

"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 Grandvuillemin (President); Alexandre Gelgon (Vice President); Dörte Gunthert (Treasurer); Jérôme Jean (Deputy Treasurer); Samia Nabi (General Secretary); Michel Aujoulat (Deputy General Secretary).

President: Antoine Grandvuillemin *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 Grandvuillemin, Marjolaine Loyaux, Xavier Martin-Legeay, Jérôme Robert, Jérôme Sclafer, Bruno Toussaint • **Development:** Shirley Decupère with Nathalie Carrere, Élise Dezothet, Bernardin Dilou, Nicolas George, Nicolas Guillaud • **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 • **Art Director:** Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmeziame, 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 Sclafer *general practitioner* and Florence Chapelle *pharmacist* • **Editorial Committee:** Pierre Chirac, Marine Barillot, Frédérique Dignonnet, Julien Gelly, Antoine Grandvuillemin

Section Editors: New products: Eric Cerqueira *pharmacist*; Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvuillemin *pharmacist* • **Adverse effects:** Céline Roussel *pharmacist* • **Drugs during pregnancy and lactation:** Céline Roussel *pharmacist* • **Drug interactions:** Sophie Chalons *pharmacist*; Sophie Pilon *pharmacist*; Élisabeth 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:** Morgane Dejean *pharmacist* • **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, Élodie 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*; Karine Begnaud *pharmacist*; Éric Bel *pharmacist*; Valentine de Belleruche *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 Doubovetsky *general practitioner*; Philippe Gabrié *MD*; Ghyslaine Galhaud-Costes *pharmacist*; Ayméric 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*; Jérôme Jean *nursing*; Fabienne Jourdan *emergency care*; Jacques Juillard *MD*; 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 Mingeot *journalist*; Hélène Merlin *pharmacist*; Gilles Mignot *pharmacologist*; Marie Miller *physiotherapist*; Denis Millières-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard *general practitioner*; Evelyne 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*; Philippe Schilliger *MD*; Étienne Schmitt *pharmacist*; Bernard Topuz *MD*; Bruno Toussaint *MD*; Élisabeth Veyriac *pharmacologist*; Cyril Vidal *dentist* • **Final verifications:** Nehama Aidan; Karine Begnaud; Valentine de Belleruche 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 Bouffouh, 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; 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

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:

Jean-Meidi Alili (hospital pharmacy); Pierre Archambault (general practice); Paul Aujoulat (general practice); Marc Bailleul (pharmacy); Johana Bene (pharmacovigilance); Corinne Bernati (nursing executive); François-Clément Bidard (oncology); Agathe Billette de Villemeur (epidemiology); Sophie Blaise (vascular medicine); Adeline Boudet (Omedit); Christine Broissand (hospital pharmacy); Anne Broyer (general practice); Thierry Buclin (pharmacovigilance); Luc Cabel (oncology); Cléo Carli-Basset (pharmacy student); Karine Carpentier (pharmacy); Elie Cattani (dermatology); Anne Chargois (pharmacovigilance); Jean-Luc Cracowski (hospital pharmacy); Sabrina Crépin (pharmacovigilance); Béatrice Crickx (dermatology); Benjamin Davido (infectiology); Blandine de la Gastine (geriatrics); Philippe Deguiral (oncology); Hugo Diaz (general practice); Catherine Dumont (paediatrics); Éric Estève (dermatology); Stéphane Fauquemberg (pharmacy); Pierre Foucaud (paediatrics); Nathalie Fouilhé (pharmacovigilance); Henri Foulques (gynaecology - obstetrics); Carole Fourny (pharmacy); Louise Gaboriau (pharmacovigilance); Gérard Gastan (geriatrics); Guillaume Girard (public health); Pierre-Olivier Girodet (pharmacovigilance); Anne-Laure Gobert (pharmacy student); Anne Goffard (infectiology); Marion Gougain (general practice); Aurélie Grandvuillemin (pharmacovigilance); Jean-Michel Halna (dermatology); Clara Jaramillo (dermatology); Michel Jehaes (general practice); Charles Khouri (pharmacovigilance); Robert Laurent (general practice); Xavier Le Roux (pharmacy); Michel Lecendreau (sleep disorders); Claudé Ledoux (pharmacy); Jean-Christophe Lega (internal medicine); Florence Lemesle (hospital pharmacy); Nadia Letailleur (pharmacy); David L'Hénoret (general practice); Stéphane Loukine (general practice); Julien Mahé (pharmacovigilance); Karine Mangerel (hospital pharmacy); Marie-Jeanne Martin-Petite (general practice); Catherine Masson (neurology); Christian Merlin (pharmacy); Jean-Louis Montastruc (pharmacology); Jean-Luc Mouchel (general practice); Eric Pautas (geriatrics); Bernard Pellegrin (general practice); Léa Peroni (nursing care); Charlène Perroux (pharmacy intern); Erwan Poupon (pharmacy); Véronique Prache (child and maternal protection centre); Sonia Prot-Labarthe (hospital pharmacy); Mathieu Riffaud (pharmacy); Franck Rouby (pharmacovigilance); Béatrice Rousset (hospital pharmacy); Marc-Albert Russo (general practice); Didier Scarlatti (cardiology); Christophe Trivale (geriatrics); Josette Vallée (general practice); Frederick Varricchio (vaccinations); Raphaël Vazquez (hospital pharmacy); Arnaud Venet (hospital pharmacy); Gwenaëlle Veyriac (pharmacovigilance)