

"To work, in all independence, in favour of quality health care, 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); 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 Genevier with Helen Le Bras, Hayley Wood and David Wynford-Thomas

Consultant: Judith Mintzes

PRESCRIRE

Publishing Director: Séverine Carré-Pétraud • **Publishing Committee:** Anaëlle Castelbou, Florence Chapelle, Pierre Chirac, Antoine Grandvullemin, Julien Gelly, Marjolaine Loyaux, Xavier Martin-Legeay, Jérôme Schlafer, Bruno Toussaint • **Development:** Anaëlle Castelbou with, Elise Dezothez, Pauline Dufougerey, 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:** Anaëlle Castelbou 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 Grandvullemin, Sandrine Parmentier

Section Editors: **New products:** Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvullemin *pharmacist* • **Adverse effects:** Céline Roussel *pharmacist* • **Drugs during pregnancy and lactation:** Céline Roussel *pharmacist* • **Drug interactions:** Jérôme Schlafer *general practitioner* with Sophie Pilon *pharmacist* and 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*; 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:** Christelle Sissokho with 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*; Fabrice Cahen *historian*; Valentine Campana *pharmacist*; 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*; Natacha Marpillat *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Menegeot *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*; Clotaire 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*; Élisabeth Veyriac *pharmacologist*; Cyril Vidal *dentist*; Carole Wolfermann *pharmacist* • **Final verifications:** Nehama Aidan; Anne Americh; Éric Bel; Angèle Bouquet; Christine Guilbaud; 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 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; Nicolas Demanet • **Reviewers' panels:** Nehama Aidan and Christine Guilbaud • **For Belgium and Switzerland:** Éric Bel with Céline Martin, Marie-Louise Bouffouix, 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, Blandine Guillemot-Pinard • **Other contributions:** Mathilde Cosson; Karelle Le Glout; 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: 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:

Xavier Allix (pharmacy); Marc Bailleul (pharmacy); Jordan Birebent (general practice); Karine Carpentier (pharmacy); Émilie Chalayer (haematology); Isabelle Chemarin (general practice); Laurent Chouchana (pharmacovigilance); Lionel Chouteau (general practice); Pascal Crenn (gastroenterology); Suzanne Dat (gynaecology); Bertrand Degos (neurology); Rosemary Dray-Spira (epidemiology); Erwann Du Rouchet (obstetrics & gynaecology); Jean-Paul Dutertre (pharmacology); Christine Fora-Ragot (pharmacy); Audrey Fresse (pharmacovigilance); Sylvie Gatt (pharmacy); Aurélie Grandvullemin (pharmacovigilance); Guillaume Grenet (pharmacology); Alain Heuzé (pharmacy); Robert Laurent (general practice); Philippe Lecocq (internal medicine); Julie Legrand (general practice); Jean-Daniel Lelièvre (infectious diseases); Raphael Magnan (hospital pharmacy); Catherine Masson (neurology); Christian Merlin (pharmacy); Alexandre Merlo (general practice); Jean-Louis Montastruc (pharmacology); Marc-Antoine Mulot (endocrinology); Élisabeth Paganelli (obstetrics & gynaecology); Lara Pellizza (general practice); Philippe Rodon (haematology); Lucien Roulet (hospital pharmacy); Gabrielle Samson (pharmacy); Clément Sihrener (pharmacy); Romain Sling (general practice); Pierre Sujobert (haematology); Benoît Tanguy (general practice); Frederick Varricchio (vaccination); Caroline Vincent (pharmacy); Philippe Wohrer (general practice)