



english.prescrire.org

PRESCRIRE INTERNATIONAL

Managing Editor: Christophe Kopp *general practitioner*

Coordinating Editor: Christine Badiane

Sub Editor: Karen Albrecht

Translators: David Young, Helen Genevier, Ros Schwartz

Consultants: Judith Mintzes, Andrea Tarr

Subscription department: Corinne Kramer

PRESCRIRE

Publishing Director: Bruno Toussaint

Publishing Committee: José Aguilar, Pierre Chirac, Valentine de Belleroche, Jacques Juillard, Hélène Merlin, Philippe Mura, Jérôme Robert, Philippe Schilliger

Executive Secretary: Martine Divet

Development: Fabrice Mailly assisted by Bernardin Dilou, Aurélie Mauries and Mélody Royère; Houria Farhi (Algeria)

Human Resources: Valentine de Belleroche assisted by Huynh Dieu Nguyen

Accounts: Tanguy Goblet assisted by Martine Kowanski

Administration, Reception, Mail Room: Jean-Pierre Bargin, with Séverine Bégnes, Astou Badji, Ibrahima Daffé and Gérard Pierre

Circulation: Christine Barraud

Subscription department: Corinne Kramer assisted by Stéphanie Traca and Aleksandra Debon

Continuing education logistics: Aleksandra Debon; Cécile Gai; Patricia Médioni

Subscriber correspondence: Ayah Hakim, Jacques Juillard, Annie Péresse, Nolwenn Clec'h, Cécile Poilpré

Information Technology: Xavier Martin-Legeay, with AD-MP, Bilog, Damien Donnet, Les Artisans numériques, and SamuInformatique

Lobbying: Florence Vandeveld

Design:

Art Director: Martine Talent

Layout: Nathalie Froment assisted by Véronique Beauzel, Sandrine Guillaume, Geneviève Lamagdelaine, Catherine Marriette, Sandrine Praud, Jennifer Ribeiro-Marta and Trias Consulting

Multimedia layout: Catherine Marriette

Editor: Bruno Toussaint MD

Editorial Committee: Pierre Chirac, Gilles Mignot, Jérôme Sclafer

Section Editors:

• **Brain-teaser:** José Aguilar MD • **New products:** Séverine Carré-Pétraud *pharmacist*; Sébastien Hardy *pharmacist*; Gilles Mignot *pharmacologist* • **Adverse effects:** Elisabeth Veyriac *pharmacologist* • **Reviews:** Marc Legrelle *diabetologist*; Jean-Pierre Noiry *general practitioner*; Jérôme Sclafer *general practitioner* • **Key messages:** Philippe Mura *general practitioner* and Céline Martin *pharmacist* • **Information to Patients:** Christine Guilbaud *pharmacist* and Philippe Schilliger MD • **Health and society:** Pierre Chirac *pharmacist*; Bénédicte Connault MD • **Book review:** Pierre Frouard *general practitioner*; Jacques Juillard MD • **Guideline watch:** Jean-Pierre Noiry *general practitioner* • **Reader's test:** Christian Bouret *general practitioner* • **Take it easy:** Christophe Kopp *general practitioner* • **Deciphering medical articles:** Marc Legrelle *diabetes specialist* • **Forum:** Odile Burrus *nurse* • **Queries and comments:** Cécile Poilpré *pharmacist* • **Prescrire electronic media:** Hélène Merlin *pharmacist*

• **Information search:**

• **Companies and agencies:** Olivier Huyghe assisted by Anne Americh, Sophie Ginolhac, Cécile Loubeyre-Unique, Samia Nabi, Jean-Yves Rolland; assisted by Julie Gouzil • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré; assisted by Julie Gouzil, Nathalie Hayes, Hortense Sanon

Production Editor: Christine Badiane

Editors: Laurence Aimard *civil engineer*; Catherine Alexandre MD; Anne Americh *pharmacist*; Anne Aubert *pharmacist*; Marie Babin *biologist*; Juliette Barthe *general practitioner*; Isabelle Breton MD; Alain Burtscher *paediatrician*; Jean Bruneton *pharmacognosy specialist*; Éric Cerqueira *pharmacist*; Sophie Chalons *pharmacist*; Florence Chapelle *pharmacist*; Michel Coletti *general practitioner*; Nina Degrell *pharmacist*; Claude Demange *pharmacist*; Catherine Dumont *paediatrician*; Houria Farhi *general practitioner*; Aldo Fari *biologist*; Nathalie François-Moliner *paediatrician*; Ghyslaine Galhaud *pharmacist*; Hubert Ghestem *pharmacist*; Sophie Ginolhac *pharmacist*; Marie-France Gonzalez *pharmacist*; Antoine Grandvullemin *pharmacist*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Dörte Gunther *geriatrician*; Ayah Hakim *pharmacist*; Olivier Huyghe *pharmacist*; Fabienne Jourdan *emergency care*; Laurence Le Quang Trieu *pharmacist*; Sophie Logerot *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Jeanne Maritoux *pharmacist*; Céline Martin *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Mengeot *journalist*; Denis Milliès-Lacroix *general practitioner*; Laure Misrahi *pharmacist*; Évelyne Mouret *pharmacist*; Annie Mura *primary school teacher*; Clotaire Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Chantal Oliéric *pharmacist*; Ann Pariente MD; Sophie Pilon *pharmacist*; Élisabeth Rivollier *general practitioner*; Didier Rod MD; Jean-Yves Rolland *pharmacist*; Céline Roussel *pharmacist*; Bernard Rueff MD; Étienne Schmitt *pharmacist*; Bernard Topuz MD; Florence Vandeveld *pharmacist*; Maryse Véron *nurse*; Cyril Vidal *dentist*

Art and Photo Editor: Olivier Huyghe

Illustrations: José David; Léa Lord; Alain Savino

Packaging working group: Olivier Huyghe and Samia Nabi

Indexing: Marie Babin; Hélène Merlin with Mélanie Hardy and Sandrine Parmentier

Projects: Mireille Didier; Samia Nabi; Didier Rod; Marianne Samuelson

Consulting Editors: Philippe Adrien; Karine Bégnaud; Ghyslaine Galhaud-Costes; Mélanie Hardy; Ghislaine Henry; Eve Parry; François Pillon; Joëlle Schachmann

Proofreading: Jeanne Maritoux; Denis Milliès-Lacroix; Evelyne Mouret; Eve Parry; Annie Péresse; Bernard Rueff

Reviewers' panels: Laure Misrahi

For Belgium and Switzerland: Cécile Poilpré with Marie-Louise Bouffloux; Dominique Leyh (Agence fédérale des médicaments et des produits de santé - département Bon usage des médicaments), and Doris Ballinari, Martine Ruggli (pharmaSuisse, Société suisse des pharmaciens)

Translations "Assessment Elsewhere": Marie-Andrée Bernard, Marja Liisa Jérôme, Pierre Klotz, Karin Raton, Eva Stille

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

Prescrire electronic media: Hélène Merlin with Sandrine Parmentier

Website: Philippe Schilliger with Karen Albrecht

Continuing education programmes:

Pedagogical adviser: Philippe Schilliger • **Instructors:** Christian Bouret; Frédérique Digonnet; Marie-France Gonzalez; Jacques Juillard; Odile Martinet; Hélène Merlin; Étienne Schmitt; Maryse Véron • **Organisation:** Hélène Merlin • **Evaluation:** Michel Coletti; Sandrine Parmentier; Florence Vandeveld • **Promotion:** Pierre Atlan

President: Philippe Mura *general practitioner*

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 monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: Philippe Mura (President); Pierre Chirac (Vice President); Antoine Grandvullemin (Treasurer); Jean-François Audouard (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 www.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. They 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 the "About Prescrire" section, "How we work".

REVIEW PANEL:

The following persons reviewed the articles, which were first published in *Prescrire* then translated for this issue of *Prescrire International*: Benoit Allenet (hospital pharmacy); Jean-Jacques Altman (diabetology); Jean-Michel Aubry (psychiatry); Marie-José Augé-Caumont (community pharmacy); Hélène Auger (pharmacy); Marie-Claude Aumont (cardiology); Guillaume Babin (medical student); Françoise Bacle (general practice); Pascale Baillie-Albert (pharmacy); Laurent Bedenne (oncology); Eric Bel (pharmacy); Patricia Berney (psychiatry-Switzerland); Alain Berberi (gynaecology - obstetrics); Gilles Bertschy (psychiatry); Philippe Beuzezac (internal medicine); Francis Blanc (general practice); Jean-Marie Bonnetblanc (dermatology); Alain Bottéro (psychiatry); Angèle Bouquet (pharmacy); Elisabeth Bouvet (infectious disease); Marie-Hélène Bréchoire (Asalee); Frédéric Brocard (hospital pharmacy); Christine Broisand (hospital pharmacy); Jean-François Brulet (general practice); Anne Cabau (gynaecology); Christophe Cazard (general practice); Christel Chalmendrier (hospital pharmacy); Gilles Chapelpe (hospital pharmacy); Bruno Charpiat (hospital pharmacy); Pierre Chevalier (INAMI - Belgium); Christophe Chiny (general practice); Joëlle Cintas (hospital pharmacy); Pierre Claustre (community pharmacy); Emmanuel Corset (dietetics); Dominique Costagliola (epidemiology); Bruno Coudert (oncology); Christine Damase-Michel (pharmacology); Marc Dauphin (endocrinology); Bertille de Barbeyrac (medical biology); Frédéric Debordeaux (hospital pharmacy); Philippe Deguirlar (oncology); Emmanuelle Deleau-Bouges (general practice); Aurélie Delépine (general practice); Xavier Desmas (Ordre national des pharmaciens); Annie-Claire Deyon (general practice); Aurélie Delépine (general practice); Catherine Donamaria-Joseph (hospital pharmacy); Francis Ducret (nephrology); Edith Duray (hospital pharmacy); Christian Dumoutier (orthopaedic surgery); Caroline Dupont (infectious disease); Damien Duran (dentistry); Françoise Durand (hospital pharmacy); Jean-Christophe Edy (general practice); Christian Elsen (community pharmacy-Belgium); Emmanuelle Espieussat (pharmacy); Didier Eyer (paediatrics); Robert Fauche (general practice); Pierre Faure (hospital pharmacy); Elisabeth Feur (general practice); Laurence Fossat (hospital pharmacy); Philippe Foucras (general practice); Catherine Foulhy (sage-femme); Henri Foulques (gynaecology surgery); Alain Fournié (gynaecology-obstetrics); Annie Fournier (pharmacology); Laurence Gagnaire (hospital pharmacy); Michel Galinier (cardiology); François Garnier (academic general practice); Sylvie-Georgina Gatt (pharmacy); Jean-Marc Geniale (general practice); Gilles Géraud (neurology); Jean-Marc Gibert (general practice); Bertrand Gilot (psychiatry); Christine Gintz (psychiatry); Guy Godin (cardiology); Marie-Odile Gobillard-Soyer (patient group); Jean-Louis Goriaux (general practice); Jean-Pierre Gribeauval (medical law); Quardia Hadjour (pharmacy); Candice Hanoun-Garrigos (pharmacovigilance); Thierry Harvey (gynaecology-obstetrics); Jean-Marc Helleu (general practice); Patrick Houvet (hand surgery); Christian Jamin (gynaecology-obstetrics); Béatrice Jouret (paediatrics); Philippe Judlin (gynaecology-obstetrics); Robert Vincent Joulé (social psychology); François Katona (general practice); Marie-Odile Krebs (psychiatry); Jean-Pierre Laguens (general practice); Martine Lalande (gynaecology); Robert Laurent (general practice); Christian Layole (community pharmacy); Benoit Lefevre (dentistry); Jean-Marie Le Gall (Aides); Jean-Pierre Lelouche (paediatrics); Florent Mace (pharmacy); Hervé Maisonneuve (general practice); Francis March (general practice); Eric Marchesseau (general practice); Didier Marion (general practice); Jacques Margery (oncology); Jean-François Massé (general practice); Florence Matthey de l'Écluse (sexually transmitted diseases); Christian Merlin (community pharmacy); Isabelle Monnet (pneumology); Joseph Monsonego (gynecology-obstetrics); Jean-Louis Montastruc (pharmacology); Julie Montastruc-Fournier (pharmacovigilance); Didier Morère (community pharmacy); Fayçal Mouaffan (psychiatry); Nathalie Mugnier (hospital pharmacy); Claire Papiin-Puren (pharmacy); Lionel Pardigon (dentistry); Philippe Pelissier (reconstructive surgery); Thierry Perreau (dentistry); Eric Peyron (psychiatry); Laure Peyro Saint-Paul (pharmacovigilance); Marie-Hélène Portal (general practice); Robert Pujol (community pharmacy); Michel Rebstock (general practice); Hervé Renault (general practice); Vincent Renard (general practice); Christian Rigaudières (community pharmacy); Françoise Rivals-Jonquet (general practice); Agnès Rocher (psychiatry); Jacques Ropers (biostatistics); Béatrice Rousset (hospital pharmacy); Patrice Roy (nursing); Olivier Rozand (general practice); Issam Salouage (pharmacovigilance - Tunisia); Marie-Laure Sangaré-Goblet (psychiatry); Guy Savy (general practice); Catherine Sokolsky (journalism); Daniel Sonnet (community pharmacy); Catherine Soulat (gynaecology); François Steenhouwer (pneumology); Alain Taieb (dermatology); Stéphane Tellez (community pharmacy); Eric Therivet (nephrology); Laurent Thiriet (hospital pharmacy); Dominique Tingaud (pharmacy); Philippe Vautravets (functional rehabilitation); Jean-Michel Weinmann (sexually transmitted diseases); Daniel Wirthner (gynecology-obstetrics-Switzerland)

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

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 independent drug bulletins which aims to promote international exchange of quality information on drugs and therapeutics.

Website: www.isdbweb.org