

# "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 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 Grandvullemin (President); Alexandre Gelgon (Vice President); Dörte Gunthert (Treasurer); Jérôme Jean (Deputy Treasurer); Samia Nabi (General Secretary); Michel Aujoulat (Deputy General Secretary).

## PRESCRIRE INTERNATIONAL

**Managing Editor:** Dörte Gunthert

**Coordinating Editor:** Christine Badiane

**Translators:** Helen Geneviev with David Wynford-Thomas

**Consultant:** Judith Mintzes

## PRESCRIRE

**Publishing Director:** Séverine Carré-Pétraud • **Publishing Committee:** Florence Chapelle, Pierre Chirac, Antoine Grandvullemin, Julien Gelly, Marjolaine Loyaux, Xavier Martin-Legeay, Jérôme Robert, Jérôme Schlafer, Bruno Toussaint • **Development:** Shirley Decupère with Nathalie Carrere, Élise Dezothez, Nicolas George, Nicolas Guillaud, Luz Lenglin • **Coordination - Human Resources and Office Services:** Marjolaine Loyaux with Martine Divet, Huynh Dieu Nguyen, Danielle Smila, Astou Badji, Ibrahim Daffé, Christelle Lesage, "Il est 5 heures" • **Accounts:** Tanguy Goblet with Fabrice Chane-Yock and Pascaline Toum • **Circulation and Subscriber Services:** Christine Barraud with Anaëlle Castelbou, Aleksandra Debon, Pierre Gasnot-Vauquer, Patricia Médioni; technical solutions TBS group, Nacre Solutions • **Information Technology:** Xavier Martin-Legeay, with Pierre-Hakim Bekhti, Frédéric Jouzel, Mohamed Keita, Arthur Provenier; Acolad, Apogee, 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

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). 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:** Jérôme Schlafer *general practitioner*, Florence Chapelle *pharmacist* and Julien Gelly *MD* • **Editorial Committee:** Pierre Chirac, Marine Barillot, Frédérique Digonnet, Antoine Grandvullemin

**Section Editors: New products:** Eric Cerqueira *pharmacist*; Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvullemin *pharmacist* • **Adverse effects:** Céline Roussel *pharmacist* • **Drugs during pregnancy and lactation:** Céline Roussel *pharmacist* • **Drug interactions:** Sophie Chalons *pharmacist*; Sophie Pilon *pharmacist*; Élisabeth Veyriac *pharmacologist* • **Reviews:** Anne Aubert *pharmacist*; Juliette Barthe *general practitioner*; Aurélie Delépine *general practitioner*; Marc Legrelle *diabetes specialist*; Céline Martin *pharmacist* • **Information for patients:** Christine Guilbaud *pharmacist* • **Health and society:** Pierre Chirac *pharmacist*; Sandrine Parmentier *sociologist* • **History of medicine:** Hélène Frouard *historian* • **Guideline watch:** Marine Barillot *pharmacist* • **Reader's test:** Ayah Hakim *pharmacist* with Frédérique Digonnet *pharmacist* • **Take it easy:** Morgane Dejean *pharmacist* • **Forum:** Jérôme Robert • **Production Editors:** Christine Badiane, Blandine Guillemot-Pinard • **Information search, companies and agencies:** Karine Begnaud with Élodie Artielle-Beaucamp, Julie Bontemps, Thomas Declercq, Cécile Loubeyre-Unique, Eve Parry, Elodie Turpaud • **Health products regulation:** Olivier Huyghe • **Packaging Working Group:** Thomas Declercq and Élodie Artielle-Beaucamp • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Astou Badji, Nathalie Hayes • **Editorial Office:** Christelle Sissokho with Hélène Declercq • **Editors:** José Aguilar *MD*; Nehama Aidan *dentist*; Anne Americh *pharmacist*; Élodie Artielle-Beaucamp *pharmacist*; Jean-François Audouard *general practitioner*; Marie Babin *clinical pathologist*; Marine Barillot *pharmacist*; Karine Begnaud *pharmacist*; Éric Bel *pharmacist*; Valentine de Bellerocche *social law*; Julie Bontemps *pharmacist*; Odile Burrus *nurse*; Fabrice Cahen *historian*; Valentine Campana *pharmacist*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Bénédicte Connault *MD*; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Morgane Dejean *pharmacist*; Claude Demange *pharmacist*; Alizée Detiffe *general practitioner*; Frédérique Digonnet *pharmacist*; Jean Doubouvetzky *general practitioner*; Ghyslaine Galhaud-Costes *pharmacist*; Aymeric Gamondes *nurse*; Marie-France Gonzalez *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*; Jérôme Jean *nurse*; Fabienne Jourdan *emergency care*; Jacques Juillard *MD*; Laurence Le Quang Trieu *pharmacist*; Sophie Logerot *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Florent Macé *pharmacist*; Natacha Marpillat *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Mengeot *journalist*; Hélène Merlin *pharmacist*; Gilles Mignot *pharmacologist*; Marie Miller *physiotherapist*; Denis Millières-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*; Jean-Pierre Noiry *general practitioner*; 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*; Bernard Topuz *MD*; Bruno Toussaint *MD*; Élisabeth Veyriac

*pharmacologist*; Cyril Vidal *dentist* • **Final verifications:** Nehama Aidan; Karine Begnaud; Valentine de Bellerocche Angèle Bouquet; Christine Guilbaud; Cécile Loubeyre-Unique; Sophie Chalons; Philippe Manet; Natacha Marpillat; Evelyne Mouret-Cisterne; Samia Nabi; Eve Parry; Christelle Sissokho; Minata Traoré • **Proof reading:** Henriette Bosvieux; Alain Burtscher; Olivier Rozand, Nathalie Thibot, Véronique Letournou • **Preventing the Preventable:** Marie-France Gonzalez and Étienne Schmitt with Thomas Declercq, Éric Galam, Josette Vallée • **Illustrations:** Léa Lord; Alain Savino • **Indexing:** Mélanie Hardy with Marine Barillot, Laurence Le Quang Trieu, Cécile Loubeyre-Unique, Sandrine Parmentier • **Prescrire electronic media:** Juliette Barthe; Mélanie Hardy • **Policy advocacy:** Rita Kessler with Pierre Chirac • **Reviewers' panels:** Nehama Aidan and Christine Guilbaud • **For Belgium and Switzerland:** Sophie Chalons with Éric Bel, Marie-Louise Bouffieux, Catherine Smolders (Agence fédérale des médicaments et des produits de santé), and Samantha Megel (pharmaSuisse) • **Translations "Assessment Elsewhere":** Marie-Andrée Bernard, Annick Pijnenburg, Karin Raton, Eva Stille • **Subscriber correspondence:** Anne Americh, Nolwenn Clec'h, Blandine Guillemot-Pinard, Jérôme Robert • **Other contributions:** Mathilde Cosson, Aldo Fari; Martine Lalonde; Karelle Le Gleut; Fanny Rocher; Didier Rod

**Continuing education programmes:** Pedagogical advisers: Frédérique Digonnet with Philippe Schilliger • **Instructors:** Frédérique Digonnet; 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](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

[prescrire.org](http://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:

Sophie Abgrall (infectiology); Anne-Marie Ben Taarit (pharmacy); Pascal Bourgade (general practice); Laurent Brutus (general practice); David Cadiou (general practice); Alexandra Calmy (infectiology); Agnès Certain (hospital pharmacy); Gilles Chapelle (hospital pharmacy); Marc Couradet (general practice); Lise Cuzin (infectiology); Philippe Deguiral (oncology); Pierre Delobel (infectiology); Vincent Delwail (haematology); Mounir Diouri Nair (general practice); Ludovic Douay (pain medicine); Jean-Dominique Doublet (urology); Pascale Dugast (hospital pharmacy); Geneviève Durrieu (pharmacovigilance); Jean-Baptiste Fron (general practice); Gérald Gagnant (pharmacy); Marc Gentili (anaesthesiology-intensive care); Laurence Gérard (infectiology); Aurélie Grandvullemin (pharmacovigilance); Sarah Guenounou (haematology); Frédéric Guillemot (pharmacy); Jérôme Jamen (pharmacy); Mathieu Laramas (oncology); Dominique Lauque (emergency care); Gilles Lazimi (general practice); Xavier Le Blay (pharmacy); Gilles Le Pallec (hospital pharmacy); Frédéric Léal (general practice); François Léaud (general practice); Philippe Marissal (general practice); Catherine Masson (neurology); Paul Meria (urologic surgery); Christian Merlin (pharmacy); Alexandre Merlo (general practice); Jean-Louis Montastruc (pharmacology); Pascal Mugnier (pharmacy); Anne-Marie Ollitrault (nursing care); Renaud Roubille (hospital pharmacy); Béatrice Rousset (hospital pharmacy); Clément Sihrener (pharmacy); Isabelle Tassin (general practice); Stéphane Tellez (pharmacy); Frédéric Tranchard (general practice); Laurent Vercueil (neurology); Arnaud Villers (urology); Caroline Vincent (pharmacy); Isabelle Vincent (hospital pharmacy)