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Future Special Issues/ Symposia

Special Issues :

- Cosmetic Surgery: New Horizons
- Interventional Radiology: Current Trends
- Challenges of Diabetes in the Developing World
- Organ Transplantation: Current Scenario
- Advances in Neuro Surgery

Symposia :

- Endovascular Surgery: Current Perspective
- Sexually Transmitted Diseases Current Scenario
- Prevention of Chronic Kidney Disease
- Metabolic Bone Disease : An update
- Advances in surgical Oncology
- Advances in Endourology

DRUG PROFILE

CILOSTAZOL

Cilostazol is quinolin derivative; - its metabolites are cyclic AMP (cAMP) phosphodiesterase 111 inhibitors (PDE III inhibitors). Inhibition of phosphodiesterase activity suppresses cAMP degradation with a resultant increase in cAMP in platelets and blood vessels leading to inhibition of platelet aggregation and vasodilatation, respectively. It reversibly inhibits platelet aggregation induced by a variety of stimuli, including thrombin, ADP, collagen, arachidonic acid, epinephrine and stress. It produces non-homogenous dilatation of vascular beds with greater dilatation in femoral beds than in vertebral, carotid or superior mesenteric arteries.

Pharmacokinetics : It is absorbed after oral administration; it is 95-98% protein bound, and extensively metabolized by hepatic cytochrome P-450 enzymes. The primary route of elimination of cilostazol is via the urine (74%) with the remainder excreted in the feces (20%). The total pharmacologic

activity of drug and its metabolites is similar with mild renal and hepatic impairment and also in normal subjects.

Indications : Cilostazol is indicated for the *reduction of symptoms of intermittent claudication*; improves pain free and maximal walking distance, has favourable effects on lipids.

Dosage and administration : Recommended dosage of drug is 100 mg BD, to be taken half an hour before meals or two hours after food.

Contra-indication : a) Contraindications are hypersensitivity to the drug; b) congestive heart failure of any severity; c) pregnancy and d) nursing mothers and children.

Adverse reactions : Commonly observed side effects include headache, diarrhoea, dizziness and palpitations, overdosage may cause headache, diarrhoea, hypotension, tachycardia, arrhythmia, not removed by dialysis.

Cardiovascular effects : Increased heart rate, ventricular premature complexes, non sustained VT is reported.

Compiled by Dr. .P.Chattree