

REASON TO BE CHEERFUL



LUSTRAL™ 50mg

sertraline



Abbreviated Prescribing Information:
LUSTRAL™ (sertraline)

Presentation: Tablets containing 50mg or 100mg sertraline. **Indications:** Treatment of symptoms of depressive illness and accompanying symptoms of anxiety. Prevention of relapse or recurrence of depressive episodes including accompanying symptoms of anxiety. **Dosage:** LUSTRAL should be given as a single daily dose. The initial dose is 50mg and the usual therapeutic dose is 50mg daily. Dosage can be further increased, if appropriate, to 150mg or a maximum of 200mg daily. Patients should be maintained on the lowest effective dose and doses of 150mg or more should not be used. **Use in children:** Not recommended. **Use in the elderly:** Usual adult

if clearly needed. **Lactation:** Not recommended. **Precautions, warnings:** Renal insufficiency, unstable epilepsy, ECT, driving. LUSTRAL should be discontinued in a patient who develops seizures. LUSTRAL should not be administered to patients concurrently being treated with tranquilizers who drive or operate machinery. Do not use with, or within two weeks of ending treatment with, MAOIs. At least 14 days should elapse before starting any MAOI following discontinuation of LUSTRAL. Patients should be closely supervised for the possibility of suicide attempt or activation of mania-hypomania. **Drug interactions:** Administer with caution in combination with other centrally active medication. Serotonergic drugs including tryptophan, sumatriptan and fenfluramine should not be used with LUSTRAL. It is recommended that plasma lithium levels be monitored following initiation of LUSTRAL. Although LUSTRAL has been shown to have no interaction with alcohol, concomitant use with alcohol is not recommended. The potential for LUSTRAL to interact with other highly

cimetidine has not been fully assessed. With warfarin prothrombi should be monitored when LUSTRAL is initiated or stopped. **effects:** Dry mouth, nausea, diarrhoea/loose stools, ejaculatory tremor, increased sweating, dyspepsia, dizziness, insomnia, somnolence. Asymptomatic elevations in serum transaminases have been reported infrequently (approx. 0.8%) in association with LUSTRAL. These usually occurred within the first 9 weeks treatment and resolved on cessation of therapy. Malaise and rash have been reported. Seizures (see precautions, warnings). There have been isolated reports of movement disorders and rare cases of hyponatraemia. **Legal category:** POM. **Basic NHS cost:** 50mg tablet (PL 57/0308) Calendar pack of 28, £26.51; 100mg tablet (PL 57/0309) Calendar pack of 28, £39.77. Further information on request. **Invicta™ Pharmaceuticals or Richborough™ Pharmaceuticals**

Books Beyond Words

These books are joint publications between the Royal College of Psychiatrists and St. George's Hospital Medical School. They are intended for people with learning disabilities or difficulties or mental health needs. The stories are told through pictures alone to allow each reader to make his or her own interpretation. A short written text at the end of the book provides one possible narrative for the pictures. *Gaskell books are available from the Publications Department, Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG. (Tel. +44(0)171 235 2351, extension 146). Credit card orders can be taken over the telephone.*

You're under Arrest

*By Sheila Hollins, Isabel Clare and Glynis Murphy
Illustrated by Beth Webb*

The pictures and text in this book are intended to reflect the procedures used by the police when an adult with learning disabilities or mental health needs is under arrest. You can make any story you like from the book as it will fit any crime.
£10.00 72pp. 1996 ISBN 1 901242 01 3

You're on Trial

*By Sheila Hollins, Isabel Clare and Glynis Murphy
Illustrated by Beth Webb*

The pictures and text in this book are intended to show the likely events when someone with learning disabilities or mental health needs comes into contact with the criminal justice system. The pictures suit any crime and any verdict.
£10.00 72pp. 1996 ISBN 901242 01 3

Going to Court

*By Sheila Hollins with Valerie Sinason and Julie Boniface
Illustrated by Beth Webb*

This book is about being a witness in a Crown Court. The pictures suit any crime and any verdict.
£10.00 70pp. 1994 ISBN 1 874439 08 7

Jenny Speaks Out

£10.00 60pp. 1992 ISBN 1 874439 001

Bob Tells All

£10.00 62pp. 1993 ISBN 1 874439 03 6

*By Sheila Hollins and Valerie Sinason
Illustrated by Beth Webb*

These two companion books may enable a person with learning disabilities to open up about their experience of sexual abuse. Bob and Jenny have been abused and feel unsettled when they move to a new homes in the community. In each story, the carers sensitively help Bob and Jenny unravel their painful past as victims of sexual abuse, to begin a slow but positive healing process.

Making Friends

£10.00 68pp. 1995 ISBN 1 874439 10 9

Hug Me Touch Me

£10.00 70pp. 1994 ISBN 1 874439 05 2

By Sheila Hollins and Terry Roth

Illustrated by Beth Webb

The characters in these stories want to make new friends. The books show when they can and can't hug and touch other people. *Making Friends* tells the story from a man's perspective, while *Hug Me Touch Me* tells the story from a woman's point of view.



Going to the Doctor

*By Sheila Hollins, Jane Bernal and Matthew Gregory
Illustrated by Beth Webb*

Going to the doctor can be a worrying experience. For people with a learning disability, there is the added fear of not being able to explain what's wrong, as well as not understanding what's happening. Feelings, information and consent are all addressed. A variety of scenarios are covered (examination, blood test, prescription, etc.). Ideally, this book should be used to prepare someone before going to the doctor but it will also be invaluable to General Practitioners and primary health care workers during consultations and before treatments.

£10.00 73pp. 1996 ISBN 1 874439 13 3

When Dad Died

£10.00 60pp. 1989 ISBN 1 874439 06 0

When Mum Died

£10.00 60pp. 1989 ISBN 1 874439 07 9

By Sheila Hollins and Lester Sireling

Illustrated by Beth Webb

These two books take an honest and straightforward approach to death in the family. The pictures tell the story of the death of a parent in a simple but moving way. The approach is non-denominational. One book illustrates a cremation (*When Dad Died*), the other a burial. The books will help to inform readers about the simple facts of death and about feelings of grief. Children without learning disabilities will also appreciate these books which adopt a more direct approach to death than is usual.

A New Home in the Community

£10.00 72pp. 1993 ISBN 1 874439 02 8

Peter's New Home

£10.00 72pp. 1993 ISBN 1 874439 01 X

By Sheila Hollins and Deborah Hutchinson

Illustrated by Beth Webb

These two books are designed to help people with learning disabilities make a happy transition to a new home. *Peter's New Home* tells the story of leaving one's family for a group home while *A New Home in the Community* tells the story of leaving a long-stay hostel or hospital to go to a group home.

Feeling Blue

By Sheila Hollins

and Valerie Sinason

Illustrated by Beth Webb

This book is for people with learning disabilities who get depressed. It shows what happens to the character when he is depressed, and how he is helped to feel better.

£10.00 66pp. 1995 ISBN 1 874439 09 5

