

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 Vandeveldé

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:

• **Editorial:** Jacques Juillard MD • **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 Guillaud *pharmacist* and Philippe Schilliger MD • **Health and society:** Pierre Chirac *pharmacist*; Bénédicte Connault MD • **Book review:** Pierre Frouard *general practitioner* • **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 Burtischer *paediatrician*; Jean Bruneton *pharmacognosy specialist*; Éric Cerqueira *pharmacist*; Sophie Chalon *pharmacist*; Florence Chapelle *pharmacist*; Michel Coletti *general practitioner*; Nina Degrell *pharmacist*; Claude Demange *pharmacist*; Catherine Dumont *paediatrician*; Houria Farhi *general*

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".

practitioner; Aldo Fari biologist; Nathalie François-Moliner paediatrics; 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; Odile Martinet geriatrician; Marie-Anne Mengeot journalist; Denis Millières-Lacroix general practitioner; Laure Misrahi pharmacist; Évelyne Mouret pharmacist; Annie Mura primary school teacher; Clotilde Nanga pharmacist; Angelina Nguyen-Tramond general practitioner; Chantal Oliéria 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 Vandeveldé 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; Mélanie Hardy; Hélène Merlin with 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

Proofreading: Jeanne Maritoux; Denis Millières-Lacroix; 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), and Doris Ballinari, Chantal Lattmann (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 Vandeveldé • **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:

Marc Antonello (physiotherapy); Guillaume Babin (medical student); René Baglioni (general practice); Pascale Baillie-Albert (pharmacy); Claude Baillieu (general practice); Bernadette Baldin (pharmacovigilance); Éric Bel (pharmacy); Michel Bernard (cardiology); Gérard Berthier (dispositifs médicaux); Claire Beunier (general practice); Philippe Biedermann (general practice); Jacques Birgé (general practice); Jean-Paul Blanc (paediatrics); Éric Bonnin (geriatrics); Luc Bonnin (general practice); Alain Bottéro (psychiatry); Angèle Bouquet (pharmacy); Yves Bouzon (physiotherapy); Béatrice Brembilla Perrot (cardiology); Jacques Callanquin (pharmacy); Marc Chanelière (general practice); Laurent Chiche (internal practice); Francis Chomienne (paediatrics); Pierre Claustrate (community pharmacy); Sylvain-Georges Dally (toxicology); Christine Damase-Michel (pharmacology); Suzanne Dat (gynaecology); Bertrand Dautzenberg (tobacco withdrawal); Frédéric Debordeaux (hospital pharmacy); Aurélie Delépine (general practice); Thierry Delpech (pharmacy); Claude Demange (hospital pharmacy); Caroline de Moffarts (general practice - Belgium); Gérard Dubois (public health); Edith Dufay (hospital pharmacy); Alain Dumas (MD); Dominique Dupagne (general practice); Gérard Durand (public health); Alain Facon (anesthesiology); Thierry Farge (general practice); Pierre Faure (hospital pharmacy); Sophie Figon (general practice); Pascal Fode (Centre for research and development of handicapped devices); Pascal Gache (alcoology - Switzerland); Francis Gacoin (general practice); Éric Galam (general practice); Pierre Gallois (general practice); Pierre Gayet (emergency care); Bernard Gavid (general practice); Jean-Marc Gibert (general practice); Marcel Goldberg (epidemiology); Michel Gréhan (cardiology); Antoine Grisoni (general practice); Bruno Guillon (physiotherapy); Ouardia Hadjour (pharmacy); Candice Hanoun-Garrigos (pharmacovigilance); Françoise Haramburu (pharmacology); Thierry Harvey (gynaecology-obstetrics); Marie Henry (general practice); Andrew Herxheimer (pharmacology-Great Britain); Marie-Christine Julien (gynaecology); Michel Juste (hospital pharmacy); François Katona (general practice); Paul Kiritzé-Topor (general practice); Rémi Kohler (surgery in paediatrics); Claude Kouakam (cardiology); Gilbert Lagrue (tobacco withdrawal); Jean Lamarche (community pharmacy); Christian Largeteau (general practice); Latreite (general practice); Robert Laurent (general practice); Daniel Le Corgne (general practice); Jean-Pierre Lelouche (paediatrics); Jean-Pierre Letinaud (community pharmacy); Bertrice Loulière (healthcare quality control); Nicole Mabs (hospital pharmacy); Alain Martinole (general practice); Robert Molimard (general practice); Jean-Louis Montastruc (pharmacology); Pascal Mugnier (community pharmacy); Luc Munro (general practice); Yves Nouaille (pharmacovigilance); François Paille (alcohol dependence); Michel Paris (university pharmacy); Frédéric Pasquier (hospital pharmacy); Alain Pinzani (cardiology); Bernard Planchon (internal medicine); Frédéric Plotka-Brun (general practice); Marie-Hélène Portal (general practice); François Poullieur (general practice); Erwan Poupon (pharmacy); Robert Pujol (community pharmacy); Catherine Remblier (pharmacovigilance); Mounir Rhalimi (hospital pharmacy); Arnaud Ribier (cardiology); Hugo Robays (hospital pharmacy - Belgium); François Rossignol (occupational medicine); Lucien Roulet (pharmacovigilance); Philippe Roux (general practice); Marc Samama (anesthesiology); Florence Savary (hospital pharmacy); Pierre Schulz (psychiatry); Raphaël Serreau (pharmacology); Philippe-Gabriel Steg (cardiology); Ludmilla Tatem (hospital pharmacy); Raphaël Urrea (general practice); Laurent Urso-Baiardo (addictology); Josette Vallée (general practice); Thierry Vial (pharmacology)

Copyright Prescrire

Registered address: 83, bd Voltaire 75011 Paris France

Tel.: (33)(0)1 49 23 72 80 - **Fax:** (33)(0)1 48 07 82 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