



## PRESCRIRE INTERNATIONAL

**Managing Editor:** Christophe Kopp *general practitioner*

**Coordinating Editor:** Christine Badiane

**Sub Editor:** Karen Albrecht

**Translators:** Helen Geneviev, Ros Schwartz, David Young

**Consultants:** Judith Mintzes, Andrea Tarr

**Subscription department:** Christine Barraud

## PRESCRIRE

**Publishing Director:** Bruno Toussaint

**Publishing Committee:** José Aguilar, Séverine Carré-Pétraud, Pierre Chirac, Valentine de Belleroche, Jacques Juillard, Hélène Merlin, Jérôme Robert, Philippe Schilliger, Jérôme Sclafer

**Executive Secretary:** Martine Divet

**Development:** Shirley Decupère with Lucie Alexandre, Véronique Beauzel, Ethel David, Bernardin Dilou, Sarah Hembert, Mélody Royère and Vanessa Sumyuen; Houria Farhi (Algeria)

**Human Resources:** Valentine de Belleroche with Laetitia Luyeye Kinioko and Huynh Dieu Nguyen

**Accounts:** Tanguy Goblet with Martine Kowanski

**Administration, Reception, Mail Room:** Astou Badji, Séverine Bégnès, Ibrahima Daffé and Gérard Pierre

**Circulation and Subscription department:** Christine Barraud with Aleksandra Debon, Cécile Gai, Corinne Kramer, Patricia Médioni, Cécile Monteil and Stéphanie Traca

**Information Technology:** Xavier Martin-Legeay, with Damien Donnet, DevPartner, Dokoos, Les Artisans numériques, Samu-Informatique, Pierre-François Laporte, Ze Team

### Design:

**Art Director:** Martine Talent

**Layout:** Nathalie Cappelletti assisted by Sandrine Guillaume, Geneviève Lamagdelaine, Catherine Marriette, Sandrine Praud, Jennifer Ribeiro-Marta

**Multimedia layout:** Catherine Marriette

**Editor:** Jérôme Sclafer *general practitioner* with Séverine Carré-Pétraud *pharmacist*

**Editorial Committee:** José Aguilar, Marie Babin, Pierre Chirac, Gilles Mignot

### Section Editors:

• **Editorial:** Jacques Juillard MD • **Brain-teaser:** José Aguilar MD • **New products:** Sébastien Hardy *pharmacist*; Gilles Mignot *pharmacologist*; Jean-Yves Rolland *dentist* • **Adverse effects:** Élisabeth Veyriac *pharmacologist* • **Reviews:** José Aguilar MD; Marie Babin *biologist*; Juliette Barthe *general practitioner*; Marc Legrelle *diabetes specialist*; Philippe Mura *general practitioner*; 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* • **Guideline watch:** Jean-Pierre Noiry *general practitioner* with Marine Barillot *pharmacist* • **Reader's test:** Christian Bouret *general practitioner* • **Take it easy:** Christophe Kopp *general practitioner* • **Forum:** Odile Burrus *nurse* • **Queries and comments:** Cécile Poilpré *pharmacist* • **Prescrire electronic media:** Hélène Merlin *pharmacist*

**Production Editor:** Christine Badiane with Sophie Bel and Fabrice Mailly

**Information search:**

• **Companies and agencies:** Olivier Huyghe with Karine Bégnaud, Nathalie Deleau, Sophie Ginolhac, Ayah Hakim, Cécile Loubeyre-Unique, Samia Nabi, Jean-Yves Rolland • **Packaging working group:** Olivier Huyghe and Samia Nabi • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Astou Badji, Nathalie Hayes and Hortense Sanon

**Editorial Office:** Christelle Sissokho with Hélène Declerck and Huynh Dieu Nguyen

**Editors:** Nadine Aidan *dentist*; Laurence Aimard *civil engineer*; Catherine Alexandre MD; Anne Americh *pharmacist*; Anne Aubert *pharmacist*; Éric Bel *pharmacist*; Angèle Bouquet *pharmacist*; Delphine Bourneau-Martin *pharmacist*; Isabelle Breton MD; Éric Cerqueira *pharmacist*; Sophie Chalons *pharmacist*; Florence Chapellet *pharmacist*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Nina Degrell *pharmacist*; Nathalie Deleau *pharmacist*; Aurélie Delépine *general practitioner*; Claude Demange *pharmacist*; Magali Dodeman *nurse*; Jean Doubovetzky *general practitioner*; Emmanuelle Espieussat *pharmacist*; Houria Farhi *general practitioner*;

**President:** Pierre Chirac *pharmacist*

## 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 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); Séverine Carré-Pétraud (Vice President); Antoine Grandvullemin (Treasurer); Jean-Marc Mollard (Deputy Treasurer); Bernard Topuz (General Secretary); Dörte Gunther (Deputy 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 [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 the "About *Prescrire*" section, "How we work".

Aldo Fari *biologist*; Nathalie François-Moliner *paediatrician*; Philippe Gabrié MD; Ghyslaine Galhaud-Costes *pharmacist*; Sophie Ginolhac *pharmacist*; Marie-France Gonzalez *pharmacist*; Antoine Grandvullemin *pharmacist*; Jean-Pierre Gribeauval (*medical law*); Dörte Gunther *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Ayah Hakim *pharmacist*; Ghislaine Henry *general practitioner*; Olivier Huyghe *pharmacist*; Aurélie Jamet *pharmacist*; Fabienne Jourdan *emergency care*; Laurence Le Quang Trieu *pharmacist*; Sophie Logerot *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Odile Martinet *geriatrician*; Marie-Anne Mengeot *journalist*; Denis Millières-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard *general practitioner*; Didier Morère *pharmacist*; Évelyne Mouret *pharmacist*; Clotilde Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Chantal Oliéric *pharmacist*; Ann Pariente MD; François Pillon *pharmacist*; Sophie Pilon *pharmacist*; Sonia Prot-Labarthe *pharmacist*; Jean-Yves Rolland *dentist*; Céline Roussel *pharmacist*; Bernard Rueff MD; Étienne Schmitt *pharmacist*; Agnès Sommet *pharmacologist*; Christoph Steffen *epidemiology*; Nhât Thao Tran Thanh *general practitioner*; Bernard Topuz MD; Florence Vandeveld *pharmacist*; Maryse Véron *nurse*; Cyril Vidal *dentist*; Caroline Vincent *pharmacist*

**Consulting Editors:** Philippe Adrien; Youna Audouard-Marzin; Karine Bégnaud; Alain Burtscher; Ouardia Hadjour; Mélanie Hardy; Jeanne Maritoux; Pauline Quillet; Eve Parry; Annie Pecresse; Olivier Rozand

**Art and Photo Editor:** Olivier Huyghe

**Illustrations:** José David; Léa Lord; Alain Savino

**Indexing:** Mélanie Hardy, Hélène Merlin with Laurence Le Quang Trieu, Sandrine Parmentier, Annie Mura (illustrations)

**Prescrire electronic media:** Hélène Merlin

**Policy advocacy:** Florence Vandeveld with Teresa Alves, Pierre Chirac, Olivier Huyghe, Christophe Kopp

**Projects:** Mireille Didier; Karelle Le Gleut; Christine Piette; Didier Rod

**Reviewers' panels:** Laure Misrahi-Guillaume

**For Belgium and Switzerland:** Sophie Chalons with Marie-Louise Bouffloux, Dominique Leyh (Agence fédérale des médicaments et des produits de santé), and Catherine Delafontaine (pharmaSuisse)

**Translations "Assessment Elsewhere":** Marie-Andrée Bernard, Annick Pijnenburg, Karin Raton, Eva Stille

**Website:** Philippe Schilliger and Karen Albrecht

**Subscriber correspondence:** Anne Americh, Nolwenn Clec'h, Jacques Juillard, Annie Pecresse

**Continuing education programmes:**

**Pedagogical adviser:** Philippe Schilliger • **Instructors:** Anne Aubert; Christian Bouret; Frédéric Dignonnet; Marie-France Gonzalez; Jacques Juillard; Odile Martinet; Hélène Merlin; Étienne Schmitt; Maryse Véron • **Organisation:** Hélène Merlin • **Atelier Questions de Pratiques:** Éric Bel, Christine Guilbaud

• **Evaluation:** Michel Coletti; Sandrine Parmentier

• **Accreditation:** Ghyslaine Galhaud-Costes

**REVIEW PANEL:** The following persons reviewed the articles, which were first published in *Prescrire* then translated for this issue of *Prescrire International*: Philippe Albou (history of medicines); Lionel Anxo (general practice); Geneviève Argaud (pharmacy); Jean-François Audouard (general practice); Françoise Augry (hospital pharmacy); Jean-Jacques Aulas (psychiatry); Marie-Françoise Avril (dermatology); Isabelle Bargues (pharmacy); Laurence Baumann-Coblenz (general practice); Francis Blanc (general practice); Emmanuelle Bondon-Guittion (pharmacovigilance); Françoise Bonichon (oncology); Bruno Bonnemain (history of pharmacy); Sophie Bontemps (nursing care - Switzerland); Rémy Boussageon (general practice); Christine Broissand (hospital pharmacy); Hervé Buisson (dermatology); Marie Carpentier (pharmacy); Delphine Carré-Gislard (dermatology); Richard Causse (hospital pharmacy); Jean-Didier Cavallo (infectiology); Jean-Pierre Cesarini (dermatology); Guillaume Chabridon (psychiatry-intern); Pierre Chevalier (general practice - Belgium); Florentin Clère (pain management); Valérie Colas (pharmacy and toxicology); Philippe Colombat (haematology); Maurice Combes (general practice); Joël Daems (general practice - Belgium); Marc Dauphin (endocrinology); Jean-Marie Decazes (infectiology); Philippe Deguiral (oncology); François Delahaye (cardiology); Jean-Louis Devoize (neurology); Gérard Dine (sports medicine); Hervé Douine (general practice); François Dreyfus (haematology); Jean Dupouy-Camet (parasitology); Jean-François Faucher (internal medicine); Jean-Louis Feit (pharmacy); Béatrice Fervers (oncology); Camille Fitoussi (dermatology); Guillaume Fond (psychiatry); Henri Fonvielle (general practice); Régis Fuzier (anaesthesiology-intensive care); Jacques Gaillat (internal medicine); Pierre Gardagennec (sports medicine); Gérard Gastan (general practice); Pierre-Marie Girard (infectiology); Aurélie Grandvullemin (pharmacovigilance); François Guayfifer (cardiology); Emmanuel Gyan (haematology); Jean-Michel Halna (dermatology); Françoise Haramburu (pharmacology); François Jacquier (general practice); Hélène Jantzen (pharmacovigilance); Michel Jeanmougin (dermatology); Alain Junod (physician - Switzerland); Jean-Claude Kuhn (general practice); Jean-Pierre Laguens (general practice); Martine Lalande (gynaecology); Antoine Laplanche (internal medicine); Jean-Dominique Laporte (general practice); Georges Laroche (ophthalmology); Jacques Le Bras (malaria); Hervé Le Neel (general practice); Xavier Leleu (haematology); Joël Leroy (infectiology); Gilles Lesieur (ophthalmology); Florent Mace (pharmacy); Julien Mahé (pharmacovigilance); Hervé Maison-neuve (physician); Michel Marre (diabetology); Christian Merlin (pharmacy); Alexandre Merlo (general practice); Noël Milpied (haematology); Jean-Louis Montastruc (pharmacology); Marion Montastruc (haematology - oncology); Nathalie Mugnier (hospital pharmacy); Jean-Luc Paturel (general practice); Xavier Perrot (neurology); Laure Peyro Saint-Paul (pharmacovigilance); Eric Peyron (psychiatry); Patrick Philibert (Réseau santé Marseille sud); Thierry Pirola (general practice); Georges Point (Trt-5); Marie-Hélène Portal (general practice); Erwan Poupon (pharmacy); Olivier Proisl (general practice); Robert Pujol (pharmacy); Philippe Regard (general practice); Antoine Rerolle (anaesthesiology-intensive care); Michel Rey (infectiology); Jean-Paul Richalet (physiology); Daniel Riviere (sports medicine); Fanny Rocher (pharmacovigilance); Olivier Rogeaux (infectiology); Régis Romo (nursing care); Philippe Roux (general practice); Martine Ruggli (pharmacy - Switzerland); François Serru (pharmacy); Dominique Simon (diabetology); Pierre Simonet (pharmacy student); Daniel Sonnet (pharmacy); Emmanuel Sonnet (diabetology); Marc Talbert (hospital pharmacy); Stéphane Tellez (pharmacy); Marc Thellier (medical biology); Laurent Thieriet (hospital pharmacy); Xavier Thomas (haematology); Emmanuel Trénado (Aides); Raphaël Urréa (general practice); Anthony Valour (sports medicine); Marc Van De Castele (internal medicine - Belgium); Jean Van Elstande (general practice); Hervé Van Landuyt (dermatology); Laurent Verceuil (neurology); Marcel-Louis Viallard (anaesthesiology-intensive care); Jean-Luc Vidal (general practice); Isabelle Vincent (hospital pharmacy); Daniel Vittecoq (infectiology); Raphaël Wielgo (hospital pharmacy)

### Copyright Prescrire

[www.prescrire.org](http://www.prescrire.org)

**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

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 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)