



english.prescrire.org

PRESCRIRE INTERNATIONAL

Managing Editor: Christophe Kopp *general practitioner*

Coordinating Editor: Christine Badiane

Sub Editor: Karen Albrecht

Translators: David Young, Helen Genevier, Ros Schwartz

Consultants: Judith Mintzes, Andrea Tarr

Subscription department: Corinne Kramer

PRESCRIRE

Publishing Director: Bruno Toussaint

Publishing Committee: José Aguilar, Pierre Chirac, Valentine de Belleroche, Jacques Juillard, Hélène Merlin, Philippe Mura, Jérôme Robert, Philippe Schilliger

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, Ibrahima 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

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

Lobbying: Florence Vandeveldé

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

Multimedia layout: Catherine Marriette

Editor: Bruno Toussaint MD

Editorial Committee: Pierre Chirac, Gilles Mignot, Jérôme Sclafer

Section Editors:

• **Brain-teaser:** José Aguilar MD • **New products:** Séverine Carré-Pétraud *pharmacist*; Sébastien Hardy *pharmacist*; Gilles Mignot *pharmacologist* • **Adverse effects:** Élisabeth Veyriac *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*; Éric Cerqueira *pharmacist*; Sophie Chalons *pharmacist*; Florence Chapelle *pharmacist*; Michel Coletti *general practitioner*; Nina Degrell *pharmacist*; Claude Demange *pharmacist*; Catherine Dumont *paediatrician*; Houria Farhi *general*

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".

practitioner; Aldo Fari *biologist*; Nathalie François-Moliner *paediatrician*; Ghyslaine Galhaud *pharmacist*; Hubert Ghestem *pharmacist*; Sophie Ginolhac *pharmacist*; Marie-France Gonzalvez *pharmacist*; Antoine Grandvullemin *pharmacist*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Dörte Gunther *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*; Odile Martinet *geriatrician*; Marie-Anne Mengeot *journalist*; Denis Milliès-Lacroix *general practitioner*; Laure Misrahi *pharmacist*; Evelyne Mouret *pharmacist*; Annie Mura *primary school teacher*; Clotilde 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 Vandeveldé *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 Bouffieux, 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 Dignonnet; Marie-France Gonzalvez; Jacques Juillard; Odile Martinet; Hélène Merlin; Étienne Schmitt; Maryse Véron

• **Organisation:** Hélène Merlin • **Evaluation:** Michel Coletti; Sandrine Parmentier; Florence Vandeveldé • **Promotion:** Pierre Atlan

REVIEW PANEL: The following persons reviewed the articles, which were first published in *Prescrire* then translated for this issue of *Prescrire International*:

Frédéric Allard (diabetology); Hélène Auger (pharmacy); Guillaume Babin (medical student); Pascale Baille-Albert (pharmacy); Arnaud Basdevant (nutrition); Éric Beaugendre (pharmacy); Christian Benoit (community pharmacy); Hervé Berche (general practice); Alain Bottéro (psychiatry); Angèle Bouquet (pharmacy); Frédéric Brocard (hospital pharmacy); Béatrice Carpentier (pharmacy); Christel Chalmendrier (hospital pharmacy); Marcel Chiche (general practice); Florentin Clère (pain relief); Marc Dauphin (endocrinology); Eric de Beaurepaire (community pharmacy); Philippe Deguiral (oncology); Aurélie Delépine (general practice); Mady Denantes (general practice); Dominique Desmichelle (psychoanalyse); Jean-Dominique Doublet (urology); Christophe Droin (general practice); Françoise Durand (hospital pharmacy); Jean-Yves Feberey (psychiatry); Marc Frenay (oncology); Sylvie-Georgina Gatt (pharmacy); Jean-Marc Geniole (general practice); Christine Gintz (psychiatry); Gérard Guesdon (palliative care); Dominique Jacquemin (éthique médicale); Antoine Laplanche (internal medicine); Philippe Latreyte (general practice); Guillemette Laval (palliative care); Sylvie Lefebvre-Chapiro (geriatrics); Claire Le Jeunne (internal medicine); Francis March (general practice); Pierre Méneton (public health); Jean-Baptiste Méric (oncology); Christian Merlin (community pharmacy); Jean-Marc Mollard (palliative care); Jean-Louis Montastruc (pharmacology); Martine Nectoux (palliative care); Valérie Piguet (pharmacovigilance - Switzerland); Marie-Hélène Portal (general practice); Lydie Puget (hospital pharmacy); Dominique Reynaud (general practice); Arnaud Ribier (cardiology); Marianne Roth (general practice); Philippe Roux (general practice); Patrice Roy (nursing); Olivier Rozand (general practice); Jean-Louis Schlienger (endocrinology); Pascale Simon (gynaecology - obstetrics); Daniel Sonnet (community pharmacy); Marc Sorel (internal medicine); Josette Vallée (general practice); Marcel-Louis Viillard (anaesthesiology); Jean-Luc Vidal (general practice).

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

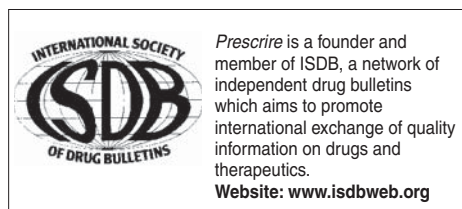
E-mail: contact@prescrire.org

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