

**"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); Dörte Gunthert (Treasurer); Antoine Grandvullemin (Deputy Treasurer); Bernard Topuz (General Secretary); Maryline Dufils-Gelgon (Deputy General Secretary).

**President:** Pierre Chirac *pharmacist*

**PRESCRIRE INTERNATIONAL**

**Managing Editor:** Christophe Kopp *general practitioner*

**Coordinating Editor:** Christine Badiane

**Sub Editor:** Karen Albrecht

**Translators:** Helen Genevier, Ros Schwartz, David Wynford-Thomas

**Consultants:** Judith Mintzes, Andrea Tarr

**Subscription department:** Christine Barraud

## Prescrire:

**Publishing Director:** Bruno Toussaint with Séverine Carré-Pétraud • **Publishing Committee:** José Aguilar, Pierre Chirac, Aurélie Delépine, Valentine de Belleruche, Hélène Merlin, Jérôme Robert, Jérôme Sclafer • **Executive Secretary:** Martine Divet • **Development:** Shirley Decuppre with Lucie Alexandre, Géraldine Cavagnon, Élise Dezothez, Bernardin Dilou and Vanessa Sumyuen; Houria Farhi (Algeria) • **Human Resources:** Marjolaine Loyaux, Valentine de Belleruche with Laetitia Luyeye Kinioko and Huynh Dieu Nguyen • **Accounts:** Tanguy Goblet with Fabrice Chane-Yock • **Administration, Reception, Mail Room:** Astou Badji, Séverine Bégnès, Ibrahim Daffé and "Il est 5 heures" • **Circulation and Subscriber Services:** Christine Barraud with Aleksandra Debon, Cécile Gai, Corinne Kramer, Patricia Médioni, Cécile Monteil; technical solutions B&C Technologies • **Information Technology:** Xavier Martin-Legeay, with Amaury Guern and Frédéric Jouzel, Apogea, DevPartner, Dokeos, Les Artisans numériques, PFL consulting, Samu-Informatique, Tirème, Ze Team • **Design: Art Director:** Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmeziane, Geneviève Lamagdelaine, 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](http://english.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. Members of the Editorial Staff 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](http://english.prescrire.org)): see About Prescrire and How we work.

**Editor:** Jérôme Sclafer *general practitioner* with Florence Chapelle *pharmacist* • **Editorial Committee:** Pierre Chirac, Aurélie Delépine, Frédérique Dignonnet, Antoine Grandvullemin, Philippe Mura

**Section Editors: New products:** Eric Cerqueira *pharmacist*; Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvullemin *pharmacist* • **Adverse effects:** Élisabeth Veyrac *pharmacologist* with Marie-France Gonzalez *pharmacist* and Céline Roussel *pharmacist* • **Reviews:** José Aguilar MD; Anne Aubert *pharmacist*; Marie Babin *biologist*; Juliette Barthe *general practitioner*; Aurélie Delépine MD; Marc Legrelle *diabetes specialist*; Philippe Mura MD; Céline Martin *pharmacist* • **Information to patients:** Christine Guilbaud *pharmacist* • **Health and society:** Clarisse Briand *public health*; Pierre Chirac *pharmacist*; Bénédicte Connault MD • **Book review:** Pierre Frouard *general practitioner* • **Guideline watch:** Marine Barillot *pharmacist* • **Reader's test:** Christian Bouret *general practitioner* • **Take it easy:** Christophe Kopp *general practitioner* • **Forum:** Jérôme Robert • **Queries and comments:** José Aguilar MD • **Prescrire electronic media:** Hélène Merlin *pharmacist* • **Production Editor:** Christine Badiane with Sophie Bel • **Information search: Companies and agencies:** Karine Begnaud, Julie Bontemps, Thomas Declercq, Ayah Hakim, Cécile Loubeyre-Unique, Eve Parry • **Health products regulation:** Olivier Huyghe • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Astou Badji, Nathalie Hayes and Hortense Sanon • **Packaging working group:** Olivier Huyghe • **Editorial Office:** Christelle Sissokho with Hélène Declercq • **Editors:** Nehama Aidan *dentist*; Anne Americh *pharmacist*; Élodie Artielle-Beaucamp *pharmacist*; Jean-François Audouard *general practitioner*; Karine Begnaud *pharmacist*; Éric Bel *pharmacist*; Julie Bontemps *pharmacist*; Delphine Bourneau-Martin *pharmacist*; Odile Burrus *nurse*; Sophie Chalons *pharmacist*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Claude Demange *pharmacist*; Frédérique Dignonnet *pharmacist*; Jean Doubovetzky *general practitioner*; Houria Farhi *general practitioner*; Aldo Fari *biologist*; Nathalie François-Molander *paediatrician*; Philippe Gabrié MD; Ghyslaine Galhaud-Costes *pharmacist*; Alexandre Gelgon *general practitioner*; Julien Gelly *general practitioner*; Jean-Pierre Gribeauval

*medical law*; Philippe Gripon *occupational medicine, toxicologist*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Mélanie Hardy *pharmacist*; Sébastien Hardy *pharmacist*; Mathieu Hautemulle *journalist*; Ghislaine Henry *general practitioner*; Olivier Huyghe *pharmacist*; Aurélie Jamet *pharmacist*; Jérôme Jean *nursing*; Fabienne Jourdan *emergency care*; Jacques Juillard MD; Clio Kojadinovitch *general practitioner*; Philippe Lecoq *internal medicine*; Laurence Le Quang Trieu *pharmacist*; Sophie Logerot *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Florent Macé *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Mengeot *journalist*; Gilles Mignot *pharmacologist*; Denis Millès-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard *general practitioner*; Didier Morère *pharmacist*; Évelyne Mouret *pharmacist*; Samia Nabi *pharmacist*; Clotilde Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Jean-Pierre Noiry *general practitioner*; Ann Pariente MD; Sandrine Parmentier *sociologist*; Eve Parry *pharmacist*; Sophie Pilon *pharmacist*; Pauline Quillet *pharmacy*; Jean-Yves Rolland *dentist*; Bernard Rueff MD; Paul Scheffer *learning sciences*; Philippe Schilliger MD; Étienne Schmitt *pharmacist*; Bernard Topuz MD; Maryse Véron *nurse*; Cyril Vidal *dentist*; Caroline Vincent *pharmacist* • **Consulting Editors:** Philippe Adrien; Henriette Bosvieux; Angèle Bouquet; Alain Burtcher; Blandine Guillemot-Pinard; Mélanie Hardy; Natacha Marpillat; Olivier Rozand • **Art and Photo Editor:** Olivier Huyghe • **Illustrations:** Léa Lord; Alain Savino • **Indexing:** Mélanie Hardy, Hélène Merlin with Laurence Le Quang Trieu, Sandrine Parmentier • **Prescrire electronic media:** Hélène Merlin

**Policy advocacy:** Rita Kessler with Pierre Chirac, Olivier Huyghe, Christophe Kopp • **Projects:** Catherine Alexandre; Aldo Fari; Béatrice Guyard-Boileau; Martine Lalande; Karelle Le Glout; Christine Piette; Didier Rod; Agnès Sommet • **Reviewers' panels:** Nehama Aidan and Christine Guilbaud • **For Belgium and Switzerland:** Sophie Chalons with Marie-Louise Bouffieux, Catherine Smolders (Agence fédérale des médicaments et des produits de santé), and Cristina Cerise (pharmaSuisse) • **Translations "Assessment Elsewhere":** Marie-Andrée Bernard, Annick Pijnenburg, Karin Raton, Eva Stille • **Website:** Karen Albrecht • **Subscriber correspondence:** Anne Americh, Nolwenn Clec'h, Martine Divet, Jérôme Robert with Cécile Monteil

**Continuing education programmes: Pedagogical advisers:** Frédérique Dignonnet with Philippe Schilliger • **Instructors:** Anne Aubert; Christian Bouret; Frédérique Dignonnet • **Organisation:** Hélène Merlin • **Atelier Médicaments en Questions et Question de Pratiques:** Éric Bel; 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](http://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](mailto:contact@prescrire.org)

**Postal address:** Prescrire - 83, bd Voltaire 75558 Paris Cedex 11 - France

**[www.prescrire.org](http://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:**

Christine Andrieux (nursing care); Stéphane Antignac (hospital pharmacy); Lionel Anxo (general practice); Philippe Arlet (internal medicine); Jean-Baptiste Amoux (paediatrics); Pierre Atlan (general practice); Claire Aumeran (infectiology); Dany Baud (pulmonology); Manuel Baudet (general practice); François Begom (general practice); Johana Béné (pharmacovigilance); Rémi Besançon (pharmacy student); Philippe Biedermann (general practice); Alexandre Bisse-Duplan (patient information); Pascal Bouhier (general practice); Mathilde Bouteiller (palliative care); Henri Bruel (paediatrics); Olivier Brun (pulmonology); François Chabot (pulmonology); Mathieu Chappuy (pharmacy); Lionel Chouteau (general practice); Valérie Combralier (hospital pharmacy); Frédérique Couteau (general practice); Suzanne Dat (gynaecology); Bruno De Goer (general practice); Corinne De Laet (paediatrics - Belgium); Loïc De Parscau (paediatrics); Céline De Putter (pharmacy); Philippe Deguiral (oncology); François Delahaye (cardiology); Jean-Dominique Dewitte (pulmonology); Sandra Duc (general practice); Michel Fabbro (oncology); Christiane Forestier (bacteriology); Henri Fouches (gynaecology); Carole Fourny (pharmacy); Patrick Fricourt (internal medicine); Francis Gaches (internal medicine); Claire Gautreau (hospital pharmacy); Stéphane Gayet (internal medicine); Éric Gilbert (rheumatology); Corinne Gras (hospital pharmacy); Bénédicte Heron (paediatrics); Catherine Hill (epidemiology); Pascal Houllier (nephrology); Bruno Houdet (pulmonology); Constant Houssou (psychiatry); Christian Jamin (gynaecology - obstetrics); Talna Kortchinsky (anaesthesiology-intensive care); Philippe Latreyte (general practice); Anne Lauwers (rheumatology); Xavier Le Blay (pharmacy); Erick Le Coz (pharmacy); Sophie Le Pallec (Analyste); Xavier Le Roux (pharmacy); Emmanuel Leone (pharmacovigilance); Gilles Lesur (gastroenteropathology); Michel Lièvre (clinical trials); Julien Mahé (pharmacovigilance); Didier Mennecier (gastroenteropathology); Christian Merlin (pharmacy); François Monasturac (pharmacology); Jean-Louis Monasturac (pharmacology); Julien Moragny (pharmacovigilance); Abdelhamid Nefti (nephrology); Hai Tien Ngo (general practice); Tine Ouahsine Van Albada (paediatrics); Lionel Pazart (general practice); François Pesty (pharmacy); Michel-Robert Popoff (bacteriology); Lydie Puget (hospital pharmacy); Robert Pujol (pharmacy); Patrick Rambourg (hospital pharmacy); Jean-Max Ramette (general practice); Éric Renaudineau (nephrology); Hervé Renault (general practice); Fanny Rocher (pharmacovigilance); Renaud Roubille (hospital pharmacy); Valérie Rougeot (pharmacy); Lucien Roulet (hospital pharmacy - Switzerland); Christian Roux (rheumatology); François Roux (general practice); Nathalie Roux (hospital pharmacy); Gabrielle Samson (pharmacy); Guy Savy (general practice); Jean-Louis Schlienger (endocrinology); Mylene Segonds (pharmacy); Catherine Soulat (gynaecology); David Strazulla (general practice); Benoît Tanguy (general practice); Damien Thibaudin (nephrology); Gianni Tognoni (pharmacology - Italy); Marie-Madeleine Trassart (general practice); Hélène Vacher (hospital pharmacy); Marine Valery (pharmacy); Marie-Christine Vantghem (endocrinology); Philippe Vigerat (nephrology); Stéphane Vignes (internal medicine); Nicolas Vouge (pharmacy); Raphaël Wielgo (hospital pharmacy); Jean Wils (patients' rights)