

"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); Séverine Carré-Pétraud (Vice 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 Geneviev, Ros Schwartz, David Wynford-Thomas, 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 Belleruche, Hélène Merlin, Jérôme Robert, Jérôme Sclafer • **Executive Secretary:** Martine Divet, Jade Pépin • **Development:** Shirley Decupère with Lucie Alexandre, Élise Dezothet, Bernardin Dilou, Sarah Hembert and Vanessa Sumyuen; Houria Farhi (Algeria) • **Human Resources:** 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 and Stéphanie Traca; 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, Sandrine Guillaume, 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). 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 About Prescrire and How we work.

Editor: Jérôme Sclafer *general practitioner* with Séverine Carré-Pétraud *pharmacist* • **Editorial Committee:** José Aguilar, Marie Babin, Pierre Chirac, Antoine Grandvullemin, Philippe Mura

Section Editors: New products: Eric Cerqueira *pharmacist*; Florence Chapelle *pharmacist*; Nathalie Deleau *pharmacist*; Antoine Grandvullemin *pharmacist* • **Adverse effects:** Élisabeth Veyriac *pharmacologist* with Sophie Ginolhac *pharmacist* and Céline Roussel *pharmacist* • **Reviews:** José Aguilar *MD*; 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 Connauld *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:** Cécile Poilpré *pharmacist* • **Prescrire electronic media:** Hélène Merlin *pharmacist* • **Production Editor:** Christine Badiane with Sophie Bel • **Information search: Companies and agencies:** Olivier Huyghe with Karine Bégnaud, Thomas Declercq, Sophie Ginolhac, Ayah Hakim, Cécile Loubeyre-Unique • **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:** Nadine Aidan *dentist*; Anne Americh *pharmacist*; Anne Aubert *pharmacist*; Karine Bégnaud *pharmacist*; Éric Bel *pharmacist*; Delphine Bourneau-Martin *pharmacist*; 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-Moliner *paediatrician*; Philippe Gabrié *MD*; Ghyslaine Galhau-Costes *pharmacist*; Julien Gelly *general practitioner*; Marie-France Gonzalez *pharmacist*; Jean-Pierre Gribeauval *medical law*; Philippe

Gripou *occupational medicine, toxicologist*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Ayah Hakim *pharmacist*; Mélanie Hardy *pharmacist*; Sébastien Hardy *pharmacist*; Ghislaine Henry *general practitioner*; Olivier Huyghe *pharmacist*; Aurélie Jamet *pharmacist*; Jérôme Jean *nursing*; Fabienne Jourdan *emergency care*; Jacques Juillard *MD*; 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 Millières-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard *general practitioner*; Didier Morère *pharmacist*; Évelyne Mouret *pharmacist*; Clotilde Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Jean-Pierre Noiry *general practitioner*; Chantal Oliéric *pharmacist*; 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*; Florence Vandeveld *pharmacist*; Maryse Véron *nurse*; Cyril Vidal *dentist*; Caroline Vincent *pharmacist* • **Consulting Editors:** Philippe Adrien; Angèle Bouquet; Alain Burtscher; Blandine Guillemot; Mélanie Hardy; Natacha Marpillat; 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 • **Prescrire electronic media:** Hélène Merlin

Policy advocacy: Florence Vandeveld with Pierre Chirac, Olivier Huyghe, Rita Kessler, Christophe Kopp • **Projects:** Catherine Alexandre; Aldo Fari; Béatrice Guyard-Boileau; Martine Lalande; Karelle Le Gleut; Christine Piette; Didier Rod; Agnès Sommet • **Reviewers' panels:** Nadine Aidan and Christine Guilbaud • **For Belgium and Switzerland:** Sophie Chalons with Marie-Louise Bouffloux, Catherine Smolders (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:** 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 • **Organisation:** Hélène Merlin • **Atelier Médicaments en Question et Question de Pratiques:** Éric Bel • **Evaluation:** Sandrine Parmentier • **Accreditation:** Ghyslaine Galhau-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

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: Prescrire - 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: Pascale Albert (pharmacy); Emmanuel Andres (internal medicine); Stéphane Antignac (hospital pharmacy); Philippe Arlet (internal medicine); Brigitte Avril (general practice); Baptiste Barjhoux (pharmacy); Rémi Besançon (pharmacy student); Thomas Biasse (medical student); Jean-Michel Boiron (haematology); Henriette Bosvieux (pharmacy); Christine Botte (general practice); Béatrice Brembilla-Perrot (cardiology); Hervé Buisson (dermatology); Anne Cabau (gynaecology - obstetrics); Delphine Carré-Gislard (dermatology); Olivier Catala (pharmacy); Elie Cattan (dermatology); Philippe Chlapais (general practice); Sylvain Choquet (haematology); Olivier Chosidow (dermatology); Pierre Clautre (pharmacy); François Clinard (epidemiology); Christine Damase-Michel (pharmacology); Suzanne Dat (gynaecology); Eva Decotte (general practice); Philippe Deguiral (oncology); Thierry Delpuch (pharmacy); Geneviève Delzant (internal medicine); Corinne Denis (hygienics); Fabien Despas (pharmacology); Emmanuel Devouche (research); Robert Dubé (paediatrics - Canada); Catherine Dumont (paediatrics); Etienne Foisset (general practice); Henri Foulques (gynaecology); Patrick Friocourt (internal medicine); Stéphane Gayet (internal medicine); Matthieu Gonzalez (ophthalmology); Jean-Louis Goriaux (child psychiatry); Dominique Hillaire-Buys (pharmacology); Caroline Hurault-Delarue (pharmacovigilance); Nathalie Lafaye (DES France network); Robert Laurent (general practice); Patrick Le Padellec (pharmacy); Élisabeth Leca (pharmacology); Benoist Lejeune (microbiology); Gilles Lesieur (ophthalmology); Nadia Letailleur (pharmacy); Anne Levadou (president of DES France); Nicole Manderieux (ophthalmology); Luis Martin Arias (pharmacology - Spain); Raphaël Maville (general practice); Christian Merlin (pharmacy); Florence Metz (pharmacy); Noël Milpied (haematology); Jean-Louis Montastruc (pharmacology); Marion Montastruc (oncology); Michel Nougaière (general practice); Éric Peyron (psychiatry); François Pouliques (general practice); Robert Pujol (pharmacy); Emmanuel Raffoux (haematology); Françoise Rivals-Jonquet (general practice); Agnès Rocher (psychiatry); Marco Romero (general practice); Anny Rouvel-Tallec (neurobiology); François Roux (general practice); Patrice Roy (nursing care); Bernard Sarut (hospital pharmacy); Guy Seng (gastroenteropathology); Marie-Odile Soyer-Gobillard (HHorages); Benoît Tanguy (general practice); Xavier Thomas (haematology); Michel Tournaire (gynaecology - obstetrics); Philippe Vandendriessche (health insurance physician); Bruno Varet (haematology); Laurent Vercueil (neurology); Hélène Verdoux (psychiatry); Jean-Luc Vidal (general practice); Raphaël Wielgo (hospital pharmacy); Daniel Wirthner (gynaecology - obstetrics - Switzerland); Nassima Yahiaoui (pharmacovigilance)