

**President:** Philippe Mura *general practitioner*

### ASSOCIATION MIEUX PRESCRIRE

"To work, in all independence, in favour of quality healthcare, in the interest of patients, through the dissemination of knowledge and the continuing education of healthcare professionals (...)" (Article 1 of the Association Mieux Prescrire bylaws).

*Prescrire International* is a bimonthly journal of selected texts translated from the French journal *Prescrire*.

*Prescrire* is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: **Philippe Mura (President); Pierre Chirac (Vice President); Hubert Ghestem (Treasurer); Antoine Grandvullemin (Deputy Treasurer); Jacques Juillard (General Secretary); Maryline Dufils (Deputy General Secretary).**

**Executive Committee:** Abdelhakim Berrah; Jérôme Robert; Philippe Schilliger; Bruno Toussaint

**Executive Assistant:** Florence Vandevelde

**Executive Secretary:** Martine Divet

**Development:** Fabrice Mailly assisted by Nolwenn Clec'h, Bernardin Dilou and Mélody Royère; Houria Farhi (Algeria)

**Human Resources:** Valentine de Belleroche

**Accounts:** Tanguy Goblet assisted by Martine Kowanski  
**Administration, Reception, Mail Room:** Jean-Pierre Bargin, with Françoise Amani, Séverine Bégnès, Thierry Tsonga, Astou Badji and Gérald Pierre

**Circulation:** Christine Barraud

**Subscriber Services:** Corinne Kramer assisted by Stéphanie Traca and Aleksandra Debon

**Subscriber Relations:** Annie Péresse, Cécile Poilpré, assisted by Hélène Declerck

**Information Technology:** Xavier Martin-Legeay, with Bilog, Iago, SamuInformatique, Réza Shakaralazadeh

### 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

**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.**

### DESIGN

**Art Director:** Martine Talent

**Layout:** Nathalie Froment assisted by Véronique Beauzel, Catherine Marriette, Sandrine Mourthé, Sandrine Praud and Geneviève Lamagdelaine

**Multimedia layout:** Catherine Marriette

**Printing:** Les Ateliers réunis - France

### CONTINUING EDUCATION PROGRAMMES

**Manager:** Philippe Schilliger • **Logistics:** Aleksandra Debon; Huynh Dieu Nguyen; Cécile Gai; Patricia Médioni • **Instructors:** Christian Boret; Frédéric Digonnet; Marie-France Gonzalez; Jacques Juillard; Odile Martinet; Hélène Merlin; Étienne Schmitt; Maryse Véron • **Quality control:** Hélène Merlin • **Evaluation:** Michel Coletti; Dominique Broclain; Florence Vandevelde • **Project Advisor:** Pierre Atlan



Prescrire is a founder and member of ISDB, a network of independent drug bulletins which aims to promote international exchange of quality information on drugs and therapeutics.  
Website: <http://isdbweb.org>

### EDITORIAL STAFF

Members of the Prescrire Editorial Staff sign a yearly declaration of absence of conflicts of interest, in accordance with Prescrire's "No merci..." Charter. Members are free from any interest contrary to Association Mieux Prescrire's objectives (the Charter and the Declaration are available online at [www.prescrire.org](http://www.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. They define editorial goals. They oversee documentary

research, the writing and rewriting of texts, and 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 ([www.english-prescrire.org](http://www.english-prescrire.org)); see the "About Prescrire" section, "How we work".

### PRESCRIRE INTERNATIONAL

**Managing Editor:** Christophe Kopp *general practitioner*

**Coordinating Editor:** Christine Badiane

**Sub Editor:** Karen Albrecht

**Translators:** David Young, Helen Genevier, Ros Schwartz

**Consultants:** Judith Mintzes, Andrea Tarr

**Subscription department:** Corinne Kramer

### PRESCRIRE

**Editorial Director:** Bruno Toussaint MD with José Aguilar MD, Philippe Mura *general practitioner*, Philippe Schilliger MD

#### Section Editors:

• **Brain-teaser:** José Aguilar MD • **New products:** Séverine Carré-Pétraud *pharmacist*; Sébastien Hardy *pharmacist*; Gilles Mignot *pharmacist* • **Adverse effects:** Élisabeth Veyriac *pharmacologist* • **Reviews:** Marc Legrelle *diabetologist*; Jean-Pierre Noiry *general practitioner*; Jérôme Sclafer *general practitioner* • **Key messages:** Philippe Mura *general practitioner* and Céline Martin *pharmacist* • **Information to Patients:** Jean Doubovetzky *general practitioner* • **Health and society:** Pierre Chirac *pharmacist*; Bénédicte Connault MD • **Book review:** Jacques Juillard MD • **Guideline watch:** Jean-Pierre Noiry *general practitioner* • **Reader's test:** Christian Bourret *general practitioner* • **Take it easy:** Christophe Kopp *general practitioner* • **Deciphering medical articles:** Marc Legrelle *diabetes specialist* • **Forum:** Odile Burrus *nurse* • **Questions/Answers:** Jeanne Maritoux *pharmacist* • **Prescrire electronic media:** Hélène Merlin *pharmacist*

#### Information search:

• **Companies and agencies:** Olivier Huyghe *pharmacist* assisted by Anne Americh *pharmacist*, Sophie Ginolhac *pharmacist*, Laurence Le Quang Trieu *pharmacist*, Cécile Loubeyre-Unique *pharmacist*, Samia Nabi *pharmacist* assisted by Julie Gouzil • **Literature search:** Marine Barillot, Dominique Broclain, Cécile Loubeyre-Unique, Minata Traoré; assisted by Julie Gouzil, Nathalie Hayes, Hortense Sanon

**Production Editor:** Christine Badiane

**Senior Editors:** Catherine Alexandre MD; Anne Americh *pharmacist*; Isabelle Breton MD; Clarisse Briand *health economist*; Dominique Broclain MD-*sociologist*; Jean Bruneton *pharmacognosy specialist*; Jean Doubovetzky *general practitioner*; Catherine Dumont *paediatrician*;

Aldo Fari *biologist*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Olivier Huyghe *pharmacist*; Laurence Le Quang Trieu *pharmacist*; Céline Martin *pharmacist*; Marie-Anne Mengeot *journalist*; Chantal Oliéric *pharmacist*; Étienne Schmitt *pharmacist*

**Junior Editors:** Laurence Aimard *civil engineer*; Marie Babin *biologist*; Abdelhakim Berrah *economist*; Delphine Carré-Gislard *dermatologist*; Florence Chapelle *pharmacist*; Nina Degrell *pharmacist*; Houria Farhi MD-Algeria; Nathalie François-Moliner *paediatrician*; Hubert Ghestem *pharmacist*; Sophie Ginolhac *pharmacist*; Marie-France Gonzalez *pharmacist*; Antoine Grandvullemin *pharmacist*; Dörte Gunthert *geriatrician*; Fabienne Jourdan *emergency care*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Odile Martinet *geriatrician*; Denis Millières-Lacroix *general practitioner*; Evelyne Mouret *pharmacist*; Clotaire Nanga *pharmacist*; Angelina Nguyen-Tramond MD; Élisabeth Rivollier *general practitioner*; Céline Roussel *pharmacist*; Bernard Rueff MD; Bernard Topuz MD; Florence Vandevelde *pharmacist*; Maryse Véron *nurse*.

**Art and Photo Editor:** Olivier Huyghe

**Illustrations:** José David; Léa Lord; Alain Savino

**Packaging working group:** Olivier Huyghe and Samia Nabi

**Indexing:** Marie Babin; Hélène Merlin with Mélanie Hardy and Sandrine Parmentier

**Projects:** Mireille Didier; Samia Nabi; Didier Rod; Marianne Samuelson

**Quality control:** Philippe Adrien; Marie Babin; Odile Burrus; Claude Demange; Sophie Ginolhac; Mélanie Hardy; Jeanne Maritoux; Hélène Merlin; Laure Misrahi; Catherine Monteiro; Evelyne Mouret; Céline Roussel

**Proofreading:** Marie-Paule Baron; Jeanne Maritoux; Christian Merlin; Denis Millières-Lacroix; Evelyne Mouret; Annie Péresse; Céline Roussel

**Reviewers' panels:** Laure Misrahi

**For Belgium and Switzerland:** Cécile Poilpré with Marie-Louise Bouffieux, Dominique Leyh (Agence fédérale des médicaments et des produits de santé - département Bon usage des médicaments), and Doris Ballinari, Martine Ruggli (pharmaSuisse, Société suisse des pharmaciens)

**Translations "Assessment Elsewhere":** Marie-Andrée Bernard, Marja Liisa Jérôme, Pierre Klotz, Karin Raton

**Logistics:** Christelle Sissokho and Hélène Declerck  
**Prescrire electronic media:** Hélène Merlin with Sandrine Parmentier  
**Websites:** Philippe Schilliger with Karen Albrecht

**REVIEW PANEL:** The following persons reviewed the articles, which were first published in *Prescrire* then translated for this issue of *Prescrire International*. Jean-Jacques Altman (diabetology); Teresa Alves (Health Action International - The Netherlands); Marc Alzieu (resuscitation); Michel Aujoulat (general practice); Anne Auperin (epidemiology); Guillaume Babin (medical student); Haleh Bagheri (pharmacology); Thomas Bardin (rheumatology); Arnaud Basdevant (nutrition); Laurence Baumann-Coblentz (general practice); Frédérique Beau-Salinas (pharmacology); Karine Bégnaud (community pharmacy); Anne Bénard (pharmacovigilance); Claude Béraud (health insurance); Philippe Bertin (rheumatology); Gérard Besson (neurology); Karine Beuzit (hospital pharmacy); Philippe Biedermann (general practice); Philippe Blanc (cardiology); Michel Boiret (general practice); Jean-Marie Bonnet-blanc (dermatology); Alain Bottero (psychiatry); Jean-Claude Bouix (general practice); Irina Bourmeries (dermatology); Michel Burellier (general practice); Aude Caria (psychology); Christophe Cazard (general practice); Éric Cerqueira (hospital pharmacy); Patrick Chariot (toxicology); Bruno Charpiat (hospital pharmacy); Emmanuel Chartier-Kastler (urology); Pierre Chevalier (INAMI - Belgium); Laurent Chiche (internal practice); Marcel Chiche (general practice); Olivier Chosidow (dermatology); Jean-Pierre Clavel (biology); Jacques Cogitore (community pharmacy); Maurice Combes (general practice); Philippe Comet (general practice); Patrick Couzigou (gastroenterology); Sylvain-Georges Dally (toxicology); Amélie Dave-luy (pharmacovigilance); Christophe Debeugny (public health); Philippe Deguiral (oncology); Luc De Haro (toxicology); Pierre Delion (child psychiatry); Claude Demange (hospital pharmacy); Cécile Denis (psychology laboratory); Frédéric Depiesse (sports medicine); Jean-Louis Devoize (neurology); Jean-Dominique Doublet (urology); Brigitte Dreno (dermatology); Éric Dresco (internal medicine); Louis Dubertret (dermatology); Edith Dufay (hospital pharmacy); Emmanuel Dumont (cardiology); Dominique Dupagne (general practice); Gérard Durand (public health); Waly Fager (hospital pharmacy); Joëlle Faucher-Grassin (hospital pharmacy); Pierre Faure (hospital pharmacy); Jean-Louis Feit (community pharmacy); Patricia Fiquet (dietetics); Maria Font (ISDB); Laurence Fossat (hospital pharmacy); Nathalie Fouille Sam-Lai (toxicology); Caroline Fouquet-Martineau (dietetics); Sylvie François (hospital pharmacy); Pascal Gache (alcoology - Switzerland); Guy Galopin (general practice); Silvio Garattini (Istituto Mario Negri - Italy); Pierre Gillet (pharmacology); Bertrand Gilot (psychiatry); Christine Gintz (psychiatry); Gilles Godet (anaesthesia); Claude Got (public health decision making); Antoine Grisoni (general practice); Christine Guilbaud

(community pharmacy); Bernard Guillot (dermatology); Jean-Michel Guy (cardiology); Serge Halimi (diabetology); Agnès Hartemann-Heurtier (diabetology); Gérard Helft (cardiology); Ghislaine Henry (general practice); Marie Henry (general practice); Tanja Holager (pharmacology - Norway); Dominique Huez (occupational medicine); Philippe Icart (occupational medicine); Michel Jehaes (general practice - Belgium); Paul Jungers (nephrology); Rita Kessler (AIM - Belgium); Séverine Kirschleger (occupational medicine); Pascale Lainé (pharmacology); Frédéric Lapostolle (resuscitation); Philippe Latreyte (general practice); Christian Layole (community pharmacy); Bénédicte Lebrun-Vignes (pharmacology); Philippe Lecocq (infectiology); Stéphane Le Gratiat (pharmacy); Jean-Pierre Lellouche (pediatrics); Éric Maczyta (psychiatry); Jacques Mal-lecourt (neurology); Éric Marchesseau (general practice); Pierre Meneton (Inserm U367); Philippe Michel (CECQA); Noël Milpied (haematology); Catherine Montagnier-Petrissans (hospital pharmacy); Jean-Louis Monastrec (pharmacology); Jean-Luc Moreau (urology); Didier Morère (hospital pharmacy); Philippe Nicot (general practice); Philippe Noir De Chazournes (general practice); Yves Nouaille (pharmacovigilance); Michel Ollagnier (pharmacology); François Paille (alcoology); Philippe Passa (endocrinology); Jean-Luc Patuel (general practice); Alfred Penfomis (diabetology); Paul Perrin (urology); Éric Peyron (psychiatry); Henry Pezerat (toxicology); Valérie Piguet (pharmacovigilance - Switzerland); Alain Pinzani (cardiology); Frédéric Plotka-Brun (general practice); Marie-Hélène Portal (general practice); Erwan Poupon (pharmacy); Éric Priou (community pharmacy); Robert Pujol (community pharmacy); Jean-Max Ramette (general practice); Catherine Remblier (pharmacovigilance); Dominique Reynaud (general practice); Arnaud Ribier (cardiology); Aude Rigoir-Louvel (dietetics); Françoise Rivals-Jonquet (general practice); Renaud Rouille (hospital pharmacy); Valérie Rougeot (pharmacy); Annick Rouleau (pharmacy); Philippe Roux (general practice); Jean-François Royer (pharmacy); Olivier Rozand (general practice); Alain Ruffion (urology); François-Xavier Sallée (diabetology); Marc Samama (anaesthesiology); Franck Semah (neurology); François Serru (community pharmacy); Emmanuel Sonnet (diabetology); Michel Spadari (toxicology); Philippe Thellier (cardiology); Pierre Thomas (dermatology); Xavier Thomas (haematology); Edgar Tissot (pharmacy); Pierre-Yves Traynard (diabetology); Thierry Trenque (pharmacology); Corinne Treillard (hospital pharmacy); Fernand Turcotte (public health); Raphaël Urea (general practice); Laurent Vercueil (neurology); Maxime Villiet (hospital pharmacy); Philippe Vinceneux (internal medicine); Isabelle Vincent (general practice)