



english.prescrire.org

PRESCRIRE INTERNATIONAL

Managing Editor: Christophe Kopp *general practitioner*

Coordinating Editor: Christine Badiane

Sub Editor: Karen Albrecht

Translators: Helen Geneviev, Ros Schwartz, David Young

Consultants: Judith Mintzes, Andrea Tarr

Subscription department: Christine Barraud

PRESCRIRE

Publishing Director: Bruno Toussaint

Publishing Committee: José Aguilar, Séverine Carré-Pétraud, Pierre Chirac, Valentine de Belleroche, Jacques Juillard, Hélène Merlin, Jérôme Robert, Philippe Schilliger, Jérôme Sclafer

Executive Secretary: Martine Divet

Development: Shirley Decupère with Lucie Alexandre, Véronique Beauzel, Ethel David, Bernardin Dilou, Sarah Hembert, Mélody Royère and Vanessa Sumyuen; Houria Farhi (Algeria)

Human Resources: Valentine de Belleroche with Laetitia Luyeye Kinioko and Huynh Dieu Nguyen

Accounts: Tanguy Goblet with Martine Kowanski

Administration, Reception, Mail Room: Astou Badji, Séverine Bégnés, Ibrahima Daffé and Gérard Pierre

Circulation and Subscriber Services: Christine Barraud with Aleksandra Debon, Cécile Gai, Corinne Kramer, Patricia Médioni, Cécile Monteil and Stéphanie Traca

Information Technology: Xavier Martin-Legeay, with Damien Donnet, DevPartner, Dokeos, Les Artisans numériques, Samu-Informatique, Pierre-François Laporte, Ze Team

Design:

Art Director: Martine Talent

Layout: Nathalie Cappelletti assisted by Sandrine Guillaume, Geneviève Lamagdelaine, Catherine Marriette, Sandrine Praud, Jennifer Ribeiro-Marta

Multimedia layout: Catherine Marriette

Editor: Jérôme Sclafer *general practitioner*

Editorial Committee: José Aguilar, Marie Babin, Pierre Chirac, Gilles Mignot

Section Editors:

• **Editorial:** Jacques Juillard MD • **Brain-teaser:** José Aguilar MD • **New products:** Séverine Carré-Pétraud pharmacist; Sébastien Hardy pharmacist; Gilles Mignot pharmacist • **Adverse effects:** Élisabeth Veyriac pharmacist • **Reviews:** José Aguilar MD; Marie Babin biologist; Juliette Barthe *general practitioner*; Marc Legrelle *diabetes specialist*; Philippe Mura *general practitioner*; 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:** Jean-Pierre Noiry *general practitioner* with Marine Barillot pharmacist • **Reader's test:** Christian Bouret *general practitioner* • **Take it easy:** Christophe Kopp *general practitioner* • **Forum:** Odile Burrus nurse • **Queries and comments:** Cécile Poilpré pharmacist • **Prescrire electronic media:** Hélène Merlin pharmacist

Production Editor: Christine Badiane with Sophie Bel and Fabrice Mailly

Information search:

• **Companies and agencies:** Olivier Huyghe with Karine Bégnaud, Nathalie Deleau, Sophie Ginolhac, Ayah Hakim, Cécile Loubeyre-Unique, Samia Nabi, Jean-Yves Rolland • **Packaging working group:** Olivier Huyghe and Samia Nabi • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Astou Badji, Nathalie Hayes and Hortense Sanon

Editorial Office: Christelle Sissokho with Hélène Declerck and Huynh Dieu Nguyen

Editors: Nadine Aidan *dentist*; Laurence Aimard *civil engineer*; Catherine Alexandre MD; Anne Americh pharmacist; Anne Aubert pharmacist; Éric Bel pharmacist; Angèle Bouquet pharmacist; Delphine Bourneau-Martin pharmacist; Isabelle Breton MD; Éric Cerqueira pharmacist; Sophie Chalons pharmacist; Florence Chapelletti pharmacist; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Nina Degrell pharmacist; Nathalie Deleau pharmacist; Aurélie Delépine *general practitioner*; Claude Demange pharmacist; Magali Dodeman nurse; Jean Doubovetzky *general practitioner*; Emmanuelle Espieussat pharmacist; Houria Farhi *general practitioner*; Aldo Fari *biologist*; Nathalie François-Moliner *paediatrician*; Philippe Gabriél MD; Ghyslaine Galhaud-Costes pharmacist; Sophie Ginolhac pharmacist; Marie-France Gonzalvez pharmacist; Antoine Grandvullemin pharmacist; Jean-Pierre Gribeauval (*medical law*); Dörte Gunther *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Ayah Hakim pharmacist; Ghislaine Henry *general practitioner*; Olivier Huyghe pharmacist; Aurélie Jamet pharmacist; Fabienne Jourdan *emergency care*; Laurence Le Quang Trieu pharmacist; Sophie Legerot 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-Guillaume pharmacist; Agnès Monchovet-Godard *general practitioner*; Didier Morère pharmacist; Évelyne Mouret pharmacist; Clotaire Nanga pharmacist; Angelina Nguyen-Tramond *general practitioner*; Chantal Oliéric pharmacist; Ann Pariente MD; François Pillon pharmacist; Sophie Pilon pharmacist; Sonia Prot-Labarthe pharmacist; Jean-Yves Rolland *dentist*; Céline Roussel pharmacist; Bernard Rueff MD; Étienne Schmitt pharmacist; Christoph Steffen *epidemiology*; Nhât Thao Tran *Thanh general practitioner*; Bernard Topuz MD; Florence Vandeveldé pharmacist; Maryse Véron nurse; Cyril Vidal *dentist*; Caroline Vincent pharmacist

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 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); see the "About Prescrire" section, "How we work".

ian; Philippe Gabriél MD; Ghyslaine Galhaud-Costes pharmacist; Sophie Ginolhac pharmacist; Marie-France Gonzalvez pharmacist; Antoine Grandvullemin pharmacist; Jean-Pierre Gribeauval (*medical law*); Dörte Gunther *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Ayah Hakim pharmacist; Ghislaine Henry *general practitioner*; Olivier Huyghe pharmacist; Aurélie Jamet pharmacist; Fabienne Jourdan *emergency care*; Laurence Le Quang Trieu pharmacist; Sophie Legerot 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-Guillaume pharmacist; Agnès Monchovet-Godard *general practitioner*; Didier Morère pharmacist; Évelyne Mouret pharmacist; Clotaire Nanga pharmacist; Angelina Nguyen-Tramond *general practitioner*; Chantal Oliéric pharmacist; Ann Pariente MD; François Pillon pharmacist; Sophie Pilon pharmacist; Sonia Prot-Labarthe pharmacist; Jean-Yves Rolland *dentist*; Céline Roussel pharmacist; Bernard Rueff MD; Étienne Schmitt pharmacist; Christoph Steffen *epidemiology*; Nhât Thao Tran *Thanh general practitioner*; Bernard Topuz MD; Florence Vandeveldé pharmacist; Maryse Véron nurse; Cyril Vidal *dentist*; Caroline Vincent pharmacist

Consulting Editors: Philippe Adrien; Youna Audouard-Marzin; Karine Bégnaud; Alain Burtscher; Ouardia Hadjour; Mélanie Hardy; Pauline Quillet; Eve Parry; Annie Péresse; Olivier Rozand

Art and Photo Editor: Olivier Huyghe

Illustrations: José David; Léa Lord; Alain Savino

Indexing: Mélanie Hardy, Hélène Merlin with Laurence Le Quang Trieu, Sandrine Parmentier, Annie Mura (illustrations)

Prescrire electronic media: Hélène Merlin with Sandrine Parmentier

Policy advocacy: Florence Vandeveldé with Teresa Alves, Pierre Chirac, Olivier Huyghe, Christophe Kopp

Projects: Mireille Didier; Karelle Le Gleut; Christine Piette; Didier Rod

Reviewers' panels: Laure Misrahi-Guillaume

For Belgium and Switzerland: Sophie Chalons with Marie-Louise Bouffloux, Dominique Leyh (Agence fédérale des médicaments et des produits de santé), and Catherine Delafontaine (pharmaSuisse)

Translations "Assessment Elsewhere": Marie-Andrée Bernard, Annick Pijnenburg, Karin Raton, Eva Stille

Website: Philippe Schilliger and Karen Albrecht

Subscriber correspondence: Anne Americh, Nolwenn Clec'h, Jacques Juillard, Annie Péresse

Continuing education programmes:

Pedagogical adviser: Philippe Schilliger • **Instructors:** Anne Aubert; Christian Bouret; Frédérique Digonnet; Marie-France Gonzalvez; Jacques Juillard; Odile Martinet; Hélène Merlin; Étienne Schmitt; Maryse Véron • **Organisation:** Hélène Merlin • **Atelier Questions de Pratiques:** Éric Bel, Christine Guilbaud • **Evaluation:** Michel Coletti; Sandrine Parmentier • **Accreditation:** Ghyslaine Galhaud-Costes

President: Pierre Chirac *pharmacist*

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 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); Séverine Carré-Pétraud (Vice President); Antoine Grandvullemin (Treasurer); Jean-Marc Mollard (Deputy Treasurer); Bernard Topuz (General Secretary); Dörte Gunther (Deputy General Secretary).

REVIEW PANEL: The following persons reviewed the articles, which were first published in Prescrire then translated for this issue of Prescrire International: Jean-François Audouard (*general practice*); Pascale Baille-Albert (*pharmacy*); Raffaella Balocco (WHO - Switzerland); Dany Baud (*pneumology*); Éric Beaugendre (*pharmacy*); Philippe Biedermann (*general practice*); Olivier Bismuth (*general practice*); Philippe Blanc (*cardiology*); François Blanc-Jouvan (*pneumology*); Béatrice Brembilla-Perrot (*cardiology*); Pascale Cancouet (*general practice*); Marie Carpentier (*pharmacy*); Simone Casel (*pneumology/allergology - Luxembourg*); Richard Causse (*hospital pharmacy*); Jean-Claude Chaumeil (*hospital pharmacy*); Pierre Chevalier (*general practice - Belgium*); Jacques Cogitore (*general practice*); Valérie Colas (*pharmacy and toxicology*); Christian Coulangue (*urology*); Nathalie Dallard (*nursing care*); Bertrand Dautzenberg (*pneumology*); Frédéric Debordeaux (*hospital pharmacy*); Thomas Declercq (*pharmacy*); Philippe Deguiral (*oncology*); Jean-Philippe Delsart (*pharmacy*); François Deniaud (*general practice*); Jean-Dominique Doublet (*urology*); Catherine Dumont (*paediatrics*); Geneviève Durrieu (*pharmacology*); Olivier Durrmeyer (*general practice*); Christian Enjaume (*paediatrics*); Max Favier (*gynaecology*); Michel Galinier (*cardiology*); Gérard Gastan (*general practice*); Patrick Ginies (*anaesthesiology-intensive care*); Michel Gréhan (*cardiology*); Françoise Haramburu (*pharmacology*); Jean-Marc Helleu (*general practice*); Patrick-Yves Henry (*neurology*); Diane Kleinermans (*general practice - Belgium*); Jean Lamarche (*pharmacy*); Antoine Laplanche (*internal medicine*); Philippe Latreyte (*general practice*); Christian Layole (*pharmacy*); Marie-France Le Goaziou (*general practice*); Jean Le Grusse (*pneumology*); Philippe Maingon (*radiotherapy*); Zohir Merad-Boudia (*oncology*); Christian Merlin (*pharmacy*); Jean-Louis Montastruc (*pharmacology*); Camille Mura (*midwife*); Alain Pinzani (*cardiology*); Bernard Planchon (*internal medicine*); Marie-Hélène Portal (*general practice*); Éric Priou (*pharmacy*); Robert Pujol (*pharmacy*); Christian Rigaudières (*pharmacy*); Élisabeth Rivollier (*general practice*); Christian Roy (*pharmacy*); Jean-Marc Schiano De Colella (*general practice*); Raphaël Serreau (*pharmacology*); Pierre Simonet (*pharmacy student*); Arnaud Trebuçq (*public health*); Thierry Trenque (*pharmacology*); Patrick Tuvignon (*gastroenteropathology*); Catherine Van Surell - Seyler (*public health*); Vivien Veyrat (*pharmacy*); Joëlle Vidal-Dupont (*general practice*); Arnaud Villers (*urology*); Raphaël Wielgo (*hospital pharmacy*)

Copyright Prescrire

www.prescrire.org

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

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 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