

“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 Grandvilllemin (President); Thomas Declercq (Vice President); Jérôme Jean (Treasurer); Jérôme Schlafer (Deputy Treasurer); Samia Nabi (General Secretary); Michel Aujoulat (Deputy General Secretary).

PRESCRIRE INTERNATIONAL

Managing Editor: Dörte Gunthert with Clara Siegmund and Minata Traoré

Translation: Helen Geneviev with Sue Davis, Helen Le Bras, Hayley Wood and David Wynford-Thomas

Consultant: Judith Mintzes

PRESCRIRE

Publishing Director: Séverine Carré-Pétraud • **Publishing Committee:** Florence Chapelle, Pierre Chirac, Antoine Grandvilllemin, Julien Gelly, Marjolaine Loyaux, Xavier Martin-Legeay, 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 Tourn • **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; AmeXio, 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. 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: Florence Chapelle *pharmacist* and Julien Gelly *MD PhD* • **Editorial Committee:** Anne Aubert, Marine Barillot, Frédérique Dignonnet, Antoine Grandvilllemin, Sandrine Parmentier

Section Editors: New products: Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvilllemin *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 Guilbaud *pharmacist* • **Health and society:** Pierre Chirac *pharmacist*; Agathe Nouzille *pharmacist*; Sandrine Parmentier *sociologist*; with Hélène Frouard *journalist* • **Guideline watch:** Marine Barillot *pharmacist* • **Reader’s test:** Ayah Hakim *pharmacist* with Frédérique Dignonnet *pharmacist* • **Take it easy:** Morgane Dejean *pharmacist* • **Forum:** Aurélie Delépine with Julien Gelly • **Production Editors:** Blandine Guillemot-Pinard, Nathalie Thibot • **Information search, companies and agencies:** Karine Begnaud with Lise Bleuse, Julie Bontemps, Thomas Declercq, Marie-Sophie Lagarde, Cécile Loubeyre-Unique, Eve Parry, Élodie Turpaud • **Health products regulation:** Olivier Huyghe • **Packaging Working Group:** Thomas Declercq with Marie-Sophie Lagarde • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Astou Badji, Nathalie Hayes • **Editorial Office:** Christelle Sissokho with Hélène Declercq • **Editors:** José Aguilár *MD*; Nehama Aidan *dentist*; Jean-François Audouard *general practitioner*; Marie Babin *clinical pathologist*; Karine Begnaud *pharmacist*; Éric Bel *pharmacist*; Julie Bontemps *pharmacist*; Odile Burrus *nurse*; Fabrice Cahen *historian*; Valentine Campana *pharmacist*; Éric Cerqueira *pharmacist*; Nolwenn Clec’h *communication*; Michel Coletti *general practitioner*; Bénédicte Connault *MD*; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Philippe Deguiral *MD*; Morgane Dejean *pharmacist*; Claude Demange *pharmacist*; Frédérique Dignonnet *pharmacist*; Jean Doubovetsky *general practitioner*; Amel Drici *general practitioner*; Ghyslaine Galhaud-Costes *pharmacist*; Cécile Gérard *pharmacist*; 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*; Jacques Juillard *MD*; Laurence Le Quang Trieu *pharmacist*; Sophie Logerot *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Louni *pharmacologist*; Florent Macé *pharmacist*; Natacha Marpillat *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Mengeot *journalist*; Hélène Merlin *pharmacist*; Gilles Mignot *pharmacologist*; Denis Milliès-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*; Agathe Nouzille *pharmacist*; 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*; Carole Wolfermann *pharmacist* • **Final verifications:** Nehama Aidan; Anne Americh; Karine Begnaud; Angèle Bouquet;

Christine Guilbaud; Marie-Sophie Lagarde; Philippe Manet; Natacha Marpillat; Évelyne 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:** Éric Bel with Céline Martin, Marie-Louise Bouffieux, 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 • **Other contributions:** Mathilde Cosson; 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

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

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:

Marion Achache (general practice); Brice Aimé (general practice); Xavier Allix (pharmacy); Romain Altwegg (gastroenterology); Élodie Artielle-Beaucamp (pharmacy); Marc Bailleul (pharmacy); Manuel Baudet (general practice); Claude Beauvillain de Montreuil (ENT); Patrick Benoist (general practice); Jacques Birgé (general practice); Jean Louis Bourgain (anaesthesiology-intensive care); Thierry Buclin (pharmacovigilance); Carol Burte (sexology); Aude Caria (psychology); Karine Carpentier (pharmacy); Alan Charissou (general practice); Philippe Charrier (pharmacy); Olivier Chassany (clinical research); Pascal Crenn (gastroenterology); Nathalie De Grove-Valdeyron (health law); Bertrand Décaudin (hospital pharmacy); Pauline Garcin (addiction medicine); Cécile Gérard (hospital pharmacy); Marion Gougain (general practice); Jacques Granger (pulmonology); Laurent Guillemainault (pulmonology); Alain Heuzé (pharmacy); Marie-France Le Goaziou (general practice); Philippe Lecocq (internal medicine); Antoine Lemaire (general practice); Mickael Lissarre (pharmacy); Raphael Magnan (hospital pharmacy); François Maignen (statistics); Nicolas Martelli (hospital pharmacy); Catherine Maurain (law and health economics); Didier Mennecier (gastroenterology); Diane Merino (psychiatry); Christian Merlin (pharmacy); Jean-Louis Montastruc (pharmacology); Pascal Mugnier (pharmacy); Lionel Pazzart (general practice); Rémy Pazzogna (general practice); François Pigot (gastroenterology); Valéry-Pierre Riche (public health); Jean-Christophe Saurin (gastroenterology); Clément Sihrener (pharmacy); Catherine Soulat (obstetrics & gynaecology); Camille Taillé (pulmonology); Dominique Thiveaud (medical devices); Florence Tubach (epidemiology); Hélène Vacher (hospital pharmacy); Michel Vanhaeverbeek (general practice); Jean-Luc Viruega (traceability expert)