

**“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); Séverine Carré-Pétraud (Vice President); Dörte Gunthert (Treasurer); Antoine Grandvuillemin (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 Geneviev, Ros Schwartz, David Wynford-Thomas, David Young

**Consultants:** Judith Mintzes, Andrea Tarr

**Subscription department:** Christine Barraud

## Prescrire:

**Publishing Director:** Bruno Toussaint • **Publishing Committee:** José Aguilar, Séverine Carré-Pétraud, Pierre Chirac, Valentine de Belleruche, Héléne Merlin, Jérôme Robert, Jérôme Sclafer • **Executive Secretary:** Martine Divet, Jade Pépin • **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 and Stéphanie Traca; technical solutions B&C Technologies • **Information Technology:** Xavier Martin-Legeay, with Amaury Guern, Apogea, DevPartner, Dokeos, Les Artisans numériques, PFL consulting, Samu-Informatique, Tirème, Ze Team • **Design: Art Director:** Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmeziane, Sandrine Guillaume, 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](http://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](http://english.prescrire.org)): see About Prescrire and How we work.

**Editor:** Jérôme Sclafer *general practitioner* with Séverine Carré-Pétraud *pharmacist* • **Editorial Committee:** José Aguilar, Marie Babin, Pierre Chirac, Antoine Grandvuillemin, Philippe Mura

**Section Editors: New products:** Eric Cerqueira *pharmacist*; Florence Chapelle *pharmacist*; Nathalie Deleau *pharmacist*; Antoine Grandvuillemin *pharmacist* • **Adverse effects:** Élisabeth Veyriac *pharmacologist* with Sophie Ginolhac *pharmacist* and Céline Roussel *pharmacist* • **Reviews:** José Aguilar MD; 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 Connaault 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:** Odile Burrus *nurse* • **Queries and comments:** Cécile Poilpré *pharmacist* • **Prescrire electronic media:** Héléne Merlin *pharmacist* • **Production Editor:** Christine Badiane with Sophie Bel • **Information search: Companies and agencies:** Olivier Huyghe with Karine Bégnaud, Sophie Ginolhac, Ayah Hakim, Cécile Loubeyre-Unique, Samia Nabi • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Astou Badji, Nathalie Hayes and Hortense Sanon • **Packaging working group:** Olivier Huyghe and Samia Nabi • **Editorial Office:** Christelle Sissokho with Héléne Declerck • **Editors:** Nadine Aidan *dentist*; Laurence Aïmar *civil engineer*; Anne Americh *pharmacist*; Anne Aubert *pharmacist*; Karine Bégnaud *pharmacist*; Éric Bel *pharmacist*; Angèle Bouquet *pharmacist*; Delphine Bourneau-Martin *pharmacist*; Isabelle Breton MD; Sophie Chalons *pharmacist*; Nolwenn Clec’h *communication*; Michel Coletti *general practitioner*; Thomas Declerck *pharmacist*; Nina Degrell *pharmacist*; Claude Demange *pharmacist*; Jean Doubovetzky *general practitioner*; Houria Farhi *general practitioner*; Aldo Fari *biologist*; Nathalie François-Moliner *paediatrician*; Philippe Gabrié MD; Ghyslaine Galhaud-Costes *pharmacist*; Marie-France Gonzalvez *pharmacist*; Jean-Pierre

Gribeauval *medical law*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Ayah Hakim *pharmacist*; 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*; Odile Martinet *geriatrician*; Marie-Anne Meneget *journalist*; Gilles Mignot *pharmacologist*; Denis Millières-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard *general practitioner*; Didier Morère *pharmacist*; Évelyne Mouret *pharmacist*; Clotaire Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Jean-Pierre Noiry *general practitioner*; Chantal Oliéric *pharmacist*; Ann Pariente MD; Sandrine Parmentier *sociologist*; Eve Parry *pharmacist*; Sophie Pilon *pharmacist*; Sonia Prot-Labarthe *pharmacist*; Pauline Quillet *pharmacy*; Michaël Rochoy *general practitioner*; Jean-Yves Rolland *dentist*; Anne-Claire Rosati *public health*; Bernard Rueff MD; Étienne Schmitt *pharmacist*; Agnès Sommet *pharmacologist*; Christoph Steffen *epidemiology*; Bernard Topuz MD; Florence Vandeveld *pharmacist*; Maryse Véron *nurse*; Cyril Vidal *dentist*; Caroline Vincent *pharmacist* • **Consulting Editors:** Philippe Adrien; Alain Burtscher; Mélanie Hardy; Natacha Marpillat; Annie Péresse; Olivier Rozand • **Art and Photo Editor:** Olivier Huyghe • **Illustrations:** José David; Léa Lord; Alain Savino • **Indexing:** Mélanie Hardy, Héléne Merlin with Laurence Le Quang Trieu, Sandrine Parmentier • **Prescrire electronic media:** Héléne Merlin

**Policy advocacy:** Florence Vandeveld with Teresa Alves, Pierre Chirac, Olivier Huyghe, Rita Kessler, Christophe Kopp • **Projects:** Catherine Alexandre; Aldo Fari; Martine Lalande; Karelle Le Gleut; Christine Piette; Didier Rod; Agnès Sommet • **Reviewers’ panels:** Laure Misrahi-Guillaume • **For Belgium and Switzerland:** Sophie Chalons with Marie-Louise Bouffloux, Catherine Smolders (Agence fédérale des médicaments et des produits de santé), and Catherine Delafontaine (pharmaSuisse) • **Translations “Assessment Elsewhere”:** Marie-Andrée Bernard, Annick Pijenburg, Karin Raton, Eva Stille • **Website:** Karen Albrecht • **Subscriber correspondence:** Anne Americh, Nolwenn Clec’h, Annie Péresse, Jérôme Robert with Cécile Monteil

**Continuing education programmes: Pedagogical advisers:** Frédérique Digonnet with Philippe Schilliger • **Instructors:** Anne Aubert; Christian Bouret; Maryse Véron • **Organisation:** Héléne Merlin • **Atelier Médicaments en Question et Question de Pratiques:** Éric Bel • **Evaluation:** Sandrine Parmentier • **Accreditation:** Ghyslaine Galhaud-Costes • **Preventing the Preventable Programme:** Marie-France Gonzalvez and Étienne Schmitt with Thomas Declerck, 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](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.** Isabelle Arnulf (neurology); François Begom (general practice); Johana Béné (pharmacovigilance); Gérard Besson (neurology); Henriette Bosvieux (pharmacy); Jean-Frédéric Bourva (pharmacy); Béatrice Brembilla-Perrot (cardiology); Philippe Chaplais (general practice); Marc Chobert (general practice); Olivier Coste (somnology); Christine Damase-Michel (pharmacology); Roland Dardennes (psychiatry); Yves Dauvilliers (sleep center); François Delahaye (cardiology); Pierre Delion (child psychiatry); Jean-Louis Devoize (neurology); Catherine Dumont (paediatrics); Jean-Christophe Édé (general practice); Fabrice Extramiana (cardiology); Michel Galinier (cardiology); Hubert Ghestem (pharmacy); Christine Gintz (psychiatry); Guy Godin (cardiology); Emmanuelle Herlem (pharmacovigilance); Cléo Kojadinovitch (general practice); Martine Lalande (general practice); Élisabeth Leca (pharmacology); Jacques Lepercq (gynaecology - obstetrics); Jean-Pierre Letinaud (pharmacy); Rosalie Lorenzi (general practice); Éric Maczyta (child psychiatry); Catherine Masson (neurology); Thierry Maugard (paediatrics); Christian Merlin (pharmacy); Florence Metz (pharmacy); François Montastruc (pharmacology); Jean-Louis Montastruc (pharmacology); Jean-Michel Oriol (general practice); Alain Pinzani (cardiology); Robert Pujol (pharmacy); Béatrice Rousset (hospital pharmacy); Thierry Trenque (pharmacology); Matthias Wiss (child psychiatry)