

"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); Antoine Grandvilllemin (Deputy President); Dörte Gunthert (Treasurer); Maryline Duflus-Gelgon (Deputy Treasurer); Bernard Topuz (General Secretary); Samia Nabi (Deputy General Secretary).

President: Pierre Chirac *pharmacist*

PRESCRIRE INTERNATIONAL

Managing Editor: Dörte Gunthert *geriatrician*

Coordinating Editor: Christine Badiane

Sub Editor: Karen Albrecht

Translators: Helen Genevier, David Wynford-Thomas

Consultant: Judith Mintzes

Subscription department: Christine Barraud

Prescrire:

Publishing Director: Bruno Toussaint with Séverine Carré-Pétraud • **Publishing Committee:** José Aguilar, Florence Chapelle, Pierre Chirac, Aurélie Delépine, Marjolaine Loyaux, Hélène Merlin, Jérôme Robert, Jérôme Schlafer • **Development:** Shirley Decupère with Nathalie Carrere, Élise Dezhouz, Bernardin Dilou, Nicolas Guillaud • **Coordination - Human Resources and Office Services:** Marjolaine Loyaux with Martine Divet, Huynh Dieu Nguyen, Danielle Smila, Astou Badji, Ibrahima Daffé, Christelle Lesage, "Il est 5 heures" • **Accounts:** Tanguy Goblet with Fabrice Chane-Yock • **Circulation and Subscriber Services:** Christine Barraud with Anaëlle Castellbou, Aleksandra Debon, Cécile Gai, Corinne Kramer, Patricia Médioni; technical solutions TBS group and B&C Technologies • **Information Technology:** Xavier Martin-Legeay, with Pierre-Hakim Bekhti, Frédéric Jouzel, Arthur Provenier; Amplexor, Apogea, DevPartner, Dokeos, Les Artisans numériques, PFL consulting, Tirème, Ze Team • **Design: Art Director:** Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmeziiane, 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). The quality of Prescrire's reviews is grounded in editorial procedures which tap into a large and varied base of specialised knowledge and skills. This unique, collaborative editorial process is symbolised by the collective "©Prescrire" byline. More information on Prescrire's editorial procedures is freely available at english.prescrire.org > About Prescrire

Editors: Jérôme Schlafer *general practitioner* and Florence Chapelle *pharmacist* • **Editorial Committee:** Pierre Chirac, Aurélie Delépine, Frédérique Digonnet, Julien Gelly, Antoine Grandvilllemin

Section Editors: New products: Eric Cerqueira *pharmacist*; Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvilllemin *pharmacist* • **Adverse effects:** Céline Roussel *pharmacist* with Marie-France Gonzalez *pharmacist* • **Drugs and pregnancy:** Céline Roussel *pharmacist* • **Drug interactions:** Sophie Chalons *pharmacist*; Sophie Pilon *pharmacist*; Elisabeth Veyriac *pharmacologist* • **Reviews:** José Aguilar MD; Anne Aubert *pharmacist*; Juliette Barthe *general practitioner*; Aurélie Delépine MD, Julien Gelly MD, Marc Legrelle *diabetes specialist*; Céline Martin *pharmacist* • **Information to patients:** Christine Guilbaud *pharmacist* • **Health and society:** Pierre Chirac *pharmacist*; Mathieu Hautemulle *journalist*; Sandrine Parmentier *sociology* • **History of medicine:** Hélène Frouard *historian* • **Guideline watch:** Marine Barillot *pharmacist* • **Reader's test:** Julien Gelly MD with Frédérique Digonnet *pharmacist*; • **Take it easy:** Dörte Gunthert *geriatrician* • **Forum:** Jérôme Robert • **Prescrire electronic media:** Hélène Merlin *pharmacist* • **Production Editors:** Christine Badiane, Sophie Bel, Blandine Guillemot-Pinard • **Information search, companies and agencies:** Karine Begnaud with Élodie Artielle-Beaucamp, Julie Bontemps, Thomas Declercq, Ayah Hakim, Cécile Loubeyre-Unique, Eve Parry • **Health products regulation:** Olivier Huyghe • **Packaging Atelier:** Thomas Declercq • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Astou Badji, Nathalie Hayes and Hortense Sanon • **Editorial Office:** Christelle Sissokho with Hélène Declercq • **Editors:** Nehama Aidan *dentist*; Anne Americh *pharmacist*; Élodie Artielle-Beaucamp *pharmacist*; Jean-François Audouard *general practitioner*; Marie Babin *biologist*; Amélie Battaglia *midwife*; Karine Begnaud *pharmacist*; Éric Bel *pharmacist*; Valentine de Bellerocche *social law*; Julie Bontemps *pharmacist*; Christian Bouret *general practitioner*; Delphine Bourneau-Martin *pharmacist*; Odile Burrus *nurse*; Fabrice Cahen *history*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Bénédicte Connault MD; Thomas Declercq *pharmacist*; Nina Degrelle *pharmacist*; Morgane Dejean *pharmacist*; Claude Demange *pharmacist*; Alizée Detiffe *general practitioner*; Frédérique Digonnet *pharmacist*; Jean Doubovetsky *general practitioner*; Pierre Frouard *general practitioner*; Philippe Gabrié MD; Ghyslain Galhaud-Costes *pharmacist*; Aymeric Gamondes *nursing*; Margaux Gaubert *journalist*; Alexandre Gelgon *general practitioner*; Jean-Pierre Gribaudeau *medical law*; Philippe Gripon *occupational medicine, toxicologist*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Mélanie Hardy *pharmacist*; Sébastien Hardy *pharmacist*; Ghislaine Henry *general practitioner*; Olivier Huyghe *pharmacist*; Aurélie Jamet *pharmacist*; Jérôme Jean *nursing*; Fabienne Jourdan *emergency care*; Jacques Juillard MD; Philippe Lecoq *internal medicine*; Laurence Le Quang Trieu *pharmacist*; Sophie Logerot *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi

pharmacologist; Florent Macé *pharmacist*; Natacha Marpillat *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Mengeot *journalist*; Gilles Mignot *pharmacologist*; Marie Miller *physiotherapist*; Denis Milliès-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard *general practitioner*; Didier Morère *pharmacist*; Évelyne Mouret *pharmacist*; Samia Nabi *pharmacist*; Clotaire Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Jean-Pierre Noiry *general practitioner*; Ann Pariente MD; Eve Parry *pharmacist*; Gabriel Perraud *medicine student*; Anne-Gaëlle Provost *general practitioner*; Jean-Yves Rolland *dentist*; Agnès Rouzès *pharmacist*; Bernard Rueff MD; Adèle Salaün *general practitioner*; Philippe Schilliger MD; Étienne Schmitt *pharmacist*; Guillaume Schramme *general practitioner*; Bernard Topuz MD; Elisabeth Veyriac *pharmacologist*; Cyril Vidal *dentist* • **Final verifications:** Nehama Aidan; Karine Begnaud; Valentine de Bellerocche Angèle Bouquet; Margaux Gaubert; Christine Guilbaud; Cécile Loubeyre-Unique; Sophie Chalons; Philippe Manet; Natacha Marpillat; Evelyne Mouret-Cisterne; Samia Nabi; Ève Parry; Christelle Sissokho; Bernard Topuz • **Proof reading:** Henriette Bosvieux; Alain Burtcher; Olivier Rozand • **Art and Photo Editor:** Olivier Huyghe • **Illustrations:** Léa Lord; Alain Savino • **Indexing:** Mélanie Hardy, Hélène Merlin with Marine Barillot, Laurence Le Quang Trieu, Cécile Loubeyre-Unique, Sandrine Parmentier • **Prescrire electronic media:** Hélène Merlin, Mélanie Hardy • **Policy advocacy:** Rita Kessler with Pierre Chirac • **Reviewers' panels:** Nehama Aidan and Christine Guilbaud • **For Belgium and Switzerland:** Sophie Chalons with Éric Bel, Marie-Louise Bouffloux, Catherine Smolders (Agence fédérale des médicaments et des produits de santé), and Samantha Megel (pharmaSuisse) • **Translations "Assessment Elsewhere":** Marie-Andrée Bernard, Annick Pijnenburg, Karin Raton, Eva Stille • **Website:** Karen Albrecht • **Subscriber correspondence:** Anne Americh, Nolwenn Clec'h, Blandine Guillemot-Pinard, Jérôme Robert • **Other contributions:** Aldo Fari; Martine Lalande; Karelle Le Gleut; Christine Piette; Didier Rod; Agnès Sommet

Continuing education programmes: Pedagogical advisers: Frédérique Digonnet with Philippe Schilliger • **Instructors:** Anne Aubert; Frédérique Digonnet; Julien Gelly • **Atelier Médicaments en Questions et Question de Pratiques:** Jérôme Jean • **Evaluation:** Sandrine Parmentier • **Accreditation:** Ghyslain Galhaud-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*:

Emmanuel Andrès (internal medicine); Isabelle Arnulf (neurology); Marc Bailleul (pharmacy); Dany Baud (pulmonology); Éric de Beaupaire (pharmacy); Marc Bernasconi (cardiology); Delphine Bertram (pharmacovigilance - The Netherlands); Patrick Biard (general practice); Pascal Bourgade (general practice); Delphine Carré-Gislard (dermatology); Philippe Chaplais (general practice); Pascal Coquerelle (rheumatology); Philippe Deguiral (oncology); Justine Delestrées (pharmacy); Thierry Delpesch (pharmacy); Aymeric Djengue (general practice); Isabelle Etienney (proctology); Henri Fonvieille (general practice); Sylvie-Georgina Gatt (pharmacy); Marylaure Gavard (hospital pharmacy); Maud Gelly (family planning); Aurélie Grandvilllemin (pharmacovigilance); Thierry Hennebel (pharmacoepidemiology); Sandra Henocq (general practice); Joëlle Laffont (vascular medicine); Paul Le Goff (rheumatology); Dominique Le Houezec (paediatrics); Xavier Le Roux (pharmacy); Joachim Lelièvre (hospital pharmacy); Nadège Limousin (neurology); Anne-Marie Magnier (general practice); Alexandre Malmartel (general practice); Catherine Masson (neurology); Christian Merlin (pharmacy); Jean-Louis Montastruc (pharmacology); Judith Mueller (public health); Catherine Noel (angiology); Romain Palich (infectiology); Claire Papin-Puren (pharmacy); Jérôme Peigné (lawyer); Claudine Piérard-Franchimont (dermatology - Belgium); Jean-Luc Prétet (cellular biology); Céline de Putter (pharmacy); Christophe Richez (rheumatology); Béatrice Rousset (hospital pharmacy); Ana Senard-Ojero (AMPD); Jean-Philippe Spano (oncology); David Strazulla (general practice); Gianni Tognoni (pharmacology - Italy); Aurélie Tomezzoli (general practice); Geoffroy Vellieux (neurology); Perrine Vennetier (journalism); Maryse Véron (nursing care); Béatrice Rousset (hospital pharmacy); Raphaël Wielgo (hospital pharmacy)