

"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 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° 11 717 075) 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 Genevier with 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 Nathalie Carrere, Élise Dezothez, 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-Vauqer, 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

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: 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 Guilbaud *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, Élodie 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*; Jean-Meidi Alili *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*; 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 Mingeot *journalist*; Hélène Merlin *pharmacist*; Gilles Mignot *pharmacologist*; 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*; 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 Americh; Karine Begnaud; Valentine de Belleruche 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 Provost; Alain Burtscher; Olivier Rozand, Véronique Letournou • **Preventing the Preventable:** 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 Guilbaud • **For Belgium and Switzerland:** Sophie Chalons with Éric Bel, 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, Jérôme Robert • **Other contributions:** Mathilde Cosson; Martine Lalande; Karelle Le Glout; 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:

Paul Arnal (general practice); Alice Baras (Ecops Conseil); Olivier Bascoules (pharmacy); Jean-Sébastien Borde (Formindep); Philippe Chaplais (general practice); Lionel Chouteau (general practice); François Clinard (epidemiology); Valérie Combralier (hospital pharmacy); Marc Dauphin (endocrinology); Alexandre Decourt (nephrology); Philippe Deguiral (oncology); Jeanne Garric (toxicology); Michel Guerbet (toxicology); Didier Hocquet (clinical pathology); Antoine Huart (nephrology); Eva Kozub (general practice); Jean-Marie Krzesinski (nephrology); Philippe Lecocq (internal medicine); Yves Levi (public health); Marie Marchand-Pilard (health law); Alexandre Merlo (general practice); Anne Mourey (pharmacy); Jean-Ulrich Mullot (toxicology); Marc-Antoine Mulot (endocrinology); Béatrice Rousset (hospital pharmacy); François Roux (general practice); Benjamin Soudais (general practice)