

"To promote high-quality health care, as an independent team, first and foremost in the interest of patients (...)."

(Article 1 of the Association Mieux Prescrire bylaws).

Prescrire International is a monthly journal of selected articles translated from the non-profit medical journal *Prescrire*. It is produced using the resources of the Prescrire team and published by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) registered under the French law of 1901.

Its board members are: Antoine Grandvilllemin (President); Thomas Declercq (Vice President); Jérôme Jean (Treasurer); Jérôme Schlafer (Deputy Treasurer); Samia Nabi (General Secretary); Michel Aujoulat (Deputy General Secretary).

PRESCRIRE INTERNATIONAL

Managing Editor: Dörte Gunthert with Clara Siegmund and Minata Traoré

Translation: Helen Geneviev with Helen Le Bras, Hayley Wood and David Wynford-Thomas

Consultant: Judith Mintzes

PRESCRIRE

Publishing Director: Séverine Carré-Pétraud • **Publishing Committee:** Florence Chapelle, Pierre Chirac, Julien Gelly, Antoine Grandvilllemin, Marjolaine Loyaux, Xavier Martin-Legeay, Hélène Rosé, Jérôme Schlafer, Bruno Toussaint • **Development:** Hélène Rosé with Elise Dezothoz, Pauline Dufougeray, Nicolas George, Nicolas Guillaud, Luz Lenglin • **Coordination - Human Resources and Office Services:** Marjolaine Loyaux with Martine Divet, Huynh Dieu Nguyen, Danielle Smila, Christelle Lesage, "Il est 5 heures" • **Accounts:** Tanguy Goblet with Fabrice Chane-Yock and Pascaline Tourn • **Circulation and Subscriber Services:** Hélène Rosé with Aleksandra Debon, Pierre Gasnot-Vauquer, Catherine Mahé, Patricia Médioni, Chems Salhi; technical solutions TBS group, Nacre Solutions • **Information Technology:** Xavier Martin-Legeay with Pierre-Hakim Bekhti, William Braillon, Frédéric Jouzel, Mohamed Keita, Arthur Provenier; AmeXio, Apogea, DevPartner, Les Artisans numériques, PFL consulting, Ze Team • **Art Director:** Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmeziane, Sandrine Praud, Jennifer Ribeiro-Marta • **Multimedia Layout:** Sandrine Praud

Every member of Prescrire's editorial staff signs Prescrire's "Non merci..." Charter and an annual declaration that they have no interests contrary to the objectives of Association Mieux Prescrire. 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: Florence Chapelle *pharmacist* and Julien Gelly *MD PhD* • **Editorial Committee:** Anne Aubert, Marine Barillot, Frédérique Dignonnet, Antoine Grandvilllemin, Sandrine Parmentier

Section Editors: **New products:** Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvilllemin *pharmacist* • **Adverse effects:** Céline Roussel *pharmacist* • **Drugs during pregnancy and lactation:** Céline Roussel *pharmacist* • **Drug interactions:** Jérôme Schlafer *general practitioner* with Sophie Pilon *pharmacist*, Elisabeth Veyriac *pharmacologist* and Carole Wolfermann *pharmacist* • **Reviews:** Anne Aubert *pharmacist*; Juliette Barthe *general practitioner*; Aurélie Delépine *general practitioner*; Marc Legrelle *diabetes specialist*; Céline Martin *pharmacist* • **Information for patients:** Christine Guillaud *pharmacist* • **Health and society:** Pierre Chirac *pharmacist*; Agathe Nouzille *pharmacist*; Sandrine Parmentier *sociologist*; with Hélène Frouard *journalist* • **Guideline watch:** Marine Barillot *pharmacist* • **Reader's test:** Ayah Hakim *pharmacist* with Frédérique Dignonnet *pharmacist* • **Take it easy:** Morgane Dejean *pharmacist* • **Forum:** Jérôme Jean *nurse* with Nathalie Thibot *proofreader* • **Production Editors:** Blandine Guillemot-Pinard, Nathalie Thibot • **Information search, companies and agencies:** Lise Bleuse, Julie Bontemps, Thomas Declercq, Marie-Sophie Lagarde, Cécile Loubeyre-Unique, Eve Parry, Élodie Turpaud • **Health products regulation:** Olivier Huyghe • **Packaging Working Group:** Thomas Declercq with Marie-Sophie Lagarde • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Nathalie Hayes • **Editorial Office:** Hélène Declercq, Christelle Lesage, Catherine Mahé • **Editors:** José Aguilar *MD*; Nehama Aidan *dentist*; Jean-François Audouard *general practitioner*; Marie Babin *clinical pathologist*; Karine Begnaud *pharmacist*; Éric Bel *pharmacist*; Julie Bontemps *pharmacist*; Odile Burrus *nurse*; Éric Cerqueira *pharmacist*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Bénédicte Connault *MD*; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Philippe Deguiral *MD*; Claude Demange *pharmacist*; Frédérique Dignonnet *pharmacist*; Amel Drici *general practitioner*; Ghyslaine Galhaud-Costes *pharmacist*; Cécile Gérard *pharmacist*; Philippe Gripon *occupational medicine, toxicologist*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Mélanie Hardy *pharmacist*; Sébastien Hardy *pharmacist*; Mathieu Hautemulle *journalist*; Aymeric Henriot *MD*; Ghislaine Henry *general practitioner*; Olivier Huyghe *pharmacist*; Jacques Juillard *MD*; Laurence Le Quang Trieu *pharmacist*; Sophie Logerot *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Florent Macé *pharmacist*; Raphaël Magnan *pharmacist*; Natacha Marpillat *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Mègeot *journalist*; Hélène Merlin *pharmacist*; Gilles Mignot *pharmacologist*; Denis Milliès-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard *general practitioner*; Évelyne Mouret *pharmacist*; Samia Nabi *pharmacist*; Clotilde Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Agathe Nouzille *pharmacist*; 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*; Jérôme Schlafer *general practitioner*; Bernard Topuz *MD*; Bruno Toussaint *MD*; Elisabeth Veyriac *pharmacologist*; Cyril Vidal *dentist* • **Final verifications:** Nehama Aidan; Anne Americh; Éric Bel; Angèle Bouquet; Christine Guillaud; Sophie Logerot; Marie-Sophie Lagarde; Philippe Manet; Natacha Marpillat; Évelyne Mouret-Cisterne; Samia Nabi; Eve Parry;

Christelle Sissokho; Minata Traoré; Carole Wolfermann • **Proofreading:** Aurélie Bordes, Henriette Bosvieux; Alain Burtscher; Olivier Rozand, Véronique Letournou • **Preventing the Preventable:** Étienne Schmitt with Thomas Declercq, Josette Vallée • **Illustrations:** Léa Lorc; Alain Savino • **Indexing:** Mélanie Hardy with Marine Barillot, Laurence Le Quang Trieu, Sandrine Parmentier • **Prescrire electronic media:** Juliette Barthe; Mélanie Hardy • **Policy advocacy:** Rita Kessler with Pierre Chirac; Nicolas Demanet • **Reviewers' panels:** Nehama Aidan and Christine Guillaud • **For Belgium and Switzerland:** Éric Bel with Céline Martin, Marie-Louise Bouffieux, Catherine Smolders (Agence fédérale des médicaments et des produits de santé), and Élodie Fauquex (pharmaSuisse) • **Translations "Assessment Elsewhere":** Christa Jordan, Karin Raton • **Subscriber correspondence:** Nolwenn Clec'h, Jacques Juillard, Christelle Sissokho • **Other contributions:** Mathilde Cosson; Karelle Le Gleut; Fanny Rocher; Didier Rod

Continuing education programmes: Pedagogical advisers: Frédérique Dignonnet with Philippe Schilliger • **Instructors:** Frédérique Dignonnet; Ayah Hakim • **Evaluation:** Éric 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: 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:

Marcel Adler (haematology); Pierre Ambrosi (cardiology); Anna-Belle Beau (pharmacovigilance); Christine Damase-Michel (pharmacovigilance); Philippe Deguiral (oncology); Claire Dossier (paediatrics); Nathalie Dujardin (pharmacy); Jean-Luc Faillie (pharmacovigilance); Audrey Fresse (pharmacovigilance); Valérie Gay (haematology); Cécile Gérard (hospital pharmacy); Delphine Ingremeau (cardiology); Philippe Lecocq (internal medicine); Raphael Magnan (hospital pharmacy); Alexandre Malmartel (general practice); Christian Merlin (pharmacy); Jean-Louis Montastruc (pharmacology); Marc-Antoine Mulot (endocrinology); Bernard Pabion (general practice); Bruno Pavy (cardiology); Arnaud Ribier (cardiology); Béatrice Rousset (hospital pharmacy); Didier Scarlatt (cardiology); Stéphane Tellez (pharmacy); Guy Thinus (general practice); Ursula Winterfeld (pharmacology)