

**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 bimonthly 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); Hubert Ghestem (Treasurer); Antoine Grandvullemin (Deputy Treasurer); Jean-François Audouard (General Secretary); Clarisse Briand (Deputy General Secretary).

**Executive Committee:** Abdelhakim Berrah; Jérôme Robert; Bruno Toussaint

**Executive Assistant:** Florence Vandeveld

**Executive Secretary:** Martine Divet

**Development:** Fabrice Mailly assisted by Nolwenn Clech, Bernardin Dilou and Mélody Royère; Houria Farhi (Algeria)

**Human Resources:** Valentine de Belleroche

**Accounts:** Tanguy Goblet assisted by Martine Kowanski  
**Administration, Reception, Mail Room:** Jean-Pierre Bargin, with Françoise Amani, Séverine Bégnès, Astou Badji and Gérard Pierre

**Circulation:** Christine Barraud

**Subscription department:** Corinne Kramer assisted by Stéphanie Traca and Aleksandra Debon - **Continuing education logistics:** Aleksandra Debon; Huynh Dieu Nguyen; Cécile Gai; Patricia Médioni

**Subscriber correspondence:** Annie Péresse, Cécile Polipré, assisted by Hélène Declerck

**Information Technology:** Xavier Martin-Legeay, with Bilog, Iago, SamuInformatique

**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](mailto: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.

**DESIGN**

**Art Director:** Martine Talent

**Layout:** Nathalie Froment assisted by Véronique Beauzel, Catherine Marriette, Sandrine Mourthé, Sandrine Praud and Geneviève Lamagdelaine

**Multimedia layout:** Catherine Marriette

**Printing:** Les Ateliers réunis - France

**CORRECTION**

In the Bell's palsy article (issue 104 on page 271) the words "or ointments" should be removed from the following sentence: "Ocular complications are prevented with the use of eye drops or ointments (...)."



*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: <http://isdbweb.org>

**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](http://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 documentary

research, the writing and rewriting of texts, and 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 ([www.english-prescrire.org](http://www.english-prescrire.org)); see the "About Prescrire" section, "How we work".

**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**

**Editorial Director:** Bruno Toussaint MD with José Aguilar MD, Philippe Mura *general practitioner*, Philippe Schilliger MD

**Section Editors:**

• **Brain-teaser:** José Aguilar MD • **New products:** Séverine Carré-Pétraud *pharmacist*; Sébastien Hardy *pharmacist*; Gilles Mignot *pharmacologist* • **Adverse effects:** Élisabeth 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:** Jean Doubovitzky *general practitioner* • **Health and society:** Pierre Chirac *pharmacist*; Bénédicte Connault MD • **Book review:** 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* • **Questions/Answers:** Jeanne Maritoux *pharmacist* • **Prescrire electronic media:** Hélène Merlin *pharmacist*

**Information search:**

• **Companies and agencies:** Olivier Huyghe *pharmacist* assisted by Anne Americh *pharmacist*, Sophie Ginolhac *pharmacist*, Laurence Le Quang Trieu *pharmacist*, Cécile Loubeyre-Unique *pharmacist*, Samia Nabi *pharmacist*; assisted by Julie Gouzil • **Literature search:** Marine Barillot, Dominique Broclain, Cécile Loubeyre-Unique, Minata Traoré; assisted by Julie Gouzil, Nathalie Hayes, Hortense Sanon

**Production Editor:** Christine Badiane

**Senior Editors:** Catherine Alexandre MD; Anne Americh *pharmacist*; Isabelle Breton MD; Clarisse Briand *health economist*; Dominique Broclain MD-*sociologist*; Jean Bruneton *pharmacognosy specialist*; Catherine Dumont *paediatrician*; Aldo Fari *biologist*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Olivier Huyghe *pharmacist*; Laurence Le Quang Trieu *pharmacist*; Céline Martin *pharmacist*; Marie-Anne Mengeot *journalist*; Chantal Oliéric *pharmacist*; Étienne Schmitt *pharmacist*

**Junior Editors:** Laurence Aimard *civil engineer*; Marie Babin *biologist*; Abdelhakim Berrah *economist*; Éric Cer-

queira *pharmacist*; Florence Chapelle *pharmacist*; Nina Degrell *pharmacist*; Houria Farhi MD; Nathalie François-Moliner *gynaecologist*; Pierre Frouard *general practitioner*; Hubert Gaestem *pharmacist*; Sophie Ginolhac *pharmacist*; Marie-France Gonzalvez *pharmacist*; Antoine Grandvullemin *pharmacist*; Dörte Gunther *geriatrician*; Fabienne Jourdan *emergency care*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Odile Martinet *geriatrician*; Denis Millières-Lacroix *general practitioner*; Laure Misrahi *pharmacist*; Évelyne Mouret *pharmacist*; Clotilde Nanga *pharmacist*; Angelina Nguyen-Tramond MD; Ann Pariente *general practitioner*; Sophie Pilon *pharmacist*; Cécile Poilpré *pharmacist*; Élisabeth Rivollier *general practitioner*; Didier Rod MD; Céline Roussel *pharmacist*; Bernard Rueff MD; Bernard Topuz MD; Florence Vandeveld *pharmacist*; Maryse Véron *nurse*.

**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

**Quality control:** Philippe Adrien; Catherine Alexandre; Marie Babin; Odile Burrus; Sophie Ginolhac; Mélanie Hardy; Jeanne Maritoux; Hélène Merlin; Laure Misrahi; Catherine Monteiro; Evelyne Mouret; Sophie Pilon; Céline Roussel

**Proofreading:** Marie-Paule Baron; Jeanne Maritoux; Denis Millières-Lacroix; Evelyne Mouret; Annie Péresse; Céline Roussel

**Reviewers' panels:** Laure Misrahi

**For Belgium and Switzerland:** Cécile Poilpré with Marie-Louise Bouffieux, 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

**Editorial Office:** Christelle Sissokho and Hélène Declerck

**Prescrire electronic media:** Hélène Merlin with Sandrine Parmentier

**Website:** Philippe Schilliger with Karen Albrecht

**CONTINUING EDUCATION PROGRAMMES**

**Pedagogical adviser:** Philippe Schilliger • **Instructors:** Christian Bouret; Frédéric Digonnet; Marie-France Gonzalvez; Jacques Juillard; Odile Martinet; Hélène Merlin; Étienne Schmitt; Maryse Véron • **Quality control:** Hélène Merlin • **Evaluation:** Michel Coletti; Dominique Broclain; Florence Vandeveld • **Promotion:** Pierre Atlan

**REVIEW PANEL:** The following persons reviewed the articles, which were first published in *Prescrire* then translated for this issue of *Prescrire International*:

Frédéric Allard (diabetology); Jean-Jacques Altman (diabetology); Teresa Alves (Health Action International - The Netherlands); Lionel Anxo (general practice); Geneviève Argaud (community pharmacy); Jean-Michel Aubry (psychiatry); Marie-José Augé-Caumont (community pharmacy); Guillaume Babin (medical student); Haleh Bagheri (pharmacology); Alain Baumelou (nephrology); Karine Bégnaud (community pharmacy); Béatrice Benabes (allergy specialist); Philippe Bertin (rheumatology); Philippe Biedermaier (general practice); Marie-Lise Biscay (hospital pharmacy); Pascal Bonnabry (hospital pharmacy); Laurence Bonnet (hospital pharmacy); Régis Bordet (pharmacology); Alain Bottero (psychiatry); Carole Burte (sexology); Bruno Charpiat (hospital pharmacy); Pierre Chevallier (INAMI - Belgium); Marcel Chiche (general practice); Marc Chobert (general practice); François Coret (psychiatry); Riadh Daghfous (pharmacology-Tunisia); Olav Dalgard (hepatology); Michel Damagnez (Social security pharmacist); Christine Damase-Michel (pharmacology); Françoise Debord-Chollet (community pharmacy); Blandine de la Gastine (pharmacovigilance); Victor de Ledinghen (hepatology); Pierre Delion (child psychiatry); Geneviève Delzant (internal medicine); Claude Demange (hospital pharmacy); Corinne Denis (community pharmacy); Daniel Dhumeaux (hepatology - enterology); Jean-Jacques Dubost (rheumatology); Edith Dufay (hospital pharmacy); Emmanuel Dumont (cardiology); Lionel Echinard (community pharmacy); Jean-Christophe Édé (general practice); Waly Fager (hospital pharmacy); Anne Fagot-Campagna (InVS); Joëlle Faucher-Grassin (hospital pharmacy); Pierre Fenaux (haematology); Jean Ferrieres (cardiology); Michel Galinier (cardiology); Guy Galopin (general practice); Jean-Marc Genirole (general practice); Beatrice Georget-Tard (general practice); Christine Gintz (psychiatry); Philippe Giral (internal medicine); Jean-François Girmens (ophthalmology); Guy Godin (cardiology); Marcel Goldbert (epidemiology); Benedicte Gosselin (hospital pharmacy); Jean-Daniel Grange (ophthalmology); Bernard Grenier (pediatrics); Marika Grenouillet-Delacré (internal medicine); Jérôme Guéchet (biochemistry); Gérard Guesdon (palliative care); Claudine

Guyot-Argenton (ophthalmology); Serge Halimi (diabetology); Tanja Holager (pharmacology-Norway); Michel Juste (hospital pharmacy); François Katona (general practice); Claude Kouakam (cardiology); Tony Lambert (general practice); Joan Ramon Laporte (pharmacology); Georges Laroche (ophthalmology); Christian Layole (community pharmacy); Sylvie Lefebvre-Chapiro (geriatrics); Patrick Le Padellec (community pharmacy); Vincent Leroy (hepatology); Jean-Pierre Letinaud (community pharmacy); Francisque Leynadier (allergology); Jérôme Lurcel (general practice); Nicole Mabs (hospital pharmacy); Eric Maczyta (psychiatrist); Alain Martinolle (general practice); Dominique Mas (general practice); Alexandre Merlo (general practice); Anne Moneret-Vautrin (allergology); Jean-Louis Montastruc (pharmacology); Julie Montastruc-Fournier (pharmacovigilance); Didier Morère (community pharmacy); Roya Nili (pharmacovigilance); Eric Nguyen-Khac (gastroenterohepatology); Henri Partouche (general practice); Jean-Luc Patureau (general practice); Guy-André Pelouze (cardiovascular surgery); Philippe Pendeville (anaesthesiology); Alfred Penforis (diabetology); Éric Peyron (psychiatry); Pascale Pétorin-Delseny (community pharmacy); Alain Pinzani (cardiology); Jacques Pouchot (rheumatology); François Pouliquen (general practice); Thierry Poynard (hepatology); Eric Priou (pharmacy); Lydie Puget (hospital pharmacy); Robert Pujol (community pharmacy); Catherine Remblier (pharmacovigilance); Arnaud Ribier (cardiology); Mounir Rhalimi (hospital pharmacy); Valérie Rougeot (pharmacy); Etienne Rouleau (community pharmacy); Chloé Rousselière (hospital pharmacy); Philippe Roux (general practice); Patrice Roy (nursing); Jean-François Royer (pharmacy); Olivier Rozand (general practice); Florence Savary (hospital pharmacy); Jean-Luc Schmutz (dermatology); François Serru (community pharmacy); Daniel Sonnet (community pharmacy); Michel Spadari (toxicology); Stéphane Tellez (community pharmacy); Philippe Tellier (cardiology); Dominique Tingaud (pharmacy); Thierry Van Hedent (Inami - Belgium); Fabienne Vander Donck (Inami - Belgium); Bruno Varet (haematology); Marcel-Louis Viallard (anaesthesiology); Jean-Luc Vidal (general practice); Eric Vignon (rheumatology); Maxime Villiet (hospital pharmacy); Matthias Wiss (child psychiatry)