

"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); Antoine Grandvullemin (Deputy President); Dörte Gunthert (Treasurer); Maryline Duflus-Gelgon (Deputy Treasurer); Bernard Topuz (General Secretary); Samia Nabi (Deputy General Secretary).

President: Pierre Chirac *pharmacist*

PRESCRIRE INTERNATIONAL

Managing Editor: Dörte Gunthert *geriatrician*

Coordinating Editor: Christine Badiane

Sub Editor: Karen Albrecht

Translators: Helen Geneviev, Ros Schwartz, David Wynford-Thomas

Consultant: Judith Mintzes

Subscription department: Christine Barraud

Prescrire:

Publishing Director: Bruno Toussaint with Séverine Carré-Pétraud • **Publishing Committee:** José Aguilar, Florence Chapelle, Pierre Chirac, Aurélie Delépine, Marjolaine Loyaux, Hélène Merlin, Jérôme Robert, Jérôme Sclafer • **Development:** Shirley Decupère with Lucie Alexandre, Nathalie Carrere, Élise Dezothez, Bernardin Dilou and Robin Trotel, My Branding Power • **Coordination - Human Resources and Office Services:** Marjolaine Loyaux with Martine Divet, Laetitia Luyéy Kinioko, Huynh Dieu Nguyen, Astou Badji, Ibrahim Daffé, Christelle Lesage, "Il est 5 heures" • **Accounts:** Tanguy Goblet with Fabrice Chane-Yock • **Circulation and Subscriber Services:** Christine Barraud with Aleksandra Debon, Cécile Gai, Corinne Kramer, Patricia Médioni, Cécile Monteil, Élie Moulin; technical solutions B&C Technologies • **Information Technology:** Xavier Martin-Legeas, with Pierre-Hakim Bekhti and Frédéric Jouzel, Apogea, DevPartner, Dokoos, Les Artisans numériques, PFL consulting, Tirème, Ze Team • **Design: Art Director:** Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmeziane, Jérôme Laheurte, 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 > How we work*.

Editor: Jérôme Sclafer *general practitioner* and Florence Chapelle *pharmacist* • **Editorial Committee:** Pierre Chirac, Aurélie Delépine, Frédérique Digonnet, Antoine Grandvullemin, Philippe Mura

Section Editors: New products: Eric Cerqueira *pharmacist*; Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvullemin *pharmacist* • **Adverse effects:** Élisabeth Veyriac *pharmacologist* with Marie-France Gonzalez *pharmacist* and Céline Roussel *pharmacist* • **Drugs and pregnancy:** Céline Roussel *pharmacist* • **Drug interactions:** Sophie Chalons *pharmacist*; Sophie Pilon *pharmacist*; Elisabeth Veyriac *pharmacologist* • **Reviews:** José Aguilar MD; Anne Aubert *pharmacist*; Juliette Barthe *general practitioner*; Aurélie Delépine MD, Julien Gelly MD, Marc Legrelle *diabetes specialist*; Philippe Mura MD; Céline Martin *pharmacist* • **Information to patients:** Christine Guilbaud *pharmacist* • **Health and society:** Pierre Chirac *pharmacist*; Bénédicte Connault MD; Mathieu Hautemulle *journalist*; Sandrine Parmentier *sociology* • **Book review:** Pierre Frouard *general practitioner* • **History of medicine:** Hélène Frouard *historian* • **Guideline watch:** Marine Barillot *pharmacist* • **Reader's test:** Julien Gelly MD with Frédérique Digonnet *pharmacist*; • **Take it easy:** Dörte Gunthert *geriatrician* • **Forum:** Jérôme Robert • **Queries and comments:** José Aguilar MD • **Prescrire electronic media:** Hélène Merlin *pharmacist* • **Production Editor:** Christine Badiane with Sophie Bel • **Information search: Companies and agencies:** Karine Begnaud with Élodie Artielle-Beaucamp, Julie Bontemps, Thomas Declercq, Ayah Hakim, Cécile Loubeyre-Unique, Eve Parry • **Health products regulation:** Olivier Huyghe • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Astou Badji, Nathalie Hayes and Hortense Sanon • **Editorial Office:** Christelle Sissokho with Hélène Declercq • **Editors:** Nehama Aidan *dentist*; Anne Americh *pharmacist*; Élodie Artielle-Beaucamp *pharmacist*; Jean-François Audouard *general practitioner*; Marie Babin *biologist*; Amélie Battaglia *midwife*; Karine Begnaud *pharmacist*; Éric Bel *pharmacist*; Valentine de Bellerocche *social law*; Julie Bontemps *pharmacist*; Christian Bouret *general practitioner*; Delphine Bourneau-Martin *pharmacist*; Odile Burrus *nurse*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Claude Demange

pharmacist; Frédérique Digonnet *pharmacist*; Jean Doubovetzky *general practitioner*; Catherine Dumont *paediatrician*; Houria Farhi *general practitioner*; Philippe Gabrié MD; Ghyslaine Galhaud-Costes *pharmacist*; Aymeric Gamondes *nursing*; Alexandre Gelgon *general practitioner*; Jean-Pierre Gribeauval *medical law*; Philippe Gripon *occupational medicine, toxicologist*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; 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*; Natacha Marpillat *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Menegeot *journalist*; Gilles Mignot *pharmacologist*; Denis Millières-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard *general practitioner*; Didier Morère *pharmacist*; 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*; Jean-Yves Rolland *dentist*; Agnès Rouzès *pharmacist*; Bernard Rueff MD; Adèle Salain *general practitioner*; Paul Scheffer *education science*; Philippe Schilliger MD; Étienne Schmitt *pharmacist*; Guillaume Schramme *general practitioner*; Bernard Topuz MD; Cyril Vidal *dentist* • **Consulting Editors:** Philippe Adrien; Henriette Vosieux; Angèle Bouquet; Alain Butscher; Blandine Guillemot-Pinard; Mélanie Hardy; Natacha Marpillat; Olivier Rozand • **Art and Photo Editor:** Olivier Huyghe • **Illustrations:** Léa Lord; Alain Savino • **Indexing:** Mélanie Hardy, Hélène Merlin with Marine Barillot, Laurence Le Quang Trieu, Cécile Loubeyre-Unique, Sandrine Parmentier • **Prescrire electronic media:** Hélène Merlin • **Policy advocacy:** Rita Kessler with Pierre Chirac, Olivier Huyghe • **Reviewers' panels:** Nehama 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 Cristina Cerise (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, Blandine Guillemot, Jérôme Robert with Cécile Monteil • **Other contributions:** Aldo Fari; Martine Lalande; Karelle Le Gleut; Christine Piette; Didier Rod; Agnès Sommet • **Continuing education programmes: Pedagogical advisers:** Frédérique Digonnet with Philippe Schilliger • **Instructors:** Anne Aubert; Frédérique Digonnet; Julien Gelly • **Organisation:** Hélène Merlin • **Atelier Médicaments en Questions et Question de Pratiques:** Éric Bel; Jérôme Jean • **Evaluation:** Sandrine Parmentier • **Accreditation:** Ghyslaine Galhaud-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*.

André-Alice Allain (nursing care); Florence Ambrosino (nursing care); Daniel Annequin (anaesthesiology-intensive care); Stéphane Antigang (hospital pharmacy); Youna Audouard-Marzin (pharmacy); Myriam Baes (pharmacy - Belgium); Marc Baillet (pharmacy); Bastien Balouet (general practice); Lise Barméoud (journalism); Sabine Baron (paediatrics); Brigitte Barrois (physical medicine and rehabilitation); Hélène Beringuer (occupational medicine); Monique Berion (general practice); Bénédicte Bernadac (hospital pharmacy); Patrick Biard (general practice); Agathe Billette De Villemeur (public health); Christine Botte (general practice); Habib Boughazi (general practice - Algeria); Anne-Marie Bouldouyre-Magnier (general practice); Mathilde Bouteiller (palliative care); Élisabeth Bouvet (infectiology); Suzanne Braig (gynaecology - obstetrics); François Bricaire (infectiology); Kanettee Busiah (endocrinology - Switzerland); Jean-Claude Carel (endocrinology); Aude Caria (psychology); Richard Causs (hospital pharmacy); Vincent Césà (general practice); Christine Chaignon (public health medicine); Salomé Chauquette (general practice); Marianne Cinot (general practice); Sigrid Cirera (nursing care); Valérie Colas (pharmacy and toxicology); Bérangère Cumeson (Farmaka - United Kingdom); Tommy Courtel (general practice); Sabrina Crépin (pharmacovigilance); Christine Damase-Michel (pharmacovigilance); Sylvie Dardalhon (geriatrics); Benoît De Wazieres (geriatrics); Philippe Deguiral (oncology); Ludovic Douay (general practice); Maryline Duflus-Gelgon (general practice); Pascale Dugast (hospital pharmacy); Catherine Dumont (paediatrics); Baudouin Dussard (pharmacy); Mounia El Yamani (occupational health); Sophie Fedrizzi (pharmacovigilance); Stéphane Ferrando (pain medicine); Claire Filloux (pharmacovigilance); Anne Florin (occupational medicine); Christine Fora-Ragot (pharmacy); Nathalie Fouillhé Sam-Lai (toxic substance surveillance); Henri Foulques (gynaecology); Stéphane Fraize (general practice); Sophie Gautier (pharmacology); Claire Gautreau (hospital pharmacy); Thomas Gelineau (general practice); Jean-Mar. Géniole (geriatrics); Bertrand Gilot (psychiatry); Elise Girault-Lacave (hospital pharmacy); Corinne Gras (hospital pharmacy); Nadine Nancy Griffet (auxiliary nurse); Antoine Grison (general practice); Gérard Guesdon (palliative care); Frédéric Guillemot (pharmacy); Annabelle Guilleux (INRS); Bernard Guillot (dermatology); Jean-Paul Gultmann (public health); Christian Guy-Coichard (pain medicine); Sandra Henocq (general practice); Florence Herbodeau (nursing care); Alain Heuré (pharmacy); Catherine Hill (epidemiology); Caroline Huraud-Delarcq (reproductive epidemiology); François Ibrara (urology); Clara Jaramillo (dermatology); Pierre Jarry (paediatrics); Eric Jobard (hospital pharmacy); François Katona (general practice); Jean Michel Kyriacos (pharmacy); Simon Laliman (midwife); Jean Lamarche (pharmacy); Mary-Christine Lanoue (medit); Mathieu Laramas (oncology); Odile Launay (infectiology); Marie-Alice Laville (ophthalmology); Xavier Le Roux (pharmacy); Claude Ledoux (pharmacy); Sylvie Lefebvre-Chapiro (geriatrics); Daniel Lévy-Bruhl (public health France); Hervé Maisonneuve (scientific editor); Stéphane Malard (toxicology); Christian Merlin (pharmacy); Alexandre Merlo (general practice); Jean-Louis Monasturc (pharmacology); Yves Mossu (general practice); Annick Moulmas (hospital pharmacy); Jean-Ulrich Mullot (pharmacy); Didier Myhié (general practice); Sophie Ndaw (INRS); Thierry Neyser (general practice); Anne Nicolas (medical biology); Christophe Orsaud (ophthalmology); Tine Ouahsine Van Albada (paediatrics); Henri Parouche (general practice); Jean Passeron (INRS); Léa Peroni (nursing care); Hélène Peyrière (pharmacology); Michel Polak (paediatrics); Véronique Prache (child and maternal protection centre); Olivier Prois (general practice); Hervé Renault (general practice); Mounir Rhalimi (hospital pharmacy); Elisabeth Rivoller (general practice); Olivier Rozeaux (infectiology); François-Xavier Rose (hospital pharmacy); Anny Rouvel-Tallec (neurobiology); Laurent Salsac (nursing care); Guy Savy (general practice); Raphaël Serreau (preventive medicine); Clément Silbrener (pharmacy); Laurence Soulat (gynaecology); Arnaud Sourty (general practice); Matthieu Stipon (general practice); Mathieu Thomazo (general practice); Raphaël Vazquez (hospital pharmacy); Laurent Verceuil (neurology); Pierre Verger (public health); Chloé Viard (midwife); Annick Wostyn (nursing care)