

"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° 11 751 711 075) 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 Genvievr with Sue Davis, Helen Le Bras, Clara Siegmund, Hayley Wood and David Wynford-Thomas

Consultant: Judith Mintzes

PRESCRIRE

Publishing Director: Séverine Carré-Pétraud • **Publishing Committee:** Florence Chapelle, Thomas Declercq, Mélanie Hardy, Julien Gelly, Antoine Grandvilllemin, Marjolaine Loyaux, Xavier Martin-Legeay, Agathe Nouzille, Hélène Rosé • **Development:** Hélène Rosé with Elise Dezothez, 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 Brailon, Hacene Ingrachen, 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 Guilbaud *pharmacist* • **Health and society:** 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, Thomas Declercq, Marie-Sophie Lagarde, Cécile Loubeyre-Unique, Eve Parry, Elodie 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:** Aleksandra Debon, 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*; Pierre Chirac *pharmacist*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Bénédicte Connault *MD*; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Philippe Deguiral *oncologist*; 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 Legerot *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Florent Macé *pharmacist*; Raphaël Magnan *pharmacist*; Natacha Marpillat *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Mingeot *journalist*; Hélène Merlin *pharmacist*; Gilles Mignot *pharmacologist*; Denis Millies-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*; 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 Guilbaud; Ayah Hakim; Marie-Sophie Lagarde; Sophie Legerot; Philippe Manet; Natacha Marpillat; Évelyne Mouret-Cisterne; Samia Nabi; Eve Parry; Christelle

Sissokho; Minata Traoré; Carole Wolfermann • **Proofreading:** Aurélie Bordes, Henriette Bosvieux • **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, Sandrine Parmentier • **Prescrire electronic media:** Juliette Barthe; Mélanie Hardy • **Policy advocacy:** Rita Kessler with Nicolas Demanet • **Reviewers' panels:** Nehama Aidan and Christine Guilbaud • **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: 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:

Fatima-Zahra Alaoui (paediatrics); Mélanie Araujo (pharmacovigilance); Myriam Baes (pharmacy); Amaria Baghdadli (paediatrics); Romain Barus (pharmacovigilance); Solène Baudet (midwifery); Anne Bertier (pharmacy); Laurent Bloch (medical law); Isabelle Bürgy (pharmacy); Philippe Chanson (endocrinology); Laurent Chouchana (pharmacovigilance); Suzanne Dat (gynaecology); Cécile De Buttet Lacharme (general practice); Philippe Deguiral (oncology); Bernard Devis (general practice); Audrey Fresse (pharmacovigilance); Sophie Gautier (pharmacovigilance); Claire Gazaniol (pulmonology); Camille Gendry (general practice); François Gonon (neuroscience); Jacques Granger (pulmonology); Marianick Lambert (France Assos Santé); Sophie Le Pallec (Amalyste); Cosette Le Souder (pharmacovigilance); Philippe Lecocq (internal medicine); Cécile Lefebvre (general practice); Stéphane Loukine (general practice); Elisabeth Luporsi (oncology); Hervé Maisonneuve (public health); Christian Merlin (pharmacy); Jean-Louis Montastruc (pharmacology); Marie-José Moquet (physician); Eric Moxhon (obstetrics & gynaecology); Marc-Antoine Mulot (endocrinology); Florian Naudet (methodology); Anne Oberti (midwifery); Jean-Noël Padé (pharmacy); Elisabeth Paganelli (obstetrics & gynaecology); Jean-Jacques Pascal (France Assos Santé); Sabine Paysant (midwifery); Thierry Saint-Marc (general practice); Sophie Salland (AVEC); Catherine Soulat (obstetrics & gynaecology); Gwenaëlle Veyrac (pharmacovigilance); Christine Villelongue (France Dépression)