

"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 non-profit medical 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: Antoine Grandvuillemin (President); Alexandre Gelgon (Vice President); Dörte Gunthert (Treasurer); Jérôme Jean (Deputy Treasurer); Samia Nabi (General Secretary); Michel Aujoulat (Deputy General Secretary).

President: Antoine Grandvuillemin *pharmacist*

PRESCRIRE INTERNATIONAL

Managing Editor: Dörte Gunthert *geriatrician*

Coordinating Editor: Christine Badiane

Sub Editor: Karen Albrecht

Translators: Helen Geneviev, David Wynford-Thomas

Consultant: Judith Mintzes

Subscription department: Christine Barraud

Prescrire:

Publishing Director: Séverine Carré-Pétraud • **Publishing Committee:** Florence Chapelle, Pierre Chirac, Antoine Grandvuillemin, Marjolaine Loyaux, Xavier Martin-Legeay, Jérôme Robert, Jérôme Sclafar, Bruno Toussaint • **Development:** Shirley Decupère with Nathalie Carrere, Élise Dezothez, Bernardin Dilou, Nicolas George, Nicolas Guillaud, Rayann Hibri • **Coordination - Human Resources and Office Services:** Marjolaine Loyaux with Martine Divet, Huynh Dieu Nguyen, Danielle Smila, Astou Badji, Ibrahim Daffé, Christelle Lesage, "Il est 5 heures" • **Accounts:** Tanguy Goblet with Fabrice Chane-Yock • **Circulation and Subscriber Services:** Christine Barraud with Anaëlle Castelbou, Aleksandra Debon, Corinne Kramer, Patricia Médioni; technical solutions TBS group, Nacre Solutions • **Information Technology:** Xavier Martin-Legeay, with Pierre-Hakim Bekhti, Frédéric Jouzel, Arthur Provenier; Amplexor, Apogee, 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 Sclafar *general practitioner* and Florence Chapelle *pharmacist* • **Editorial Committee:** Pierre Chirac, Marine Barillot, Frédérique Dignonnet, Julien Gelly, Antoine Grandvuillemin

Section Editors: **New products:** Eric Cerqueira *pharmacist*; Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvuillemin *pharmacist* • **Adverse effects:** Céline Roussel *pharmacist* • **Drugs and pregnancy:** Céline Roussel *pharmacist* • **Drug interactions:** Sophie Chalons *pharmacist*; Sophie Pilon *pharmacist*; Élisabeth Veyriac *pharmacologist* • **Reviews:** José Aguilar *MD*; Anne Aubert *pharmacist*; Juliette Barthe *general practitioner*; Aurélie Delépine *general practitioner*; 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 Dignonnet *pharmacist* • **Take it easy:** Dörte Gunthert *geriatrician* • **Forum:** Jérôme Robert • **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, Elodie Turpaud • **Health products regulation:** Olivier Huyghe • **Packaging Atelier:** Thomas Declercq and Élodie Artielle-Beaucamp • **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 Belleruche *social law*; Julie Bontemps *pharmacist*; Odile Burrus *nurse*; Fabrice Cahen *history*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Bénédicte Connault *MD*; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Morgane Dejean *pharmacist*; Claude Demange *pharmacist*; Alizée Detiffe *general practitioner*; Frédérique Dignonnet *pharmacist*; Jean Doubovetzky *general practitioner*; Philippe Gabrié *MD*; Ghyslaine Galhaud-Costes *pharmacist*; Aymeric Gamondes *nursing*; Margaux Gaubert *journalist*; Alexandre Gelgon *general practitioner*; Marie-France Gonzalvez *pharmacist*; 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*; Hélène Merlin *pharmacist*; Gilles Mignot *pharmacologist*; Marie Miller *physiotherapist*; Denis Millières-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard *general practitioner*; Évelyne Mouret *pharmacist*; Samia Nabi *pharmacist*; Clotilde

Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Jean-Pierre Noiry *general practitioner*; Ann Pariente *MD*; Eve Parry *pharmacist*; Gabriel Perraud *medical 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*; Bruno Toussaint *MD*; Élisabeth Veyriac *pharmacologist*; Cyril Vidal *dentist* • **Final verifications:** Nehama Aidan; Karine Begnaud; Valentine de Belleruche Angèle Bouquet; Margaux Gaubert; Christine Guilbaud; Cécile Loubeyre-Unique; Sophie Chalons; Philippe Manet; Natacha Marpillat; Evelyne Mouret-Cisterne; Samia Nabi; Eve Parry; Christelle Sissokho; Bernard Topuz • **Proof reading:** Henriette Bosvieux; Alain Burtscher; Olivier Rozand • **Preventing the Preventable:** Marie-France Gonzalvez and Étienne Schmitt with Thomas Declercq, Éric Galam, Josette Vallée • **Illustrations:** Léa Lord; Alain Savino • **Indexing:** Mélanie Hardy with Marine Barillot, Laurence Le Quang Trieu, Cécile Loubeyre-Unique, Sandrine Parmentier • **Prescrire electronic media:** Juliette Barthe; 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 Bouffieux, 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:** Mathilde Cosson, Aldo Fari, Martine Lalande; Karelle Le Glout; Christine Piette; Didier Rod; Agnès Sommet

Continuing education programmes: Pedagogical advisers: Frédérique Dignonnet with Philippe Schilliger • **Instructors:** Frédérique Dignonnet; Julien Gelly • **Evaluation:** Éric Bel; Sandrine Parmentier • **Accreditation:** Ghyslaine Galhaud-Costes.



Prescrire is a founder and member of the International Society of Drug Bulletins (ISDB), a worldwide network of bulletins and journals on drugs and therapeutics that are financially and intellectually independent of pharmaceutical industry. The overall aim of ISDB is to encourage and assist the development of independent drug bulletins and to facilitate cooperation amongst them.

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

Website: www.prescrire.org / english.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); Jean-Benoît Arlet (internal medicine); Michel Aujoulat (general practice); Jean-Marie Berthelot (rheumatology); Justine Bouton (hospital pharmacy); Valentine Campana (public health); Bruno Charpiat (hospital pharmacy); Olivier Chassany (clinical research); Tommy Courtel (general practice); Frédérique Couteau (general practice); Sabrina Crépin (pharmacovigilance); Nathalie De Grove Valdeyron (health law); Evelyne Decullier (clinical trials); Philippe Deguair (oncology); Jean-Philippe Delsart (pharmacy); Catherine Dumont (paediatrics); Geneviève Durrieu (pharmacovigilance); Frédéric Farbos (hospital pharmacy); Marylaure Gavard (hospital pharmacy); Sixtine Ginisty (pharmacovigilance); Mathieu Laramas (oncology); Robert Laurent (general practice); Nadia Letailleur (pharmacy); Élisabeth Luporsi (oncology); Jacques Medioni (oncology); Christian Merlin (pharmacy); Jean-Louis Montastruc (pharmacology); Pascale Olivier-Abbal (pharmacovigilance); Charles Pilette (allergologie); Oliver Proisl (general practice); Florence Ranchon (hospital pharmacy); Franck Rouby (pharmacovigilance); Marc-Albert Russo (general practice); Guy Savy (general practice); Alain Spriet (methodology); Gianni Tognoni (pharmacology)