administration of one 7½-mg. tablet three times a day is convenient for patients with mild manifestations and for geriatric patients and for those of small stature.

Searle & Co.
San Juan, Puerto Rico 00936

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Box 5110, Chicago, Illinois 60680

SEARLE

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the care of patients in the context of their environments. I have found this model useful enough to warrant sharing it with your readers.

The diagrams enclosed are self-explanatory and provide a basic understanding of the Integrated Model and how it can be applied in practice. Application of the model in clinical practice allows the physician to go beyond the management of pathology without great difficulty. It facilitates the gathering

and recording of qualitative and quantitative data about the patient in the context of his environment. The model is also a very useful tool for education and the development of medical research.

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Bridgton, Maine

Reference

1. Aronson S, Mascia MF: The Stress Management Workbook: An Action Plan for Taking Control of Your Life and Health. New York, Appleton-Century-Crofts, in press

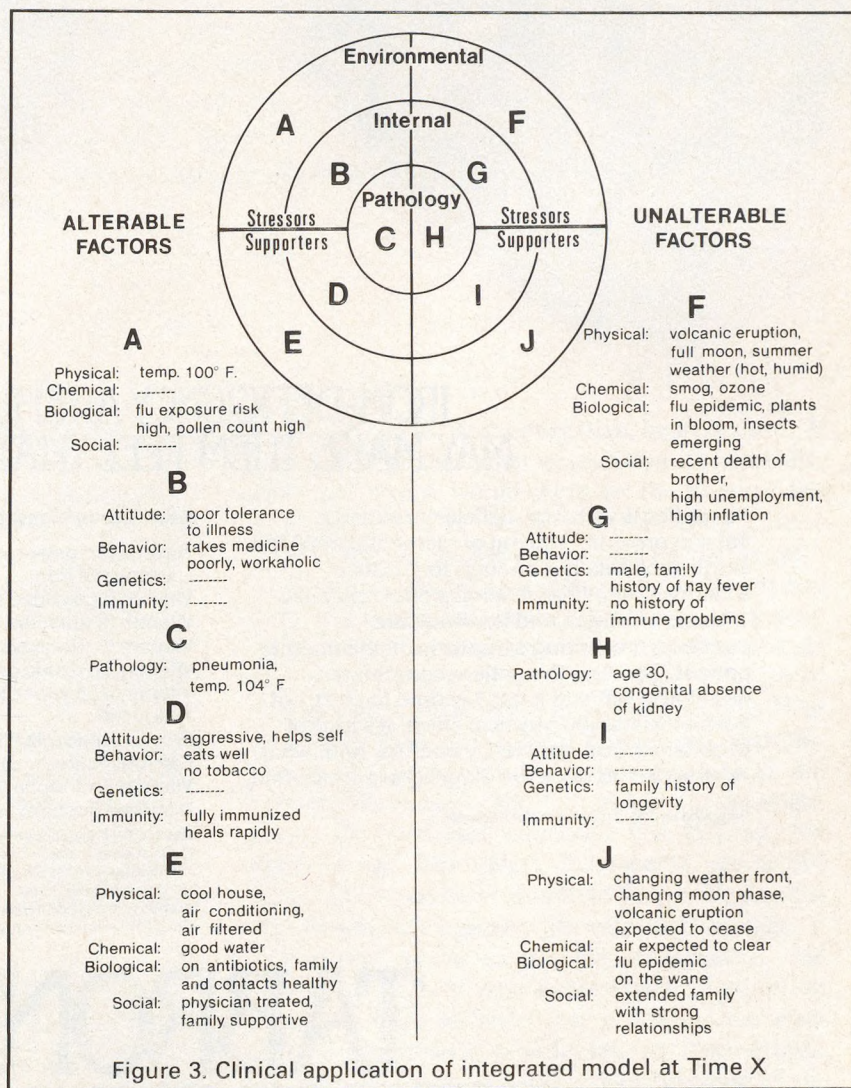


Figure 3. Clinical application of integrated model at Time X