

"To work, in all independence, in favour of quality healthcare, first and foremost in the interest of patients (...)"
(Article 1 of the Association Mieux Prescrire bylaws).

ASSOCIATION MIEUX PRESCRIRE

Prescrire International is a monthly journal of selected texts translated from the French journal Prescrire.

Prescrire International is published 11 times a year by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Pierre Chirac (President); Dörte Gunthert (Treasurer); Antoine Grandvullemin (Deputy Treasurer); Bernard Topuz (General Secretary); Maryline Dufils-Gelgon (Deputy General Secretary).

President: Pierre Chirac *pharmacist*

PRESCRIRE INTERNATIONAL

Managing Editor: Christophe Kopp *general practitioner*

Coordinating Editor: Christine Badiane

Sub Editor: Karen Albrecht

Translators: Helen Genevier, Ros Schwartz, David Wynford-Thomas

Consultants: Judith Mintzes, Andrea Tarr

Subscription department: Christine Barraud

Prescrire:

Publishing Director: Bruno Toussaint with Séverine Carré-Pétraud • **Publishing Committee:** José Aguilar, Pierre Chirac, Valentine de Belleruche, Hélène Merlin, Jérôme Robert, Jérôme Sclafer • **Executive Secretary:** Martine Divet • **Development:** Shirley Decupère with Lucie Alexandre, Élise Dezothet, Bernardin Dilou, Sarah Hembert and Vanessa Sumyuen; Houria Farhi (Algeria) • **Human Resources:** Valentine de Belleruche with Laetitia Luyeye Kinioko and Huynh Dieu Nguyen • **Accounts:** Tanguy Goblet with Fabrice Chane-Yock • **Administration, Reception, Mail Room:** Astou Badji, Séverine Bégnès, Ibrahim Daffé and "Il est 5 heures" • **Circulation and Subscriber Services:** Christine Barraud with Aleksandra Debon, Cécile Gai, Corinne Kramer, Patricia Médioni, Cécile Monteil; technical solutions B&C Technologies • **Information Technology:** Xavier Martin-Legeay, with Amaury Guern and Frédéric Jouzel, Apogea, DevPartner, Dokeos, Les Artisans numériques, PFL consulting, Samu-Informatique, Tirème, Ze Team • **Design: Art Director:** Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmeziane, Geneviève Lamagdelaine, Sandrine Praud, Jennifer Ribeiro-Marta • **Multimedia layout:** Sandrine Praud

Members of the Prescrire Editorial Staff sign a yearly declaration of absence of conflicts of interest, in accordance with Prescrire's "Non merci..." Charter. Members are free from any interest contrary to Association Mieux Prescrire's objectives (the Charter and the Declaration are available online at english.prescrire.org). Publishing reliable reviews that are easy to use and adapted to readers' needs depends upon complex editorial procedures, all initiated and overseen by the members of Prescrire's Editorial Staff. Members of the Editorial Staff define editorial goals. They oversee the literature search, the writing and rewriting of texts, and the review by a panel of outside experts (medical specialists, methodologists, representatives of Prescrire's subscriber base...). They organise internal and external quality control procedures, and edit the final copy. Every draft is submitted, before publication, to a large number of outside reviewers. Details on how Prescrire's content is produced are available online at the Prescrire in English website (english.prescrire.org): see About Prescrire and How we work.

Editor: Jérôme Sclafer *general practitioner* with Florence Chapelle *pharmacist* • **Editorial Committee:** Pierre Chirac, Aurélie Delépine, Frédérique Digonnet, Antoine Grandvullemin, Philippe Mura

Section Editors: New products: Eric Cerqueira *pharmacist*; Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvullemin *pharmacist* • **Adverse effects:** Élisabeth Veyriac *pharmacologist* with Marie-France Gonzalez *pharmacist* and Céline Roussel *pharmacist* • **Reviews:** José Aguilar MD; Anne Aubert *pharmacist*; Marie Babin *biologist*; Juliette Barthe *general practitioner*; Aurélie Delépine MD; Marc Legrelle *diabetes specialist*; Philippe Mura MD; Céline Martin *pharmacist* • **Information to patients:** Christine Guilbaud *pharmacist* • **Health and society:** Clarisse Briand *public health*; Pierre Chirac *pharmacist*; Bénédicte Connault MD • **Book review:** Pierre Frouard *general practitioner* • **Guideline watch:** Marine Barillot *pharmacist* • **Reader's test:** Christian Bouret *general practitioner* • **Take it easy:** Christophe Kopp *general practitioner* • **Forum:** Jérôme Robert • **Queries and comments:** José Aguilar MD • **Prescrire electronic media:** Hélène Merlin *pharmacist* • **Production Editor:** Christine Badiane with Sophie Bel • **Information search: Companies and agencies:** Karine Begnaud, Julie Bontemps, Thomas Declercq, Ayah Hakim, Cécile Loubeyre-Unique, Eve Parry • **Health products regulation:** Olivier Huyghe • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Astou Badji, Nathalie Hayes and Hortense Sanon • **Packaging working group:** Olivier Huyghe • **Editorial Office:** Christelle Sissokho with Hélène Declercq • **Editors:** Nehama Aidan *dentist*; Anne Americh *pharmacist*; Élodie Artielle-Beaucamp *pharmacist*; Jean-François Audouard *pharmacist*; Karine Begnaud *pharmacist*; Éric Bel *pharmacist*; Julie Bontemps *pharmacist*; Delphine Bourneau-Martin *pharmacist*; Odile Burrus *nurse*; Sophie Chalons *pharmacist*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Claude Demange *pharmacist*; Frédérique Digonnet *pharmacist*; Jean Doubovetzky *general practitioner*; Houria Farhi *general practitioner*; Aldo Fari *biologist*; Nathalie François-Moliner *paediatrician*; Philippe Gabrié MD; Ghyslaine Galhaut-Costes *pharmacist*; Alexandre Gelgon *general practitioner*; Julien Gelly *general practitioner*; Jean-Pierre Gribeauval

medical law; Philippe Gripon *occupational medicine, toxicologist*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Mélanie Hardy *pharmacist*; Sébastien Hardy *pharmacist*; Mathieu Hautemulle *journalist*; Ghislaine Henry *general practitioner*; Olivier Huyghe *pharmacist*; Aurélie Jamet *pharmacist*; Jérôme Jean *nursing*; Fabienne Jourdan *emergency care*; Jacques Juillard MD; Clio Kojadinovitch *general practitioner*; Philippe Lecoq *internal medicine*; Laurence Le Quang Trieu *pharmacist*; Sophie Logerot *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Florent Macé *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Mengeot *journalist*; Gilles Mignot *pharmacologist*; Denis Millès-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard *general practitioner*; Didier Morère *pharmacist*; Évelyne Mouret *pharmacist*; Samia Nabi *pharmacist*; Clotilde Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Jean-Pierre Noiry *general practitioner*; Ann Pariente MD; Sandrine Parmentier *sociologist*; Eve Parry *pharmacist*; Sophie Pilon *pharmacist*; Pauline Quillet *pharmacy*; Jean-Yves Rolland *dentist*; Bernard Rueff MD; Paul Scheffer *learning sciences*; Philippe Schilliger MD; Étienne Schmitt *pharmacist*; Bernard Topuz MD; Maryse Véron *nurse*; Cyril Vidal *dentist*; Caroline Vincent *pharmacist* • **Consulting Editors:** Philippe Adrien; Henriette Bosvieux; Angèle Bouquet; Alain Burtcher; Blandine Guillemot-Pinard; Mélanie Hardy; Natacha Marpillat; Olivier Rozand • **Art and Photo Editor:** Olivier Huyghe • **Illustrations:** Léa Lord; Alain Savino • **Indexing:** Mélanie Hardy, Hélène Merlin with Laurence Le Quang Trieu, Sandrine Parmentier • **Prescrire electronic media:** Hélène Merlin

Policy advocacy: Rita Kessler with Pierre Chirac, Olivier Huyghe, Christophe Kopp • **Projects:** Catherine Alexandre; Aldo Fari; Béatrice Guyard-Boileau; Martine Lalande; Karelle Le Glout; Christine Piette; Didier Rod; Agnès Sommet • **Reviewers' panels:** Nehama Aidan and Christine Guilbaud • **For Belgium and Switzerland:** Sophie Chalons with Marie-Louise Bouffouh, Catherine Smolders (Agence fédérale des médicaments et des produits de santé), and Catherine Delafontaine (pharmaSuisse) • **Translations "Assessment Elsewhere":** Marie-Andrée Bernard, Annick Pijnenburg, Karin Raton, Eva Stille • **Website:** Karen Albrecht • **Subscriber correspondence:** Anne Americh, Nolwenn Clec'h, Martine Divet, Jérôme Robert with Cécile Monteil

Continuing education programmes: Pedagogical advisers: Frédérique Digonnet with Philippe Schilliger • **Instructors:** Anne Aubert; Christian Bouret; Frédérique Digonnet • **Organisation:** Hélène Merlin • **Atelier Médicaments en Question et Question de Pratiques:** Éric Bel; Jérôme Jean • **Evaluation:** Sandrine Parmentier • **Accreditation:** Ghyslaine Galhaut-Costes • **Preventing the Preventable Programme:** Marie-France Gonzalez and Étienne Schmitt with Thomas Declercq, Éric Galam, Josette Vallée.



Prescrire is a founder and member of ISDB, a network of drug bulletins that are independent of drug companies, which aims to promote international exchange of quality information on drugs and therapeutics.

Website: www.isdbweb.org

Copyright Prescrire

Registered address: 83, bd Voltaire 75011 Paris France

Tel.: (33)(0)1 49 23 72 80 - Fax : (33)(0)1 48 07 87 32

E-mail: contact@prescrire.org

Postal address: Prescrire - 83, bd Voltaire 75558 Paris Cedex 11 - France

www.prescrire.org

All rights reserved. Contents may not be reproduced, except by individual subscribers for limited distribution, in small quantities, for solely non-commercial purposes.

All other uses: permission must be obtained in writing from the publisher.

Printing: Imprimerie BMG - France

REVIEW PANEL:

The following persons reviewed the articles, which were first published in Prescrire then translated for this issue of Prescrire International:

Xavier Allix (pharmacy); Françoise Augry (hospital pharmacy); Bruno Bally (risk management); Éric Beaugendre (pharmacy); Sonia Bedjidian (hospital pharmacy); Gérard Besson (neurology); Jacques Birgé (general practice); Christine Botte (general practice); Anne-Claire Brisacier (OFDT); Christine Broissand (hospital pharmacy); Claude Cances (paediatrics); Rodolphe Charles (general practice); Christophe Chiny (general practice); Marc Chobert (general practice); Valérie Colas (pharmacy and toxicology); Rémy Collomp (hospital pharmacy); Didier Cosserat (general practice); Bruno De Goer (general practice); Denis Del Nista (emergency care); Vincent Des Portes (neuropaediatrics); Klaus Dieterich (medical genetics); Franca Donatella (addictology); Christophe Droin (general practice); Thierry Farge (general practice); Jean-Eudes Fontan (hospital pharmacy); Carole Fourny (pharmacy); Jean-Marc Gibert (general practice); Pierre Gillet (pharmacology); Guy Godin (cardiology); Isabelle Gourfinkel-An (neurology); Michel Gréhan (cardiology); Pierre Hinault (neurology); Arnaud Isapof (paediatrics); Hélène Jantzen (pharmacovigilance); Raphaël Jeannin (psychiatry); Régine Kuntz-Lécule (epidemiology); Lucette Lacomblez (pharmacology); Philippe Latreite (general practice); Reynald Le Boisselier (addiction surveillance); Gilles Le Pallec (hospital pharmacy); Nicole Mabs Duchassin (hospital pharmacy); Catherine Masson (neurology); Bruno Mégarbane (intensive care); Jean-Christophe Mercier (intensive care); Christian Merlin (pharmacy); Delphine Minier (hospital pharmacy); Carole Ouvrard (nursing care); Frédéric Pasquier (hospital pharmacy); Jean-Luc Paturel (general practice); François Pelissier (general practice); Patrick Pelloux (emergency care); Grégory Pfau (pharmacy); Robert Pujol (pharmacy); Pascal Rathelot (hospital pharmacy); Philippe Regard (general practice); Hervé Renault (general practice); Agathe Roubertie (neuropaediatrics); Lucien Roulet (hospital pharmacy - Switzerland); Jean-Marc Sapori (toxicology); Franck Semah (neurology); Gilles Sorbé (general practice); Jean Steffann (general practice); Amélie Thomassin (hospital pharmacy); Josette Vallée (general practice); Laurent Vercueil (neurology); Raphaël Wielgo (hospital pharmacy); Ernst Wisse (Médicaments et Santé); Patrick Zamparutti (pharmacy inspection).