

“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:** 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, 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*; Eric 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 Mengeot *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*; Clotaire 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, Eric 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 Eric Bel, Marie-Louise Bouffouh, Catherine Smolders (Agence fédérale des médicaments et des produits de santé), and Samantha Megel (pharmaSuisse) • **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:** Eric 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); Jean-Baptiste Arnoux (paediatrics); Françoise Augry-Guy (hospital pharmacy); Haleh Bagheri (pharmacovigilance); Marc Bailleul (pharmacy); Bastien Balouet (general practice); Jean-Marie Berthelot (rheumatology); Caroline Besson (haematology); Gérard Besson (neurology); Henriette Bosvieux (hospital pharmacy); Christine Carpentier (pharmacy); Claire Chassang (pharmacy); Pascal Coquerelle (rheumatology); Christine Damase-Michel (pharmacovigilance); Emmanuelle Deleau-Bouges (general practice); Vincent Delwail (haematology); Marie Di Qual (hospital pharmacy); Amel Drici (general practice); Pascale Dugast (hospital pharmacy); François Feillet (paediatrics); Alexandre Gérard (pharmacovigilance); Aurélie Grandvuillemin (pharmacovigilance); Cléo Kojadinovitch (general practice); Florence Lemesle (hospital pharmacy); Dominique Levêque (hospital pharmacy); Sylvie Maret (general practice); Christian Merlin (pharmacy); Jean-Louis Montastruc (pharmacology); Jacques Morel (rheumatology); Thierry Neyer (general practice); Franck Roubly (pharmacovigilance); Guy Savy (general practice); Raphaël Serreau (preventive medicine); Céline Siener (nursing care); Arnaud Sourty (general practice); Damien Thibaudin (nephrology); Frédéric Tranchard (general practice); Loïc Ysebaert (haemobiology)