

"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 Grandvilllemin (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*

Coordinating Editor: Christine Badiane

Sub Editor: Karen Albrecht

Translators: Helen Genevier, David Wynford-Thomas

Consultant: Judith Mintzes

Subscription department: Christine Barraud

Prescrire:

Publishing Director: Séverine Carré-Pétraud • **Publishing Committee:** Florence Chapelle, Pierre Chirac, Marjolaine Loyaux, Xavier Martin-Legeay, Jérôme Robert, Jérôme Sclafer, Bruno Toussaint • **Development:** Shirley Decupère with Nathalie Carrere, Élise Dezothez, Bernardin Dilou, Nicolas Guillaud, Margaux Tombal • **Coordination - Human Resources and Office Services:** Marjolaine Loyaux with Martine Divet, Huynh Dieu Nguyen, Danielle Smila, Astou Badji, Ibrahima Daffé, Christelle Lesage, "Il est 5 heures" • **Accounts:** Tanguy Goblet with Fabrice Chaneyock • **Circulation and Subscriber Services:** Christine Barraud with Anaëlle Castebou, Aleksandra Debon, Cécile Gai, Corinne Kramer, Patricia Médioni; technical solutions TBS group and B&C Technologies • **Information Technology:** Xavier Martin-Legeay, with Pierre-Hakim Bekhti, Frédéric Jouzel, Arthur Provenier; Amplexor, Apogea, DevPartner, Dokeos, Les Artisans numériques, PFL consulting, Tirème, Ze Team • **Design: Art Director:** Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmezziane, 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 Grandvilllemin

Section Editors: New products: Eric Cerqueira *pharmacist*; Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvilllemin *pharmacist*

• **Adverse effects:** Céline Roussel *pharmacist* with Marie-France Gonzalez *pharmacist* • **Drugs and pregnancy:** Céline Roussel *pharmacist* • **Drug interactions:** Sophie Chalons *pharmacist*; Sophie Pilon *pharmacist*; Elisabeth Veyriac *pharmacologist* • **Reviews:** José Aguilar MD; Anne Aubert *pharmacist*; Juliette Barthe *general practitioner*; Aurélie Delépine MD, 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 • **Prescrire electronic media:** Hélène Merlin *pharmacist* • **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 • **Health products regulation:** Olivier Huyghe • **Packaging Atelier:** Thomas Declercq • **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 Belleruche *social law*; Julie Bontemps *pharmacist*; Christian Bouret *general practitioner*; Delphine Bourneau-Martin *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 Doubovetzky *general practitioner*; Philippe Gabrié MD; Ghyslaine Galhaud-Costes *pharmacist*; Aymeric Gamondes *nursing*; Margaux Gaubert *journalist*; Alexandre Gelgon *general practitioner*; Jean-Pierre Gribaudeau *medical law*; 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*; 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 Maccé

pharmacist; Natacha Marpillat *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Mengeot *journalist*; Hélène Merlin *pharmacist*; Gilles Mignot *pharmacologist*; Marie Miller *physiotherapist*; Denis Milliès-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard *general practitioner*; Didier Morère *pharmacist*; Évelyne 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 *medicine student*; Anne-Gaëlle Provost *general practitioner*; Jean-Yves Rolland *dentist*; Agnès Rouzès *pharmacist*; Bernard Rueff MD; Adèle Salaün *general practitioner*; Philippe Schilliger MD; Étienne Schmitt *pharmacist*; Guillaume Schramme *general practitioner*; Bernard Topuz MD; Bruno Toussaint *general practitioner*; Elisabeth Veyriac *pharmacologist*; Cyril Vidal *dentist* • **Final verifications:** Nehama Aidan; Karine Begnaud; Valentine de Belleruche Angèle Bouquet; 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 Burtcher; Olivier Rozand • **Art and Photo Editor:** Olivier Huyghe • **Illustrations:** Léa Lord; Bruno 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 Bouffloux, 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:** Aldo Fari; Martine Lalande; Karelle Le Glout; Christine Piette; Didier Rod; Agnès Sommet

Continuing education programmes: Pedagogical advisers: Frédérique Dignonnet with Philippe Schilliger • **Instructors:** Anne Aubert; Frédérique Dignonnet; Julien Gelly • **Atelier Médicaments en Questions et Question de Pratiques:** Jérôme Jean • **Evaluation:** Sandrine Parmentier • **Accreditation:** Ghyslaine Galhaud-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*:

Jean-Michel Aubry (psychiatry - Switzerland); Virginie Bagouet (journalism); Adriaan Barbaroux (general practice); Gilles Bertschy (psychiatry); Lisa Boussinot (law); Joël Boustie (pharmacognosy); Nicolas Chevalier (diabetology); Régis Cohen (endocrinology); Michel Cot (epidemiology); Suzanne Dat (gynaecology); Marc Dauphin (endocrinology); Philippe Deguiral (oncology); Stéphanie Denoix (gynaecology - obstetrics - Belgium); Jean-François Faucher (internal medicine); Henri Fonvielle (general practice); Nathalie Fouilhé Sam-Laï (toxic substance surveillance); Irène Frachon (pulmonology); Michel Gréhan (cardiology); Florence Gressier (psychiatry); Boris Hauray (sociology); Catherine Hill (epidemiology); Paul Hoffmann (psychiatry); Médard Ilunga Wa Kyhi (general practice - Democratic Republic of the Congo); Charles Joseph-Oudin (lawyer); François Lallier (general practice); Etienne Larger (diabetology); Rozenn Le Saint (journalism); Solène Lellinger (epistemology); Nadia Letailleur (pharmacy); Alexandre Malmartel (general practice); Karine Mangerel (hospital pharmacy); Catherine Maurain (law and health economics); Guy Meisch (pharmacy - Luxembourg); Christian Merlin (pharmacy); Jean-Louis Montastruc (pharmacology); Marc-Antoine Mulot (endocrinology); Philippe Nicot (general practice); Claire Pananceau (nursing care); Céline de Putter (pharmacy); Gilles Raoul-Corneil (law); Marie-Thérèse Reichard-Orefice (general practice); Arnaud Ribier (cardiology); Nathalie Robert-Cunrath (pharmacy - United Kingdom); Gabrielle Samson (pharmacy); Didier Scarlati (cardiology); François Serru (pharmacy); Pascale Simon Mareschal (gynaecology - obstetrics); Emmanuel Sonnet (diabetology); Anne-Sophie Stamane (journalism); Martine Verdier (law); Maryse Veron (nursing care); Chloé Viard (midwife); Isabelle Zion (pharmacy)