

**"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 Grandvullemin (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:** Christophe Kopp *general practitioner*

**Coordinating Editor:** Christine Badiane

**Sub Editor:** Karen Albrecht

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

**Consultants:** Judith Mintzes, Andrea Tarr

**Subscription department:** Christine Barraud

## Prescrire:

**Publishing Director:** Bruno Toussaint with Séverine Carré-Pétraud • **Publishing Committee:** José Aguilar, Pierre Chirac, Aurélie Delépine, Marjolaine Loyaux, Hélène Merlin, Jérôme Robert, Jérôme Sclafer • **Executive Secretary:** Martine Divet • **Development:** Shirley Decupère with Lucie Alexandre, Nathalie Carrere, Géraldine Cavagnon, Élise Dezothez, Bernardin Dilou and Robin Trollet • **Coordination - Human Resources and Office Services:** Marjolaine Loyaux with Laetitia Luyéyé Kinioko, Huynh Dieu Nguyen, Astou Badji, Ibrahim Daffé, Arielle Houndgedji, "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; technical solutions B&C Technologies • **Information Technology:** Xavier Martin-Legeay, with Pierre-Hakim Bekhti and Frédéric Jouzel, Apeoga, DevPartner, Dokoos, Les Artisans numériques, PFL consulting, Tirème, Ze Team • **Design: Art Director:** Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmeziane, Geneviève Lamagdelaine, 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 and How we work.

**Editor:** Jérôme Sclafer *general practitioner* with Florence Chapelle *pharmacist* • **Editorial Committee:** Pierre Chirac, Aurélie Delépine, Frédérique Digonnet, Antoine Grandvullemin, Philippe Mura

**Section Editors: New products:** Eric Cerqueira *pharmacist*; Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvullemin *pharmacist* • **Adverse effects:** Élisabeth Veyriac *pharmacologist* with Marie-France Gonzalez *pharmacist* and Céline Roussel *pharmacist* • **Drugs and pregnancy:** Céline Roussel *pharmacist* • **Drug interactions:** Elisabeth Veyriac *pharmacologist* with Sophie Pilon *pharmacist* and Sophie Chalons *pharmacist* • **Reviews:** José Aguilar MD; Anne Aubert *pharmacist*; Marie Babin *biologist*; 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:** Clarisse Briand *public health*; Pierre Chirac *pharmacist*; Bénédicte Connault MD • **Book review:** Pierre Frouard *general practitioner* • **History of medicine:** Hélène Frouard *historian* • **Guideline watch:** Marleine Barillot *pharmacist* • **Reader's test:** Christian Bouret *general practitioner* • **Take it easy:** Christophe Kopp *general practitioner* • **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, Julie Bontemps, Thomas Declercq, Ayah Hakim, Cécile Loubeyre-Unique, Eve Parry • **Health products regulation:** Olivier Huyghe • **Literature search:** Marleine 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*; Amélie Battaglia *midwife*; Karine Begnaud *pharmacist*; Éric Bel *pharmacist*; Valentine de Bellerocla *social law*; Julie Bontemps *pharmacist*; Delphine Bourneau-Martin *pharmacist*; Odile Burrus *nurse*; Sophie Chalons *pharmacist*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Claude Demange *pharmacist*; Frédérique Digonnet *pharmacist*;

Jean Doubovetzky *general practitioner*; Houria Farhi *general practitioner*; Philippe Gabrié MD; Ghyslaine Galhau-Costes *pharmacist*; Alexandre Gelgon *general practitioner*; Julien Gelly *general practitioner*; Jean-Pierre Gribbeauval *medical law*; Philippe Gripon *occupational medicine, toxicologist*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Mélanie Hardy *pharmacist*; Sébastien Hardy *pharmacist*; Mathieu Hautemulle *journalist*; Ghislaine Henry *general practitioner*; Olivier Huyghe *pharmacist*; Aurélie Jamet *pharmacist*; Jérôme Jean *nursing*; Fabienne Jourdan *emergency care*; Jacques Juillard MD; Clio Kojadinovitch *general practitioner*; Philippe Lecoq *internal medicine*; Laurence Le Quang Trieu *pharmacist*; Sophie Logerot *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Florent Macé *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; Sandrine Parmentier *sociologist*; Eve Parry *pharmacist*; Sophie Pilon *pharmacist*; Pauline Quillet *pharmacy*; Jean-Yves Rolland *dentist*; Bernard Rueff MD; Paul Scheffer *learning sciences*; Philippe Schilliger MD; Étienne Schmitt *pharmacist*; Bernard Topuz MD; Cyril Vidal *dentist* • **Consulting Editors:** Philippe Adrien; Henriette Bosvieux; Angèle Bouquet; Alain Burtscher; 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 Laurence Le Quang Trieu, Sandrine Parmentier • **Prescrire electronic media:** Hélène Merlin • **Policy advocacy:** Rita Kessler with Pierre Chirac, Olivier Huyghe, Christophe Kopp • **Reviewers' panels:** Nehama Aidan and Christine Guilbaud • **For Belgium and Switzerland:** Sophie Chalons with Marie-Louise Bouffoux, 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, Jérôme Robert with Cécile Monteil • **Other contributions:** Catherine Alexandre; Aldo Fari; Martine Lalande; Karelle Le Gleut; Christine Piette; Didier Rod; Agnès Sommet • **Continuing education programmes: Pedagogical advisers:** Frédérique Digonnet with Philippe Schilliger • **Instructors:** Anne Aubert; Christian Bouret; Frédérique Digonnet • **Organisation:** Hélène Merlin • **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:**

Marc André (internal medicine); Christine Andrieux (nursing care); Isabelle Arnulf (neurology); Françoise Augry-Guy (hospital pharmacy); Nicolas Authier (pharmacology); René Baglioni (general practice); Isabelle Barges (pharmacy); Claude Beauvillain De Montreuil (otorhinolaryngology); Justine Bénévot (pharmacology); Francis Berenbaum (rheumatology); Yann Berstein (nursing care); Jean-François Besancon (counselling pharmacist); Philippe Biedermann (general practice); Bernard Bonnotte (internal medicine); Habib Boughazi (general practice - Algeria); Joël Boustie (pharmacognosy); Henri Brulé (paediatrics); Anne Buisson (Association François Aupetit); Fabrizio Cantelli (Ligue des Usagers des Services de Santé - Belgium); Pascal Cathebras (internal medicine); Jean-Didier Cavallo (infectiology); Gérard Chales (rheumatology); Céline Chaleux (gynaecology - obstetrics); Romain Cheyssac (general practice); Sylvain Choquet (haematology); Régine Cornauger (general practice); Tommy Courtel (general practice); Michel Damagnez (counselling pharmacist); Christine Damase-Michel (pharmacovigilance); Antoine De Beco (general practice); Michel De Jonghe (general practice - Belgium); Eva Decotte (general practice); Jacqueline Delorme (pharmacy); Corinne Denis (hygienics); Bernard Desablens (haematology); Laurence Dol (hospital pharmacy); Béatrice Donatella (addictology); Krice Duraffourg (general practice); Aurélie Dy-Zanoune (public health); Sandrine Espérand-Vignau (health insurance physician); Pierre Evano (pharmacy); Fabrice Extramiana (cardiology); Pierre Faure (hospital pharmacy); Max Favier (gynaecology - obstetrics); Yannick Felard Brossier (pharmacy); Béatrice Fervers (oncology); Henri Fomville (general practice); Catherine Foulhy (midwife); Carole Fourny (pharmacy); Stéphane Fraitze (general practice); Martine François (paediatric otorhinolaryngology); Frédéric Gelard (haematology); Françoise Galland (Sparadrapp Association); Dominique Garcia (otorhinolaryngology); Marylaure Gavard (hospital pharmacy); Stéphane Gayet (internal medicine); Hubert Ghestem (pharmacy); Isabelle Gibert (neurology); Jean-Marc Gibert (general practice); Guy Godin (cardiology); Gilbert Guiraud (rheumatology); Florence Herbodeau (nursing care); Catherine Hill (epidemiology); Xavier Humbert (general practice); Anne-Catherine Kessler (pharmacy); Pierre Kleffer (internal medicine); Lucette Lacomblez (pharmacology); Jean Lamarche (pharmacy); Dominique Lamy (general practice - Belgium); Frédéric Lapaostolle (emergency care); Philippe Latreite (general practice); Robert Laurent (general practice); Christian Lavigne (internal medicine); Pascal Le Corre (hospital pharmacy); Antoine Lebranc (paediatrics); Jean-Christophe Lega (internal medicine); Damien Leger (sleep disorders); Christian Lehmann (general practice); Nadia Letailleur (pharmacy); Dominique Leveque (hospital pharmacy); Alexandre Maciuc (pharmacognosy); Nadine Magy-Bertrand (internal medicine); Julien Mahé (pharmacovigilance); Alfred Mahr (internal medicine); Karine Mangeler (hospital pharmacy); Christian Merlin (pharmacy); Alexandre Merlo (general practice); David Michonneau (haematology); Noël Miège (haematology); Jean-Louis Moutaeruc (pharmacology); Anne Moturey (pharmacy); Catherine Naveau-Ploux (hospital pharmacy); Thierry Neyer (general practice); Bernard Pabion (general practice); Eric Pautas (geriatrics); Sylvain Pavageau (general practice); Lionel Pazart (general practice); Hélène Peyriere (addiction surveillance); Laure Pevro Saint-Paul (pharmacovigilance); Alain Pinzani (cardiology); François Poulligon (general practice); Erwan Poupou (pharmacology); Robert Pujol (pharmacy); Fanny Radoubé (hospital pharmacy); Christian Recher (haematology); Anaïs Reichling (pharmacy intern); Marie Robin (haematology); Philippe Rodon (haematology); Lucien Roulet (hospital pharmacy - Switzerland); Anny Rouvet-Tallec (neurobiology); Jean-François Royer (pharmacy); Marc Samama (anaesthesiology-intensive care); Sophie Sangla (neurology); Jean-Pierre Sauvage (otorhinolaryngology); Didier Scarlati (cardiology); Mylene Segonds (pharmacy); Raphaël Serreau (preventive medicine); François Serru (pharmacy); Catherine Sokolsky (journalism); Arnaud Sourty (general practice); Jean-Pierre Thierry (France Assos Santé); Laurent Thiriet (hospital hygienics); Xavier Thomas (haematology); Dominique Tinguand (pharmacy); Baptiste Torrekens (Ligue des Usagers des Services de Santé - Belgium); Frédéric Tranchard (general practice); Laurent Vincent-Boatard (addictology); Bruno Varet (haematology); Laurent Verceuil (neurology); Vivien Veyrat (pharmacy); Isabelle Wincent (hospital pharmacy); Olivier Walusinski (general practice); Raphaël Wielgo (hospital pharmacy).