

# “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: Pierre Chirac (President); Antoine Grandvullemin (Deputy President); Dörte Gunthert (Treasurer); Maryline Dufils-Gelgon (Deputy Treasurer); Bernard Topuz (General Secretary); Samia Nabi (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, Corinne Kramer, Patricia Médioni; technical solutions TBS group, Nacre Solutions • **Information Technology:** Xavier Martin-Legeay, with Pierre-Hakim Bekhti, Frédéric Jouzel, Arthur Provenier; Acolad, Apogea, DevPartner, Les Artisans numériques, PFL consulting, 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 Dignonnet, 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 during pregnancy and lactation:** 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 Dignonnet *pharmacist* • **Take it easy:** Dörte Gunthert *geriatrician* • **Forum:** Jérôme Robert • **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, Elodie Turpaud • **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*; Eric 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 Detiffe *general practitioner*; Frédérique Dignonnet *pharmacist*; Jean Doubouvetzky *general practitioner*; Philippe Gabrié *MD*; Ghyslaine Galhaud-Costes *pharmacist*; Aymeric Gamondes *nursing*; Margaux Gaubert *journalist*; Alexandre Gelgon *general practitioner*; Marie-France Gonzalez *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 Mengeot *journalist*; Hélène Merlin *pharmacist*; Gilles Mignot *pharmacologist*; Marie Miller *physiotherapist*; Denis Milliès-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard *general practitioner*; 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*; Gabriel Perraud *general practitioner*; 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 *MD*; Elisabeth Veyriac *pharmacologist*; Cyril Vidal *dentist* • **Final verifications:** Nehama Aidan; Karine Begnaud; Valentine de Bellerocche Angèle Bouquet; Morgane Dejean; 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:** Marie-France Gonzalez 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 Bouffoux, 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:** Mathilde Cosson, Aldo Fari, Martine Lalande; Karelle Le Gleut; Christine Piette; Didier Rod; Agnès Sommet

**Continuing education programmes:** Pedagogical advisers: Frédérique Dignonnet with Philippe Schilliger • **Instructors:** Frédérique Dignonnet, Julien Gelly • **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](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

**Website:** [www.prescrire.org](http://www.prescrire.org) / [english.prescrire.org](http://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:

Pascal Amedro (paediatrics); Emmanuel Andrès (internal medicine); Nicolas Arsac (pharmacy); Michel Aujoulat (general practice); Marc Bailleul (pharmacy); Fanny Bajolle (paediatrics); Imene Beghriche (pharmacovigilance); Isabelle Bergeon-Dars (general practice); Gérard Besson (neurology); Jacques Birgé (general practice); Christine Broissand (hospital pharmacy); Hervé Buisson (dermatology); Elie Cattan (dermatology); Stéphane Chabrier (paediatrics); Sylvain Charreyre (general practice); Sigrid Cicera (nursing care); Régis Cohen (endocrinology); Suzanne Dat (gynaecology); Philippe Deguiral (oncology); Hugo Delubac (general practice); Alexandre Dony (hospital pharmacy); Isabelle Durieu (internal medicine); Stéphane Fauquemberge (pharmacy); Henri Foulques (gynaecology - obstetrics); Cyril Goizet (clinical genetics); Robert Laurent (general practice); Christian Lavigne (internal medicine); Xavier Le Blay (pharmacy); Gilles Le Pallec (hospital pharmacy); Jean-Christophe Lega (internal medicine); Vincent Louveau (general practice); Karine Mangerel (hospital pharmacy); Bruno Matard (dermatology); Christian Merlin (pharmacy); Sandrine Meunier (paediatrics); Delphine Minier (hospital pharmacy); Jean-Louis Monstastruc (pharmacology); Catherine Naveau (hospital pharmacy); Thierry Neyer (general practice); Monira Nou Howaldt (vascular medicine); Caroline Oudot (paediatrics); Dominique Plantaz (paediatric oncology); Florence Rançon (hospital pharmacy); Béatrice Rousset (hospital pharmacy); Arnaud Tanty (hospital pharmacy); Thierry Trenque (pharmacovigilance); Hélène Vacher (hospital pharmacy); Maryse Véron (nursing care); Stéphane Vignes (internal medicine); Isabelle Vincent (hospital pharmacy); Florian Violon (medical student)