

# “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

**Translators:** Helen Genevier with David Wynford-Thomas

**Consultant:** Judith Mintzes

**Subscription department:** Christine Barraud

## Prescrire:

**Publishing Director:** Séverine Carré-Pétraud • **Publishing Committee:** Florence Chapelle, Pierre Chirac, Antoine Grandvuillemin, Julien Gelly, Marjolaine Loyaux, Xavier Martin-Legeay, Jérôme Robert, Jérôme Schlafer, Bruno Toussaint • **Development:** Shirley Decupère with Nathalie Carrere, Élise Dezothez, Bernardin Dilou, Nicolas George, Nicolas Guillaud, Luz Lenglin • **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, Pierre Gasnot-Vauquer, Corinne Kramer, Patricia Médioni; technical solutions TBS group, Nacre Solutions • **Information Technology:** Xavier Martin-Legeay, with Pierre-Hakim Bekhti, Frédéric Jouzel, Mohamed Keita, Arthur Provenier; Acolad, Apogea, DevPartner, Les Artisans numériques, PFL consulting, Ze Team • **Art Director:** Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmeziane, 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*, Florence Chapelle *pharmacist* and Julien Gelly *MD* • **Editorial Committee:** Pierre Chirac, Marine Barillot, Frédérique Dignonnet, Antoine Grandvuillemin

**Section Editors: New products:** Eric Cerqueira *pharmacist*; Nathalie Deleau *pharmacist*; Sophie Ginolhaç *pharmacist*; Antoine Grandvuillemin *pharmacist* • **Adverse effects:** Céline Roussel *pharmacist* • **Drugs during pregnancy and lactation:** Céline Roussel *pharmacist* • **Drug interactions:** Sophie Chalons *pharmacist*; Sophie Pilon *pharmacist*; Élisabeth Veyriac *pharmacologist* • **Reviews:** Anne Aubert *pharmacist*; Juliette Barthe *general practitioner*; Aurélie Delépine *general practitioner*; Marc Legrelle *diabetes specialist*; Céline Martin *pharmacist* • **Information to patients:** Christine Guillaud *pharmacist* • **Health and society:** Pierre Chirac *pharmacist*; Mathieu Hautemulle *journalist*; Sandrine Parmentier *sociologist* • **History of medicine:** Hélène Frouard *historian* • **Guideline watch:** Marine Barillot *pharmacist* • **Reader’s test:** Ayah Hakim *pharmacist* with Frédérique Dignonnet *pharmacist* • **Take it easy:** Morgane Dejean *pharmacist* • **Forum:** Jérôme Robert • **Production Editors** Christine Badiane, Blandine Guillemot-Pinard • **Information search, companies and agencies:** Karine Begnaud with Élodie Artielle-Beaucamp, Julie Bontemps, Thomas Declercq, Cécile Loubeyre-Unique, Eve Parry, Elodie Turpaud • **Health products regulation:** Olivier Huyghe • **Packaging Working Group:** Thomas Declercq and Élodie Artielle-Beaucamp • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Astou Badji, Nathalie Hayes • **Editorial Office:** Christelle Sissokho with Hélène Declercq • **Editors:** José Aguilar *MD*; Nehama Aidan *dentist*; Anne Americh *pharmacist*; Élodie Artielle-Beaucamp *pharmacist*; Jean-François Audouard *general practitioner*; Marie Babin *clinical pathologist*; Marine Barillot *pharmacist*; Karine Begnaud *pharmacist*; Éric Bel *pharmacist*; Valentine de Belleruche *social law*; Julie Bontemps *pharmacist*; Odile Burrus *nurse*; Fabrice Cahen *historian*; Valentine Campana *pharmacist*; 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 Doubovetzký *general practitioner*; Ghyslaine Galhaud-Costes *pharmacist*; Aymeric Gamondes *nurse*; Alexandre Gelgon *general practitioner*; Marie-France Gonzalez *pharmacist*; Philippe Gripon *occupational medicine, toxicologist*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Mélanie Hardy *pharmacist*; Sébastien Hardy *pharmacist*; Aymeric Henriot *MD*; Ghislaine Henry *general practitioner*; Olivier Huyghe *pharmacist*; Jérôme Jean *nurse*; Fabienne Jourdan *emergency care*; Jacques Juillard *MD*; 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 Mengéot *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*; Clotaire Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Jean-Pierre Noiry *general practitioner*; Ann

Pariente *MD*; Eve Parry *pharmacist*; Gabriel Perraud *general practitioner*; Anne-Gaëlle Provost *general practitioner*; Jean-Yves Rolland *dentist*; Agnès Rouzès *pharmacist*; Bernard Rueff *MD*; Philippe Schilliger *MD*; Étienne Schmitt *pharmacist*; Bernard Topuz *MD*; Bruno Toussaint *MD*; Élisabeth Veyriac *pharmacologist*; Cyril Vidal *dentist* • **Final verifications:** Nehama Aidan; Karine Begnaud; Valentine de Belleruche Angèle Bouquet; Morgane Dejean; Christine Guillaud; Cécile Loubeyre-Unique; Sophie Chalons; Philippe Manet; Natacha Marpillat; Evelyne Mouret-Cisterne; Samia Nabi; Eve Parry; Christelle Sissokho • **Proof reading:** Henriette Bosvieux; Alain Burtscher; Olivier Rozand, Nathalie Thibot, Véronique Letournou • **Preventing the Preventable:** Marie-France Gonzalez 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 Guillaud • **For Belgium and Switzerland:** Sophie Chalons with Éric Bel, Marie-Louise Bouffouh, 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 • **Subscriber correspondence:** Anne Americh, Nolwenn Clec’h, Blandine Guillemot-Pinard, Jérôme Robert • **Other contributions:** Mathilde Cosson, Aldo Fari; Martine Lalande; Karelle Le Gleut; Fanny Rocher; Didier Rod

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



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](http://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](mailto:contact@prescrire.org)

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

[www.prescrire.org](http://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:

Michel Aujoulat (general practice); Richard Agut (general practice); Manuel Baudet (general practice); Anne-Marie Ben Taarit (pharmacy); Pascal Bourgade (general practice); Laurence Boutal (midwife); Delphine Carré-Gislard (dermatology); Denis Chaleil (hospital pharmacy); Pascal Coquerelle (rheumatology); Marie Courdent (nursing care); Sybille De Germay (pharmacovigilance); Charlotte Declaye (pharmacy); Justine Delestrées (pharmacy); Dominique Deplanque (pharmacology); Mounir Diouri Nair (general practice); Brigitte Dréno (dermatology); Sylvie Gatt (pharmacy); Stéphane Gayet (internal medicine); Pierre Gillet (pharmacovigilance); Vincent Grange (pharmacy); Thomas Hanslik (internal medicine); Marie-Laure Hessel-Fontaneto (pharmacy); Clara Jaramillo (dermatology); Behrouz Kassai (clinical research); Cécile Lefebvre (general practice); Dominique Leyronnas (paediatrics); Michel Lievre (pharmacology); François Maignen (NICE); Hervé Maisonneuve (public health); Christian Marcelli (rheumatology); Marie-Claude Marchand (paediatrics); Marine Martin (Apesac); Christian Merlin (pharmacy); Jean-Louis Montastruc (pharmacology); Florian Naudet (psychiatry); Abdelhamid Nefti (nephrology); Jean-Michel Oriol (general practice); Lucien Roullet (hospital pharmacy); Béatrice Rousset (hospital pharmacy); Matthieu Roustit (pharmacology); Estelle Royer (medical student); Raphaël Serreau (preventive medicine); Alain Spriet (methodology); Damien Thibaudin (nephrology); Amélie Thomassin (hospital pharmacy); Gianni Tognoni (pharmacology); Viet-Thi Tran (epidemiology); Richard Treves (rheumatology); Florence Tubach (public health); Hélène Vacher (hospital pharmacy); Josette Vallée (general practice); Gwenaëlle Veyrac (pharmacovigilance); Florian Violon (medical student)