

# "To work, in all independence, in favour of quality health care, first and foremost in the interest of patients (...)."

(Article 1 of the Association Mieux Prescrire bylaws).

**Prescrire International** is a monthly journal of selected articles translated from the non-profit medical journal **Prescrire**. It is produced using the resources of the Prescrire team and published by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) registered under the French law of 1901.

**Its board members are:** Antoine Grandvullemin (President); Alexandre Gelgon (Vice President); Jérôme Jean (Treasurer); Dörte Gunthert (Deputy Treasurer); Samia Nabi (General Secretary); Michel Aujoulat (Deputy General Secretary).

## PRESCRIRE INTERNATIONAL

**Managing Editor:** Dörte Gunthert with Sophie Chalons, Clara Siegmund and Minata Traoré

**Translation:** Helen Apovier with Sue Davis, Hayley Wood and David Wynford-Thomas

**Consultant:** Judith Mintzes

## PRESCRIRE

**Publishing Director:** Séverine Carré-Pétraud • **Publishing Committee:** Florence Chapelle, Pierre Chirac, Antoine Grandvullemin, Julien Gelly, Marjolaine Loyaux, Xavier Martin-Legeay, Jérôme Robert, Jérôme Schlafer, Bruno Toussaint • **Development:** Anaëlle Castelbou with, Élise Dezothez, Pauline Dufougeray, Nicolas George, Nicolas Guillaud, Luz Lenglin • **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 and Pascaline Toum • **Circulation and Subscriber Services:** Anaëlle Castelbou and Aleksandra Debon, Pierre Gasnot-Vauquer, Patricia Médioni; technical solutions TBS group, Nacre Solutions • **Information Technology:** Xavier Martin-Legeay with Pierre-Hakim Bekhti, William Braillon, 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

Every member of Prescrire's editorial staff signs Prescrire's "Non merci..." Charter and an annual declaration that they have no interests contrary to the objectives of Association Mieux Prescrire. The Charter and the Declaration are available online at [english.prescrire.org](http://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](http://english.prescrire.org) > About Prescrire

**Editors:** Florence Chapelle *pharmacist* and Julien Gelly *MD PhD* • **Editorial Committee:** Anne Aubert, Marine Barillot, Pierre Chirac, Frédérique Dignonnet, Antoine Grandvullemin

**Section Editors:** **New products:** Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvullemin *pharmacist* • **Adverse effects:** Céline Roussel *pharmacist* • **Drugs during pregnancy and lactation:** Céline Roussel *pharmacist* • **Drug interactions:** Jérôme Schlafer *general practitioner* with Sophie Pilon *pharmacist* and Élisabeth Veyriac *pharmacologist* • **Reviews:** Anne Aubert *pharmacist*; Juliette Barthe *general practitioner*; Aurélie Delépine *general practitioner*; Marc Legrelle *diabetes specialist*; Céline Martin *pharmacist* • **Information for patients:** Christine Guillaud *pharmacist* • **Health and society:** Pierre Chirac *pharmacist*; Hélène Frouard *journalist*; Sandrine Parmentier *sociologist* • **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:** Blandine Guillemot-Pinard, Nathalie Thibot • **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*; Élodie Artielle-Beaucamp *pharmacist*; Jean-François Audouard *general practitioner*; Marie Babin *clinical pathologist*; Marine Barillot *pharmacist*; Karine Begnaud *pharmacist*; Éric Bel *pharmacist*; Julie Bontemps *pharmacist*; Odile Burrus *nurse*; Fabrice Cahen *historian*; Valentine Campana *pharmacist*; Eric Cerqueira *pharmacist*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Bénédicte Connault *MD*; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Morgane Dejean *pharmacist*; Claude Demange *pharmacist*; Frédérique Dignonnet *pharmacist*; Jean Doubovetzky *general practitioner*; Amel Drici *general practitioner*; Ghyslaine Galhaud-Costes *pharmacist*; Aymeric Gamondes *nurse*; Philippe Gripon *occupational medicine, toxicologist*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Mélanie Hardy *pharmacist*; Sébastien Hardy *pharmacist*; Mathieu Hautemulle *journalist*; 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 Mengeot *journalist*; Hélène Merlin *pharmacist*; Gilles Mignot *pharmacologist*; Denis Millies-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*; 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*; Jérôme Schlafer *general practitioner*; Bernard Topuz *MD*; Bruno Toussaint *MD*; Élisabeth Veyriac *pharmacologist*; Cyril Vidal *dentist* • **Final verifications:** Nehama Aidan; Anne

Americ; Karine Begnaud; Angèle Bouquet; Christine Guilbaud; Cécile Loubeyre-Unique; Sophie Chalons; Philippe Manet; Natacha Marpillat; Evelyne Mouret-Cisterne; Samia Nabi; Eve Parry; Christelle Sissokho; Minata Traoré • **Proofreading:** Aurélie Bordes, Henriette Bosvieux; Alain Burtscher; Olivier Rozand, Véronique Letournou • **Preventing the Preventable:** Étienne Schmitt with Thomas Declercq, 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; Nicolas Demanet • **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 Élodie Fauquex (pharmaSuisse) • **Translations "Assessment Elsewhere":** Christa Jordan, Karin Raton • **Subscriber correspondence:** Nolwenn Clec'h, Blandine Guillemot-Pinard, Jérôme Robert • **Other contributions:** Mathilde Cosson; 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**

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:

Philippe Assouly (dermatology); Marc Bailleul (pharmacy); Dan Baruch (general practice); Jordan Birebent (general practice); Charlotte Bodéré (general practice); Jean-Frédéric Bourva (pharmacy); Delphine Carré-Gislard (dermatology); Elie Cattan (dermatology); Catherine Deguines (public health); Frédéric Eyvrard (hospital pharmacy); Sylvie Gatt (pharmacy); Valérie Gay (haematology); Benoit Guillet (haematology); Thomas Hanslik (internal medicine); Philippe Lecocq (internal medicine); Cécile Lefebvre (general practice); Éric Marchesseau (general practice); Bruno Matard (dermatology); Christian Merlin (pharmacy); Jean-Louis Montastruc (pharmacovigilance); Antoine Petit (dermatology); Olivier Rogeaux (infectiology); Béatrice Rousset (hospital pharmacy); Matthieu Schuers (general practice); Clément Sihrener (pharmacy); Christophe Trivalle (geriatrics); Hélène Vacher (hospital pharmacy); Josette Vallée (general practice); Frederick Varricchio (vaccinations); Ludovic Willems (general practice)