

“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 non-profit medical 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: Antoine Grandvullemin (President); Alexandre Gelgon (Vice President); Dörte Gunthert (Treasurer); Jérôme Jean (Deputy Treasurer); Samia Nabi (General Secretary); Michel Aujoulat (Deputy General Secretary).

President: Antoine Grandvullemin *pharmacist*

PRESCRIRE INTERNATIONAL

Managing Editor: Dörte Gunthert *geriatrician*

Coordinating Editor: Christine Badiane

Sub Editor: Karen Albrecht

Translators: Helen Geneviev, David Wynford-Thomas

Consultant: Judith Mintzes

Subscription department: Christine Barraud

Prescrire:

Publishing Director: Séverine Carré-Pétraud • **Publishing Committee:** Florence Chapelle, Pierre Chirac, Antoine Grandvullemin, Marjolaine Loyaux, Xavier Martin-Legeay, Jérôme Robert, Jérôme Sclafar, Bruno Toussaint • **Development:** Shirley Decupère with Nathalie Carrere, Élise Dezothez, Bernardin Dilou, Nicolas George, Nicolas Guillaud, Rayann Hibri • **Coordination - Human Resources and Office Services:** Marjolaine Loyaux with Martine Divet, Huynh Dieu Nguyen, Danielle Smila, Astou Badji, Ibrahim Daffé, Christelle Lesage, “Il est 5 heures” • **Accounts:** Tanguy Goblet with Fabrice Chane-Yock • **Circulation and Subscriber Services:** Christine Barraud with Anaëlle Castelbou, Aleksandra Debon, Cécile Gai, Corinne Kramer, Patricia Médioni; technical solutions TBS group and B&C Technologies • **Information Technology:** Xavier Martin-Legeay, with Pierre-Hakim Bekhti, Frédéric Jouzel, Arthur Provenier; Amplexor, Apogea, DevPartner, Dokeos, Les Artisans numériques, PFL consulting, Tirème, Ze Team • **Design: 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: Jérôme Sclafar *general practitioner* and Florence Chapelle *pharmacist* • **Editorial Committee:** Pierre Chirac, Marine Barillot, Frédérique Digonnet, Julien Gelly, Antoine Grandvullemin

Section Editors: New products: Eric Cerqueira *pharmacist*; Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvullemin *pharmacist* • **Adverse effects:** 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 *general practitioner*; Julien Gelly MD; Marc Legrelle *diabetes specialist*; Céline Martin *pharmacist* • **Information to patients:** Christine Guilbaud *pharmacist* • **Health and society:** Pierre Chirac *pharmacist*; Mathieu Hautemulle *journalist*; Sandrine Parmentier *sociology* • **History of medicine:** Hélène Frouard *historian* • **Guideline watch:** Marine Barillot *pharmacist* • **Reader’s test:** Julien Gelly MD with Frédérique Digonnet *pharmacist* • **Take it easy:** Dörte Gunthert *geriatrician* • **Forum:** Jérôme Robert • **Prescrire electronic media:** Hélène Merlin *pharmacist* • **Production Editors:** Christine Badiane, Sophie Bel, Blandine Guillemot-Pinard • **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 • **Packaging Atelier:** Thomas Declercq and Élodie Artielle-Beaucamp • **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 Bellerocche *social law*; Julie Bontemps *pharmacist*; Odile Burrus *nurse*; Fabrice Cahen *history*; Nolwenn Clec’h *communication*; Michel Coletti *general practitioner*; Bénédicte Connault MD; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Morgane Dejean *pharmacist*; Claude Demange *pharmacist*; Alizée Dettiffe *general practitioner*; Frédérique Digonnet *pharmacist*; Jean Doubovetzky *general practitioner*; Philippe Gabrié MD; Ghyslaine Galhaut-Costes *pharmacist*; Ayméric Gamondes *nursing*; Margaux Gaubert *journalist*; Alexandre Gelgon *general practitioner*; Marie-France Gonzalvez *pharmacist*; Philippe Gripon *occupational medicine, toxicologist*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Mélanie Hardy *pharmacist*; Sébastien Hardy *pharmacist*; Ghislaine 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 Logerot *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Florent Macé *pharmacist*; Natacha Marpillat *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Mengéot *journalist*; Hélène Merlin *pharmacist*; Gilles Mignot *pharmacologist*; Marie Miller *physiotherapist*; Denis Millières-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard

general practitioner; Didier Morère *pharmacist*; Évelyne Mouret *pharmacist*; Samia Nabi *pharmacist*; Clotaire Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Jean-Pierre Noiry *general practitioner*; Ann Pariente MD; Eve Parry *pharmacist*; Gabriel Perraud *medical student*; Anne-Gaëlle Provost *general practitioner*; Jean-Yves Rolland *dentist*; Agnès Rouzès *pharmacist*; Bernard Rueff MD; Adèle Salaün *general practitioner*; Philippe Schilliger MD; Étienne Schmitt *pharmacist*; Guillaume Schramme *general practitioner*; Bernard Topuz MD; Bruno Toussaint *general practitioner*; Elisabeth Veyriac *pharmacologist*; Cyril Vidal *dentist* • **Final verifications:** Nehama Aidan; Karine Begnaud; Valentine de Bellerocche Angèle Bouquet; Margaux Gaubert; Christine Guilbaud; Cécile Loubeyre-Unique; Sophie Chalons; Philippe Manet; Natacha Marpillat; Evelyne Mouret-Cisterne; Samia Nabi; Eve Parry; Christelle Sissokho; Bernard Topuz • **Proof reading:** Henriette Bosvieux; Alain Burtscher; Olivier Rozand • **Preventing the Preventable Programme:** Marie-France Gonzalvez and 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 Samantha Megel (pharmaSuisse) • **Translations “Assessment Elsewhere”:** Marie-Andrée Bernard, Annick Pijnenburg, Karin Raton, Eva Stille • **Website:** Karen Albrecht • **Subscriber correspondence:** Anne Americh, Nolwenn Clec’h, Blandine Guillemot-Pinard, Jérôme Robert • **Other contributions:** 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; Frédérique Digonnet; Julien Gelly • **Atelier Médicaments en Questions et Question de Pratiques:** Jérôme Jean • **Evaluation:** Éric Bel; Sandrine Parmentier • **Accreditation:** Ghyslaine Galhaut-Costes.



Prescrire is a founder and member of the International Society of Drug Bulletins (ISDB), a worldwide network of bulletins and journals on drugs and therapeutics that are financially and intellectually independent of pharmaceutical industry. The overall aim of ISDB is to encourage and assist the development of independent drug bulletins and to facilitate cooperation amongst them.

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

Website: www.prescrire.org / english.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:

Marguerite Anderson (general practice); Cédric Arvieux (infectiology); Marine Aulois-Griot (health care law); René Baglioni (general practice); Manuel Baudet (general practice); Alexandra Benachi (gynaecology - obstetrics); Arthur Bermes (general practice); Bénédicte Bernadac (hospital pharmacy); Lydia Brispot (general practice); Fabrizio Buttafuoco (infectiology); Marie-Line Cal (health economics); Alexandra Calmy (infectiology); Jean-Didier Cavallo (infectiology); Agnès Certain (hospital pharmacy); Judith Cottin (pharmacovigilance); Julien Crouzet (infectiology); Christine Damase-Michel (pharmacovigilance); Michel De Jonghe (general practice); Jean-Michel Debarre (dermatology); Didier Debievre (pulmonology); Bertrand Décaudin (hospital pharmacy); Philippe Deguiral (oncology); Jean-Michel Descoutures (hospital pharmacy); Catherine Dumont (paediatrics); Frédéric Eyvrard (hospital pharmacy); Alain Fontaine (public health); Gérald Gagnant (pharmacy); Hélène Huynh (child psychiatry); Isabelle Lacroix (pharmacovigilance); Robert Laurent (general practice); Christian Layole (pharmacy); Hervé Le Néel (general practice); Éric Maczyta (child psychiatry); Sylvie Maret (general practice); Catherine Maurain (law and health economics); Guy Meisch (pharmacy); Christian Merlin (pharmacy); Christian Mongin (general practice); Philippe Mossé (economics); Franck Perrotin (gynaecology - obstetrics); Bernard Provost-Keller (general practice); Marc Pujalte-Martin (oncology); Mathieu Riffaud (pharmacy); Olivier Rogeaux (infectiology); Renaud Roubille (hospital pharmacy); Béatrice Rousset (hospital pharmacy); Nathalie Roux (hospital pharmacy); Raphaël Serreau (preventive medicine); Clément Sihrener (pharmacy); Matthieu Stipon (palliative care); Benoit Tanguy (general practice); Jérémy Terrat (general practice); Amélie Thomassin (hospital pharmacy); Josette Vallée (general practice); Philippe Van Wilder (pharmacy); Maryse Véron (nursing care); Nicolas Veziris (pulmonology)