



english.prescrire.org

PRESCRIRE INTERNATIONAL

Managing Editor: Christophe Kopp *general practitioner*

Coordinating Editor: Christine Badiane

Sub Editor: Karen Albrecht

Translators: David Young, Helen Geneviev, Ros Schwartz

Consultants: Judith Mintzes, Andrea Tarr

Subscription department: Corinne Kramer

PRESCRIRE

Publishing Director: Bruno Toussaint

Advisor: Jérôme Robert

Executive Assistant: Florence Vandeveld

Executive Secretary: Martine Divet

Development: Fabrice Mailly assisted by Bernardin Dilou, Aurélie Mauries and Mélody Royère; Houria Farhi (Algeria)

Human Resources: Valentine de Belleroche assisted by Huynh Dieu Nguyen

Accounts: Tanguy Goblet assisted by Martine Kowanski

Administration, Reception, Mail Room: Jean-Pierre Bargin, with Séverine Bégnes, Astou Badji, Ibrahim Daffé and Gérard Pierre

Circulation: Christine Barraud

Subscription department: Corinne Kramer assisted by Stéphanie Traca and Aleksandra Debon

Continuing education logistics: Aleksandra Debon; Cécile Gai; Patricia Médioni

Subscriber correspondence: Ayah Hakim, Jacques Juillard, Annie Péresse, Nolwenn Clec'h, Cécile Poilpré, assisted by Hélène Declerck and Christelle Sissokho

Information Technology: Xavier Martin-Legeay, with AD-MP, Bilog, Damien Donnet, Les Artisans numériques, and SamuInformatique

Design:

Art Director: Martine Talent

Layout: Nathalie Froment assisted by Véronique Beauzel, Sandrine Guillaume, Geneviève Lamagdelaine, Catherine Marriette, Sandrine Praud, Jennifer Ribeiro-Marta and Trias Consulting

Multiple media layout: Catherine Marriette

Editorial Director: Bruno Toussaint MD with José Aguilar MD, Philippe Mura *general practitioner*, Philippe Schilliger MD

Section Editors:

• **Brain-teaser:** José Aguilar MD • **New products:** Séverine Carré-Pétraud *pharmacist*; Sébastien Hardy *pharmacist*; Gilles Mignot *pharmacologist* • **Adverse effects:** Élisabeth Veyria *pharmacologist* • **Reviews:** Marc Legrelle *diabetologist*; Jean-Pierre Noiry *general practitioner*; Jérôme Sclafer *general practitioner* • **Key messages:** Philippe Mura *general practitioner* and Céline Martin *pharmacist* • **Information to Patients:** Christine Guilbaud *pharmacist* and Philippe Schilliger MD • **Health and society:** Pierre Chirac *pharmacist*; Bénédicte Connault MD • **Book review:** Pierre Frouard *general practitioner*; Jacques Juillard MD • **Guideline watch:** Jean-Pierre Noiry *general practitioner* • **Reader's test:** Christian Bouret *general practitioner* • **Take it easy:** Christophe Kopp *general practitioner* • **Deciphering medical articles:** Marc Legrelle *diabetes specialist* • **Forum:** Odile Burrus *nurse* • **Queries and comments:** Cécile Poilpré *pharmacist* • **Prescrire electronic media:** Hélène Merlin *pharmacist*

Information search:

• **Companies and agencies:** Olivier Huyghe assisted by Anne Americh, Sophie Ginolhac, Cécile Loubeyre-Unique, Samia Nabi, Jean-Yves Rolland; assisted by Julie Gouzil • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré; assisted by Julie Gouzil, Nathalie Hayes, Hortense Sanon

Production Editor: Christine Badiane

Editors: Laurence Aimard *civil engineer*; Catherine Alexandre MD; Anne Americh *pharmacist*; Anne Aubert *pharmacist*; Marie Babin *biologist*; Juliette Barthe *general practitioner*; Isabelle Breton MD; Alain Burtscher *paediatrician*; Jean Bruneton *pharmacognosy specialist*; Eric Cerqueira *pharmacist*; Sophie Chalons *pharmacist*; Florence Chapelle *pharmacist*; Nina Degrell *pharmacist*; Claude Demange *pharmacist*; Catherine Dumont *paediatrician*; Houria Farhi *general practitioner*; Aldo Fari *biologist*; Nathalie François-Moliner *paediatrics*; Ghyslaine Galhaud

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

President: Philippe Mura *general practitioner*

ASSOCIATION MIEUX PRESCRIRE

"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).

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*.

Prescrire is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

EDITORIAL STAFF

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 www.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. They 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); see the "About Prescrire" section, "How we work".

pharmacist; Hubert Ghestem *pharmacist*; Sophie Ginolhac *pharmacist*; Marie-France Gonzalez *pharmacist*; Antoine Grandvullemin *pharmacist*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Dörte Gunthert *geriatrician*; Ayah Hakim *pharmacist*; Olivier Huyghe *pharmacist*; Fabienne Jourdan *emergency care*; Laurence Le Quang Trieu *pharmacist*; Sophie Logerot *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Jeanne Maritoux *pharmacist*; Céline Martin *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Mengeot *journalist*; Denis Milliès-Lacroix *general practitioner*; Laure Misrahi *pharmacist*; Évelyne Mouret *pharmacist*; Annie Mura *primary school teacher*; Clotaire Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Chantal Oliéric *pharmacist*; Ann Pariente MD; Sophie Pilon *pharmacist*; Élisabeth Rivollier *general practitioner*; Didier Rod MD; Jean-Yves Rolland *pharmacist*; Céline Roussel *pharmacist*; Bernard Rueff MD; Étienne Schmitt *pharmacist*; Bernard Topuz MD; Florence Vandeveld *pharmacist*; Maryse Véron *nurse*; Cyril Vidal *dentist*

Art and Photo Editor: Olivier Huyghe

Illustrations: José David; Léa Lord; Alain Savino

Packaging working group: Olivier Huyghe and Samia Nabi

Indexing: Marie Babin; Hélène Merlin with Mélanie Hardy and Sandrine Parmentier

Projects: Mireille Didier; Samia Nabi; Didier Rod; Marianne Samuelson

Consulting Editors: Philippe Adrien; Karine Bégnaud; Ghyslaine Galhaud-Costes; Mélanie Hardy; Ghislaine Henry; Eve Parry; François Pillon; Joëlle Schachmann

Proofreading: Jeanne Maritoux; Denis Milliès-Lacroix; Evelyne Mouret; Eve Parry; Annie Péresse; Bernard Rueff

Reviewers' panels: Laure Misrahi

For Belgium and Switzerland: Cécile Poilpré with Marie-Louise Bouffloux, Dominique Leyh (Agence fédérale des médicaments et des produits de santé - département Bon usage des médicaments), and Doris Ballinari, Martine Ruggli (pharmaSuisse, Société suisse des pharmaciens)

Translations "Assessment Elsewhere": Marie-Andrée Bernard, Marja Liisa Jérôme, Pierre Klotz, Karin Raton, Eva Stille

Editorial Office: Christelle Sissokho and Hélène Declerck with Huynh Dieu Nguyen

Prescrire electronic media: Hélène Merlin with Sandrine Parmentier

Website: Philippe Schilliger with Karen Albrecht

Continuing education programmes:

Pedagogical adviser: Philippe Schilliger • **Instructors:** Christian Bouret; Frédérique Digonnet; Marie-France Gonzalez; Jacques Juillard; Odile Martinet; Hélène Merlin; Étienne Schmitt; Maryse Véron • **Quality control:** Hélène Merlin • **Evaluation:** Michel Coletti; Florence Vandeveld • **Promotion:** Pierre Atlan

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

Prescrire International is a monthly journal of selected texts translated from the French journal *Prescrire*. *Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary).

REVIEW PANEL:

The following persons reviewed the articles, which were first published in *Prescrire* then translated for this issue of *Prescrire International*: Stéphane Antignac (hospital pharmacy); Jean-François Audouard (general practice); Guillaume Babin (medical student); Pascale Baille-Albert (pharmacy); Claire Beunier (general practice); Philippe Biedermann (general practice); Philippe Blanc (cardiology); Michel Boiret (general practice); Christine Botte (general practice); Alain Bottéro (psychiatry); Anne-Marie Bonnet (neurology); Valérie Bonvoisin (INHESJ); Béatrice Bremilla Perrot (cardiology); Frédéric Brocard (hospital pharmacy); Anne-Dominique Brun-Le-Mesle (general practice); Martine Bucourt (paediatrics); Yves Castaing (intensive care); Bruno Charpait (hospital pharmacy); Pierre Chevalier (INAMI - Belgium); Marcel Chiche (general practice); Marc Chobert (general practice); Joëlle Cintas (hospital pharmacy); Pierre Clautre (community pharmacy); Damien Coisne (cardiology); Antoine Coquerel (pharmacology); Françoise Coret (psychiatry); Bruno Couderc (oncology); Roland Dardennes (psychiatry); Viviane Damboise (toxicology search); Philippe Deguiral (oncology); Luc De Haro (toxicology); Blandine de la Gastine (pharmacovigilance); Aurélie Delépine (general practice); Pierre Delion (child psychiatry); Corinne Denis (community pharmacy); Jean-Louis Devoize (neurology); Hervé Douine (general practice); Christophe Droin (general practice); Alain Dumas (MD); Jean Emile (neurology); Waly Fager (hospital pharmacy); France Gacoin (general practice); Sylvie-Georgina Gatt (pharmacy); Claire Gekiëre (psychiatry); Jean-Marc Geniole (general practice); Jean-Marc Gibert (general practice); Christine Gintz (psychiatry); Michel Gréhan (cardiology); Antoine Grisoni (general practice); Julien-Daniel Guelfi (psychiatry); Patrick Harry (intensive care); Gérard Helft (cardiology); Jean-Marc Helleu (general practice); Marie Henry (general practice); Alain Heuzé (pharmacy); Francis Jacq (hospital pharmacy); Michel Jehaes (general practice-Belgium); Paul Kiritzé-Topor (general practice); Yves Lambert (anaesthesiology); Frédéric Lapostolle (urgentist); Robert Laurent (general practice); Philippe Le Cavorzin (médecine physique et réadaptation); Hervé Le Naour (cardiology); Jérôme Lurcel (general practice); Eric Macztya (psychiatrist); Anne Maheut Bosser (geriatrics); Thierry Mangard (paediatrics); Bruno Mangola (emergency care); Serge Marquet (general practice); Henri Masson (pharmacovigilance); Catherine Massoubre (psychiatry); Raphaël Maville (general practice); Didier Mennecier (gastro-entero-hepatology); Christian Merlin (community pharmacy); Jean-Louis Montastruc (pharmacology); Anne Mourey (pharmacy); Marie-Christine Mourou Simeoni (pedopsychiatry); Nathalie Mugnier (hospital pharmacy); Philippe Nicot (general practitioner); Jean-Michel Oriol (general practice); Etienne Pace (general practice); Jean-François Paqueriaud (general practice); Pascal Paubel (hospital pharmacy); Maurice Perol (oncopneumology); Alain Pinzani (cardiology); Catherine Remblier (pharmacovigilance); Olivier Revol (neuropsychiatry); Arnaud Ribier (cardiology); Christian Rigaudières (community pharmacy); Lucien Roulet (pharmacovigilance); Patrice Roy (nursing); Olivier Rozand (general practice); Sophie Sangla (neurology); Jean-Paul Sculier (oncology - Belgium); François Serru (community pharmacy); Michel Spadari (toxicology); Philippe-Gabriel Steg (cardiology); Stéphane Tellez (community pharmacy); Thierry Trenque (pharmacology); Christophe Trivalle (geriatrics); Anne Tursz (paediatrics and epidemiology); Laurent Vercueil (neurology); Matthias Wiss (child psychiatry)

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

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 Mouquet - France



Prescrire is a founder and member of ISDB, a network of independent drug bulletins which aims to promote international exchange of quality information on drugs and therapeutics.
Website: www.isdbweb.org