

"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 non-profit medical 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 (Vice President); Dörte Gunthert (Treasurer); Maryline Dufils-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, David Wynford-Thomas

Consultant: Judith Mintzes

Subscription department: Christine Barraud

Prescrire:

Publishing Director: Séverine Carré-Pétraud • **Publishing Committee:** Florence Chapelle, Pierre Chirac, Marjolaine Loyaux, Xavier Martin-Legeay, Jérôme Robert, Jérôme Schlafer, Bruno Toussaint • **Development:** Shirley Decupère with Nathalie Carrere, Élise Dezothez, Bernardin Dilou, Nicolas Guillaud, Margaux Tombal • **Coordination - Human Resources and Office Services:** Marjolaine Loyaux with Martine Divet, Huynh Dieu Nguyen, Danielle Smila, Astou Badji, Ibrahima Daffé, Christelle Lesage, "Il est 5 heures" • **Accounts:** Tanguy Goblet with Fabrice Chane-Yock • **Circulation and Subscriber Services:** Christine Barraud with Anaëlle Castelbou, Aleksandra Debon, Cécile Gai, Corinne Kramer, Patricia Médioni; technical solutions TBS group and B&C Technologies • **Information Technology:** Xavier Martin-Legeay, with Pierre-Hakim Bekhti, Frédéric Jouzel, Arthur Provenier; Amplexor, Apogea, DevPartner, Dokeos, Les Artisans numériques, PFL consulting, Tirème, Ze Team • **Design: Art Director:** Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmezziane, 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). 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: Jérôme Schlafer *general practitioner* and Florence Chapelle *pharmacist* • **Editorial Committee:** Pierre Chirac, Marine Barillot, Frédérique Dignonnet, Julien Gelly, Antoine Grandvullemin

Section Editors: New products: Eric Cerqueira *pharmacist*; Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvullemin *pharmacist* • **Adverse effects:** Céline Roussel *pharmacist* with Marie-France Gonzalez *pharmacist* • **Drugs and pregnancy:** Céline Roussel *pharmacist* • **Drug interactions:** Sophie Chalons *pharmacist*; Sophie Pilon *pharmacist*; Elisabeth Veyriac *pharmacologist* • **Reviews:** José Aguilár MD; Anne Aubert *pharmacist*; Juliette Barthe *general practitioner*; Aurélie Delépine *general practitioner*; Julien Gelly MD; Marc Legrelle *diabetes specialist*; Céline Martin *pharmacist* • **Information to patients:** Christine Guillaud *pharmacist* • **Health and society:** Pierre Chirac *pharmacist*; Mathieu Hautemulle *journalist*; Sandrine Parmentier *sociology* • **History of medicine:** Hélène Frouard *historian* • **Guideline watch:** Marine Barillot *pharmacist* • **Reader's test:** Julien Gelly MD with Frédérique Dignonnet *pharmacist* • **Take it easy:** Dörte Gunthert *geriatrician* • **Forum:** Jérôme Robert • **Prescrire electronic media:** Hélène Merlin *pharmacist* • **Production Editors** Christine Badiane, Sophie Bel, Blandine Guillemot-Pinard • **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 • **Packaging Atelier:** Thomas Declercq and Élodie Artielle-Beaucamp • **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*; Eric Bel *pharmacist*; Valentine de Bellerocche *social law*; Julie Bontemps *pharmacist*; Christian Bouret *general practitioner*; Delphine Bourneau-Martin *pharmacist*; Odile Burrus *nurse*; Fabrice Cahen *history*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Bénédicte Connault MD; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Morgane Dejean *pharmacist*; Claude Demange *pharmacist*; Alizée Detife *general practitioner*; Frédérique Dignonnet *pharmacist*; Jean Doubovetzky *general practitioner*; Philippe Gabrié MD; Ghyslaine Galhaud-Costes *pharmacist*; Aymeric Gamondes *nursing*; Margaux Gaubert *journalist*; Alexandre Gelgon *general practitioner*; Jean-Pierre Gribereau *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 Mengeot *journalist*; Hélène Merlin *pharmacist*; Gilles Mignot *pharmacologist*; Marie Miller *physiotherapist*;

Denis Milliès-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*; Gabriel Perraud *medical student*; Anne-Gaëlle Provost *general practitioner*; Jean-Yves Rolland *dentist*; Agnès Rouzès *pharmacist*; Bernard Rueff MD; Adèle Salaün *general practitioner*; Philippe Schilliger MD; Étienne Schmitt *pharmacist*; Guillaume Schramme *general practitioner*; Bernard Topuz MD; Bruno Toussaint *general practitioner*; Elisabeth Veyriac *pharmacologist*; Cyril Vidal *dentist* • **Final verifications:** Nehama Aidan; Karine Begnaud; Valentine de Bellerocche Angèle Bouquet; Margaux Gaubert; Christine Guillaud; Cécile Loubeyre-Unique; Sophie Chalons; Philippe Manet; Natacha Marpillat; Evelyne Mouret-Cisterne; Samia Nabi; Eve Parry; Christelle Sissokho; Bernard Topuz • **Proof reading:** Henriette Bosvieux; Alain Burtscher; Olivier Rozand • **Art and Photo Editor:** Olivier Huyghe • **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 • **Reviewers' panels:** Nehama Aidan and Christine Guillaud • **For Belgium and Switzerland:** Sophie Chalons with Éric Bel, Marie-Louise Bouffieux, Catherine Smolders (Agence fédérale des médicaments et des produits de santé), and Samantha Megel (pharmaSuisse) • **Translations "Assessment Elsewhere":** Marie-Andrée Bernard, Annick Pijnenburg, Karin Raton, Eva Stille • **Website:** Karen Albrecht • **Subscriber correspondence:** Anne Americh, Nolwenn Clec'h, Blandine Guillemot-Pinard, Jérôme Robert • **Other contributions:** Aldo Fari; Martine Lalande; Karelle Le Gleut; Christine Piette; Didier Rod; Agnès Sommet

Continuing education programmes: Pedagogical advisers: Frédérique Dignonnet with Philippe Schilliger • **Instructors:** Anne Aubert; Frédérique Dignonnet; Julien Gelly • **Atelier Médicaments en Questions et Question de Pratiques:** 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 the International Society of Drug Bulletins (ISDB), a worldwide network of bulletins and journals on drugs and therapeutics that are financially and intellectually independent of pharmaceutical industry. The overall aim of ISDB is to encourage and assist the development of independent drug bulletins and to facilitate cooperation amongst them.

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:

Estelle Ayme-Dietrich (pharmacology); Myriam Baes (pharmacy); Haleh Bagheri (pharmacovigilance); Marc Baillieu (pharmacy); Anne Battut (midwife); Joëlle Belaisch-Allart (gynaecology-obstetrics); Anne-Marie Ben Taarit (pharmacy); Johana Bénédicte (pharmacovigilance); Youssef Bennis (pharmacovigilance); Ivan Bertchansky (internal medicine); Henriette Bosvieux (hospital pharmacy); Henri Bruel (paediatrics); Alain Burtscher (paediatrics); Isabelle Chemarin (general practice); Christophe Chiny (general practice); Lionel Chouteau (general practice); Didier Clément (general practice); Marie Courdent (infant care); Christine Damase-Michel (pharmacovigilance); Sybille De Germay (pharmacovigilance); Catherine Dumont (paediatrics); Christian Enjaume (paediatrics); Carole Fourny (pharmacy); Pierre Frouard (general practice); Gérard Gagnant (pharmacy); François Garnier (general practice); Marylaure Gavard (hospital pharmacy); Marie-José Gervoise Boyer (pharmacovigilance); Jean-Sébastien Hulot (general practice); Frédérique Kuttenn (endocrinology); Gilles Le Pallec (hospital pharmacy); Estelle Ledon (nursing care); Vincent Louveau (general practice); Alexandre Malmartel (general practice); Karine Mangerel (hospital pharmacy); Christian Merlin (pharmacy); Pascal Millet (medical biology); Camille Mura (midwife); Hervé Ngayap Nemkam (paediatric cardiology); Jean-Michel Oriol (general practice); Bernard Pabion (general practice); Lionel Pazart (general practice); Bernard Pecoul (neglected tropical diseases); Jean-Patrick Penot (cardiology); Laure Peyro-Saint-Paul (pharmacovigilance); Brigitte Prevost-Meslet (infant care); Charlotte Renaud (general practice); Jean Rigal (Doctors without borders); Michaël Rochoy (general practice); François Roux (general practice); Nathalie Roux (hospital pharmacy); Olivier Rozand (general practice); Gabrielle Samson (pharmacy); Guy Savy (general practice); Clément Sihrener (pharmacy); Catherine Soulat (gynaecology); Els Torrele (neglected tropical diseases); Josette Vallée (general practice); Maryse Véron (nursing care); Isabelle Vincent (hospital pharmacy); Anne Wautier (gynaecology); Daniel Wirthner (gynaecology-obstetrics)