

"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: Dörte Gunthert *geriatrician*, Christophe Kopp *general practitioner*

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, Pierre Chirac, Aurélie Delépine, Marjolaine Loyaux, Hélène Merlin, Jérôme Robert, Jérôme Sclafer • **Executive Secretary:** Martine Divet • **Development:** Shirley Decupère with Lucie Alexandre, Nathalie Carrere, Élie Dezothez, Bernard Dilou and Robin Trotel, My Branding Power • **Coordination - Human Resources and Office Services:** Marjolaine Loyaux with Laetitia Luyéyé Kinioko, Huynh Dieu Nguyen, Astou Badji, Ibrahim 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-Legeay, 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). 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): see About Prescrire and How we work.

Editor: Jérôme Sclafer *general practitioner* with Florence Chapelle *pharmacist* • **Editorial Committee:** Pierre Chirac, Aurélie Delépine, Frédérique Dignonnet, 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*; 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:** Marine Barillot *pharmacist* • **Reader's test:** Christian Bouret *general practitioner*; Julien Gelly MD • **Take it easy:** Dörte Gunthert *geriatrician*; 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 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 Bellerocche *social law*; Julie Bontemps *pharmacist*; Delphine Bourneau-Martin *pharmacist*; Odile Burrus *nurse*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Claude

Demange *pharmacist*; Frédérique Dignonnet *pharmacist*; Jean Doubovetzky *general practitioner*; Houria Farhi *general practitioner*; Philippe Gabrié MD; Ghyslaine Galhaut-Costes *pharmacist*; Aymeric Gamondes *nursing*; Alexandre Gelgon *general practitioner*; Jean-Pierre Gribbeval *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; 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*; 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 Butscher; 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, Christophe Kopp • **Reviewers' panels:** Nehama Aidan and Christine Guilbaud • **For Belgium and Switzerland:** Sophie Chalons with Marie-Louise Bouffieux, 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:** 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; Christian Bouret; Frédérique Dignonnet • **Organisation:** Hélène Merlin • **Atelier Médicaments en Questions et Question de Pratiques:** Éric Bel; Jérôme Jean • **Evaluation:** Sandrine Parmentier • **Accreditation:** Ghyslaine Galhaut-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

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

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:

Yannick Aujard (neonatology); Jean-Jacques Aulas (psychiatry); Nicolas Authier (pharmacology); Dominique Barbier (psychiatry); Arnaud Basdevant (nutrition); Jean-Léon Beauvois (social psychology); Hélène Bergeron Le Deut (geriatrics); Rémi Besançon (pharmacy student); Gérard Besson (neurology); Thomas Biasse (medical student); Alexandre Brulet (general practice); François Chavant (pharmacy); Sabrina Crépin (pharmacovigilance); Christine Damase-Michel (pharmacovigilance); Suzanne Dat (gynaecology); Céline De Putter (pharmacy); Pascale Detais-Vincent (geriatrics); Marie Di Qual (pharmacy intern); Pascale Dugast (hospital pharmacy); Jean-Yves Feberey (psychiatry); Henri Fonville (general practice); Philippe Fourcas (general practice); Carole Fourny (pharmacy); Claire Gekiere (psychiatry); Isabelle Gilbert (neurology); Bertrand Gilot (psychiatry); Mathieu Glazal (toxic substance surveillance); Aurélie Grandvullemin (pharmacovigilance); Serge Herberg (general practice); Catherine Hill (epidemiology); Caroline Hurault-Delarue (reproductive epidemiology); Hélène Huynh (child psychiatry); François Katona (general practice); Gaétan Kosmalski (hospital pharmacy); Jean-Pierre Laguens (general practice); Alain Laguenty (neurology); Philippe Laydevant (general practice); Erick Le Coz (pharmacy); Raphaële Le Garrec (toxicology); Rozenn Le Saint (journalism); Élisabeth Leca Colonna (pharmacology); Nadia Letailleur (pharmacy); Anne Maheut-Bosser (geriatrics); Hervé Maisonneuve (physician); Alexandre Malmartel (general practice); Éric Marchesseau (general practice - Spain); Guy Meisch (pharmacy - Luxembourg); Christian Merlin (pharmacy); Ghada Miremont-Salamé (pharmacovigilance); François Montastruc (pharmacology); Jean-Louis Montastruc (pharmacology); Julien Moragay (pharmacovigilance); Fanny Moreau Rocher (pharmacovigilance); Thierry Moulin (neurology); Annick Moulmsa (hospital pharmacy); Anne Mourey (pharmacy); Jean-Michel Oriol (general practice); Elisabeth Paganelli (gynaecology - obstetrics); Stéphanie Pavan-Humler (general practice); Véronique Prache (child and maternal protection centre); Robert Pujol (pharmacy); Françoise Rivals Jonquet (general practice); Nathalie Robert-Cunrath (pharmacy - United Kingdom); Régis Romo (nursing care); François-Xavier Rose (hospital pharmacy); Jérôme Roth (general practice); Anny Rouvel-Tallec (neurobiology); Aurélie Roy (psychomotor therapy); Patrice Roy (nursing care); Jean-François Royer (pharmacy); Gabrielle Samson (pharmacy); Marie-Laure Sangare-Goblet (psychiatry); Paul Scheffer (education science); Mylene Segonds (pharmacy); Raphaël Serreau (preventive medicine); Catherine Sokolsky (journalism); Dominique Somme (geriatrics); Catherine Soulat (gynaecology); Stéphane Tellez (pharmacy); Sylvie Tironneau (general practice); Christine Tranchant (neuromuscular diseases); Christophe Trivalle (geriatrics); Marine Valéry (pharmacy); Josette Vallée (general practice); Laurent Vercuell (neurology); Chloé Viard (midwife); Véronique Zupan-Simunek (paediatrics)