

**"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).

## ASSOCIATION MIEUX PRESCRIRE

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

**Prescrire International** is published 11 times a year by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Pierre Chirac (President); Antoine Grandvillumin (Deputy President); Dörte Gunthert (Treasurer); Maryline Duflus-Gelgon (Deputy Treasurer); Bernard Topuz (General Secretary); Samia Nabi (Deputy General Secretary).

**President:** Pierre Chirac *pharmacist*

**PRESCRIRE INTERNATIONAL**

**Managing Editor:** Dörte Gunthert *geriatrician*

**Coordinating Editor:** Christine Badiane

**Sub Editor:** Karen Albrecht

**Translators:** Helen Genevier, Ros Schwartz, David Wynford-Thomas

**Consultant:** Judith Mintzes

**Subscription department:** Christine Barraud

## Prescrire:

**Publishing Director:** Bruno Toussaint with Séverine Carré-Pétraud • **Publishing Committee:** José Aguilar, Florence Chapelle, Pierre Chirac, Aurélie Delépine, Marjolaine Loyaux, Hélène Merlin, Jérôme Robert, Jérôme Sclafer • **Development:** Shirley Decupère with Lucie Alexandre, Nathalie Carrere, Élise Dezothez, Bernardin Dilou and Robin Trolet, My Branding Power • **Coordination - Human Resources and Office Services:** Marjolaine Loyaux with Martine Divet, Laetitia Luyéy Kinioko, Huynh Dieu Nguyen, Astou Badji, Ibrahima Daffé, Christelle Lesage, "Il est 5 heures" • **Accounts:** Tanguy Goblet with Fabrice Chane-Yock • **Circulation and Subscriber Services:** Christine Barraud with Aleksandra Debon, Cécile Gai, Corinne Kramer, Patricia Médioni, Cécile Monteil, Élie Moulin; technical solutions B&C Technologies • **Information Technology:** Xavier Martin-Legeas, with Pierre-Hakim Bekhti and Frédéric Jouzel, Apogea, DevPartner, Dokoos, Les Artisans numériques, PFL consulting, Tirème, Ze Team • **Design: Art Director:** Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmeziane, Jérôme Laheurte, 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](http://english.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. Members of the Editorial Staff 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](http://english.prescrire.org)): see *About Prescrire > How we work*.

**Editor:** Jérôme Sclafer *general practitioner* and Florence Chapelle *pharmacist* • **Editorial Committee:** Pierre Chirac, Aurélie Delépine, Frédérique Dignonnet, Antoine Grandvillumin, Philippe Mura

**Section Editors: New products:** Eric Cerqueira *pharmacist*; Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvillumin *pharmacist* • **Adverse effects:** Élisabeth Veyriac *pharmacologist* with Marie-France Gonzalez *pharmacist* and Céline Roussel *pharmacist* • **Drugs and pregnancy:** Céline Roussel *pharmacist* • **Drug interactions:** Sophie Chalons *pharmacist*; Sophie Pilon *pharmacist*; Elisabeth Veyriac *pharmacologist* • **Reviews:** José Aguilar MD; Anne Aubert *pharmacist*; Juliette Barthe *general practitioner*; Aurélie Delépine MD, Julien Gelly MD, Marc Legrelle *diabetes specialist*; Philippe Mura MD; Céline Martin *pharmacist* • **Information to patients:** Christine Guilbaud *pharmacist* • **Health and society:** Pierre Chirac *pharmacist*; Mathieu Hautemulle *journalist*; Sandrine Parmentier *sociology* • **Book review:** Pierre Frouard *general practitioner* • **History of medicine:** Hélène Frouard *historian* • **Guideline watch:** Marine Barillot *pharmacist* • **Reader's test:** Julien Gelly MD with Frédérique Dignonnet *pharmacist*; • **Take it easy:** Dörte Gunthert *geriatrician* • **Forum:** Jérôme Robert • **Queries and comments:** José Aguilar MD • **Prescrire electronic media:** Hélène Merlin *pharmacist* • **Production Editor:** Christine Badiane with Sophie Bel • **Information search: Companies and agencies:** Karine Begnaud with Élodie Artielle-Beaucamp, Julie Bontemps, Thomas Declercq, Ayah Hakim, Cécile Loubeyre-Unique, Eve Parry • **Health products regulation:** Olivier Huyghe • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Astou Badji, Nathalie Hayes and Hortense Sanon • **Editorial Office:** Christelle Sissokho with Hélène Declercq • **Editors:** Nehama Aidan *dentist*; Anne Americh *pharmacist*; Élodie Artielle-Beaucamp *pharmacist*; Jean-François Audouard *general practitioner*; Marie Babin *biologist*; Amélie Battaglia *midwife*; Karine Begnaud *pharmacist*; Éric Bel *pharmacist*; Valentine de Belleruche *social law*; Julie Bontemps *pharmacist*; Christian Bouret *general practitioner*; Delphine Bourneau-Martin *pharmacist*; Odile Burrus *nurse*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Bénédicte Connault MD; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Claude

Demange *pharmacist*; Frédérique Dignonnet *pharmacist*; Jean Doubovetzky *general practitioner*; Catherine Dumont *paediatrician*; Houria Farhi *general practitioner*; Philippe Gabriél MD; Ghyslaine Galhau-Costes *pharmacist*; Aymeric Gamondes *nursing*; Margaux Gaubert *journalist*; Alexandre Gelgon *general practitioner*; Jean-Pierre Gribeauval *medical law*; Philippe Gripon *occupational medicine, toxicologist*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Mélanie Hardy *pharmacist*; Sébastien Hardy *pharmacist*; Ghyslaine Henry *general practitioner*; Olivier Huyghe *pharmacist*; Aurélie Jamet *pharmacist*; Jérôme Jean *nursing*; Fabienne Jourdan *emergency care*; Jacques Juillard MD; Philippe Lecoq *internal medicine*; Laurence Le Quang Trieu *pharmacist*; Sophie Leroget *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Florent Macé *pharmacist*; Natacha Marpillat *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Mengeot *journalist*; Gilles Mignot *pharmacologist*; Denis Millières-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard *general practitioner*; Didier Morère *pharmacist*; Évelyne Mouret *pharmacist*; Samia Nabi *pharmacist*; Clotilde Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Jean-Pierre Noiry *general practitioner*; Ann Pariente MD; Eve Parry *pharmacist*; Jean-Yves Rolland *dentist*; Agnès Rouzès *pharmacist*; Bernard Rueff MD; Adèle Salaün *general practitioner*; Paul Scheffer *education science*; Philippe Schilliger MD; Étienne Schmitt *pharmacist*; Guillaume Schramme *general practitioner*; Bernard Topuz MD; Cyril Vidal *dentist* • **Consulting Editors:** Philippe Adrien; Henriette Bosvieux; Angèle Bouquet; Alain Burtcher; Blandine Guillemot-Pinard; Mélanie Hardy; Natacha Marpillat; Olivier Rozand • **Art and Photo Editor:** Olivier Huyghe • **Illustrations:** Léa Lord; Alain Savino • **Indexing:** Mélanie Hardy, Hélène Merlin with Marine Barillot, Laurence Le Quang Trieu, Cécile Loubeyre-Unique, Sandrine Parmentier • **Prescrire electronic media:** Hélène Merlin • **Policy advocacy:** Rita Kessler with Pierre Chirac, Olivier Huyghe • **Reviewers' panels:** Nehama Aidan and Christine Guilbaud • **For Belgium and Switzerland:** Sophie Chalons with Marie-Louise Bouffloux, Catherine Smolders (Agence fédérale des médicaments et des produits de santé), and Cristina Cerise (pharmaSuisse) • **Translations "Assessment Elsewhere":** Marie-Andrée Bernard, Annick Pijnenburg, Karin Raton, Eva Stille • **Website:** Karen Albrecht • **Subscriber correspondence:** Anne Americh, Nolwenn Clec'h, Martine Divet, Blandine Guillemot, Jérôme Robert with Cécile Monteil • **Other contributions:** Aldo Fari; Martine Lalande; Karelle Le Gleut; Christine Piette; Didier Rod; Agnès Sommet

**Continuing education programmes: Pedagogical advisers:** Frédérique Dignonnet with Philippe Schilliger • **Instructors:** Anne Aubert; Frédérique Dignonnet; Julien Gelly • **Atelier Médicaments en Questions et Question de Pratiques:** Éric Bel; Jérôme Jean • **Evaluation:** Sandrine Parmentier • **Accreditation:** Ghyslaine Galhau-Costes • **Preventing the Preventable Programme:** Marie-France Gonzalez and Étienne Schmitt with Thomas Declercq, Éric Galam, Josette Vallée.



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](http://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 Arlet (internal medicine); Françoise Bâcle (general practice); Terence Barsby (dental surgery); Imene Beghrich (pharmacovigilance - Algeria); Johana Béné (pharmacovigilance); Justine Bénévnt (pharmacology); Bénédicte Bernadac (hospital pharmacy); Jean-Marie Berthelot (rheumatology); Frédéric Beunieux (general practice); Jordan Birebent (general practice); Clara Blanchard (general practice); Christine Botte (general practice); Habib Boughazi (general practice - Algeria); Anne-Marie Bouldouyre-Magnier (general practice); Béatrice Brembilla-Perrot (cardiology); Claire de Canecaude (pharmacovigilance); Karine Carpentier (pharmacy); Delphine Carré-Gislar (dermatology); Philippe Castera (general practice); Olivier Catala (pharmacy); Marie-Thérèse Cavaciuti (gynaecology - obstetrics); Vincent Césà (general practice); Arnaud Chabardès (general practice); Mathieu Chappuy (addictology); Alan Charissou (general practice); Rodolphe Charles (general practice); Claire Chassang (pharmacy); Salomé Chaumette (general practice); Georges Chiche (cardiology); Laurent Chouchana (pharmacovigilance); Régis Cohen (endocrinology); Pascal Coquerelle (rheumatology); Christine Damase-Michel (pharmacovigilance); Mathieu De Graaf (pharmacy intern); Anne Default (pharmacovigilance); Philippe Deguiral (oncology); Morgane Dejean (pharmacy); Jean-Michel Dellile (psychiatry); Hugo Delubac (general practice); Anne-Claire Deyon (general practice); Jean-Dominique Doublet (urology); Jean-Michel Doumerc (cardiology); Brigitte Dréno (dermatology); Erwann Du Rouchet (gynaecology - obstetrics); Sandra Duc (general practice); Florent Durain (preventive medicine); Geneviève Durrieu (pharmacovigilance); Aurélie Dy-Zanoune (public health); Jean-Luc Faillie (pharmacovigilance); Gilles Faron (gynaecology - obstetrics - Belgium); Chloé Faysse (general practice); Henri Foulques (gynaecology); Carole Fourmy (pharmacy); Irène Frachon (pulmonology); Patrick Fricourt (internal medicine); Michel Galinier (cardiology); Pierre Gillet (pharmacology); Roxane Goulam (hospital pharmacy); Aurélie Grandvillumin (pharmacovigilance); Michel Gréhan (cardiology); Danièle Hassoun (gynaecology - obstetrics); Clara Jaramillo (dermatology); Philippe Judlin (gynaecology - obstetrics); Isabelle Lacroix (pharmacovigilance); Simon Laliman (midwife); Christophe Langon (psychiatry); Dominique Lannes (gastroenteropathology); Marie-Françoise Le Gozian (general practice); Paul Le Goff (rheumatology); Erwann Le Gouilh (pharmacy); Patrick Le Padellec (pharmacy); Solène Lellingier (epistemology); Mireille Magniat (nursing care); Sylvie Maret (general practice); Didier Marion (general practice); Christophe Mayeux (general practice); Didier Mennequier (gastroenteropathology); Christian Merlin (pharmacy); Alexandre Merlo (general practice); Laurent Misery (dermatology); Jean-Louis Monastret (pharmacology); Fanny Moreau Rocher (pharmacovigilance); Camille Mura Masserey (midwife); Thierry Neyer (general practice); Philippe Nicot (general practice); Anne Oberli (midwife); Rémy Pazzogna (general practice); Patrick Pérrier (cardiac surgery); Claire-Marie Perodin (psychiatry); Franck Perrotin (gynaecology); Hélène Peyrière (pharmacology); Anne Piléwicz (midwife); Romain Pineau (pharmacy); Juliette Pinot (general practice); Frédéric Plotka-Brun (general practice); Olivier Proisl (general practice); Michel Rebstock (general practice); Jean Revuz (dermatology); Dominique Reynaud (general practice); Julien Rousseau (pharmacy); Jean-François Royer (pharmacy); Jean-Marc Sabaté (gastroenteropathology); Philippe Saïag (dermatology); Gabrielle Samson (pharmacy); Arnaud Sourty (general practice); Benoît Tanguy (general practice); Stéphane Teller (pharmacy); Luc Thomas (dermatology); Dominique Tingaud (pharmacy); Béatrice Treutenaere-Aisenfarb (pharmacy); Hélène Vacher (hospital pharmacy); Marine Valéry (pharmacy); Gwenaëlle Veyrac (pharmacovigilance); Chloé Viard (midwife); Arnaud Villers (urology); Raphaël Wielgo (hospital pharmacy)