

“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: Christophe Kopp *general practitioner*

Coordinating Editor: Christine Badiane

Sub Editor: Karen Albrecht

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

Consultants: Judith Mintzes, Andrea Tarr

Subscription department: Christine Barraud

Prescrire:

Publishing Director: Bruno Toussaint with Séverine Carré-Pétraud • **Publishing Committee:** José Aguilar, Pierre Chirac, Aurélie Delépine, Marjolaine Loyaux, Hélène Merlin, Jérôme Robert, Jérôme Sclafér • **Executive Secretary:** Martine Divet • **Development:** Shirley Decupère with Lucie Alexandre, Nathalie Carrere, Géraldine Cavagnon, Élise Dezothéz, Bernardin Dilou and Robin Trolet • **Coordination - Human Resources and Office Services:** Marjolaine Loyaux with Laetitia Luyéyé Kinioko, Huynh Dieu Nguyen, Astou Badji, Ibrahim Daffé, Arielle Houndgedji, “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; technical solutions B&C Technologies • **Information Technology:** Xavier Martin-Legeay, with Pierre-Hakim Bekhti and Frédéric Jouzel, Apeoga, DevPartner, Dokoos, Les Artisans numériques, PFL consulting, Tirème, Ze Team • **Design: Art Director:** Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmeziane, Geneviève Lamagdelaine, 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 and How we work.

Editor: Jérôme Sclafér *general practitioner* with Florence Chapelle *pharmacist* • **Editorial Committee:** Pierre Chirac, Aurélie Delépine, Frédérique Dignonnet, 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:** Elisabeth Veyriac *pharmacologist* with Sophie Pilon *pharmacist* and Sophie Chalons *pharmacist* • **Reviews:** José Aguilar MD; Anne Aubert *pharmacist*; Marie Babin *biologist*; 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:** Clarisse Briand *public health*; Pierre Chirac *pharmacist*; Bénédicte Connault MD • **Book review:** Pierre Frouard *general practitioner* • **History of medicine:** Hélène Frouard *historian* • **Guideline watch:** Marine Barillot *pharmacist* • **Reader’s test:** Christian Bouret *general practitioner* • **Take it easy:** Christophe Kopp *general practitioner* • **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, 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 Battaglia-Beaucamp *pharmacist*; Jean-François Audouard *general practitioner*; Amélie Bellerocche *social law*; Julie Bontemps *pharmacist*; Delphine Bourneau-Martin *pharmacist*; Odile Burrus *nurse*; Sophie Chalons *pharmacist*; Nolwenn Clec’h *communication*; Michel Coletti *general practitioner*; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Claude Demange *pharmacist*; Frédérique Dignonnet *pharmacist*;

Jean Doubovetzky *general practitioner*; Houria Farhi *general practitioner*; Philippe Gabrié MD; Ghyslaine Galhau-Costes *pharmacist*; Alexandre Gelgon *general practitioner*; Julien Gelly *general practitioner*; Jean-Pierre Gribbeauval *medical law*; Philippe Gripon *occupational medicine, toxicologist*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Mélanie Hardy *pharmacist*; Sébastien Hardy *pharmacist*; Mathieu Hautemulle *journalist*; Ghislaine Henry *general practitioner*; Olivier Huyghe *pharmacist*; Aurélie Jamet *pharmacist*; Jérôme Jean *nursing*; Fabienne Jourdan *emergency care*; Jacques Juillard MD; Clio Kojadinovitch *general practitioner*; Philippe Lecoq *internal medicine*; Laurence Le Quang Trieu *pharmacist*; Sophie Logerot *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Florent Macé *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Mengeot *journalist*; Gilles Mignot *pharmacologist*; Denis Millès-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; Sandrine Parmentier *sociologist*; Eve Parry *pharmacist*; Sophie Pilon *pharmacist*; Pauline Quillet *pharmacy*; Jean-Yves Rolland *dentist*; Bernard Rueff MD; Paul Scheffer *learning sciences*; Philippe Schilliger MD; Étienne Schmitt *pharmacist*; Bernard Topuz MD; Cyril Vidal *dentist* • **Consulting Editors:** Philippe Adrien; Henriette Bosvieux; Angèle Bouquet; Alain Burtscher; 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 Laurence Le Quang Trieu, Sandrine Parmentier • **Prescrire electronic media:** Hélène Merlin • **Policy advocacy:** Rita Kessler with Pierre Chirac, Olivier Huyghe, Christophe Kopp • **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, Jérôme Robert with Cécile Monteil • **Other contributions:** Catherine Alexandre; 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; Christian Bouret; Frédérique Dignonnet • **Organisation:** Hélène Merlin • **Atelier Médicaments en Questions et Question de Pratiques:** Éric Bel; Jérôme Jean • **Evaluation:** Sandrine Parmentier • **Accreditation:** Ghyslaine Galhau-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:

Pierre Aubert (general practice); Brahim Azzou (pharmacovigilance); Lise Barnéoud (journalist); Jacques-Olivier Bay (haematology); Sonia Bedjidian (hospital pharmacy); Imene Beghriche (pharmacovigilance - Algeria); Johana Béné (pharmacovigilance); Jean-Marie Berthelot (rheumatology); Jean-Paul Boiteux (urology); Christine Botte (general practice); Habib Boughazi (general practice - Algeria); Lydia Brisot (general practice); Hervé Buisson (dermatology); Delphine Carré (dermatology); Emmanuel Charrier-Kastler (urology); Lionel Chouteau (general practice); Valérie Colas (pharmacy and toxicology); Olivier Colin (neurology); Fanny Collange (public health); Maurice Combes (general practice); Pascal Couerelle (rheumatology); Julien Crouzet (infectiology); Luc Crutzen (pharmacy - Belgique); Michel De Jonghe (general practice - Belgium); Jérémy Delage (haematology); Jacqueline Delorme (pharmacy); Thierry Delpech (pharmacy); Mady Denantes (general practice); Jean-Dominique Doublet (urology); Christophe Droin (general practice); Pascale Dugast (hospital pharmacy); Gérard Durand (public health); Charles Dzviga (allergology); Jean-Christophe Édé (general practice); Christine Fardeau (ophthalmology); Daniel Floret (paediatric intensive care); Henri Fonville (general practice); Éric Galam (general practice); Catherine Gaucher (dermatology); Arnaud Gautier (public health); Stéphane Gayet (internal medicine); Béatrice Georget-Tard (general practice); Daria Georgehe (medical student); Éric Gibert (rheumatology); Agnès Glacet-Bernard (ophthalmology); Aurélie Grandvullemin (pharmacovigilance); Corinne Gras (hospital pharmacy); Nathalie Gregoire-Cassoux (ophthalmology); Laurent Grimault (rheumatology); Frédéric Guillemot (pharmacy); Bernard Guillot (dermatology); François Haab (urology); Sandra Henocq (general practice); Alain Heuzé (pharmacy); Philippe Jamois (nursing care); Clara Jaramillo (dermatology); Éric Jobard (hospital pharmacy); Fanny Jozancy (public health); Gisèle Kanny (internal medicine); Jean Kopp (general practice); Jean Lamarche (pharmacy); Dominique Lauque (internal medicine); Anne Lavoie (dermatology); Christian Lavole (pharmacy); Daniel Le Corne (general practice); Karelle Le Gleut (health economics); Xavier Le Roux (pharmacy); Élisabeth Leca Colonna (pharmacology); Yann Lefeuvre (general practice - England); Jean Leid (ophthalmology); Jean-Pierre Lelouche (paediatrics); Dominique Lelong (general practice); Gilles Lesieur (ophthalmology); Dominique Leveque (hospital pharmacy); Daniel Levy-Brühl (public health); Vincent Louveau (general practice); Nicole Manderieux (ophthalmology); Celeste Marinho (general practice - Portugal); Bruno Matard (dermatology); Christian Merlin (pharmacy); Alexandre Merlo (general practice); Laurent Misery (dermatology); Jean Montane (pulmonology); Jean-Louis Monastrec (pharmacology); Patrick Thanh Nguyen (ophthalmology); Claire Papin-Puren (pharmacy); Henri Partouche (general practice); Jean-Luc Patuél (general practice); Léa Peroni (nursing care); Christine Piette (public health); Romain Pineau (pharmacy); François Pouliquen (general practice); Pauline Presumey (general practice); Robert Pujol (pharmacy); Sylvie Quelet (public health); Jean-Claude Quintyn (ophthalmology); Fanny Radoubé (hospital pharmacy); Patrick Rambourg (hospital pharmacy); Michel Rebstock (general practice); Jean Revuz (dermatology); Dominique Reynaud (general practice); Frédéric Romieu (general practice); Anne-Sophie Ronnaux-Baron (public health); Renaud Roubillé (hospital pharmacy); Lucien Roulet (hospital pharmacy - Switzerland); Delphine Rousseau-Ventos (medical student); Agnès Rouzès (pharmacovigilance); Jean-François Royer (pharmacy); Thomas Sainz Torres (general practice); Amélie Thomassin (hospital pharmacy); Marie-Madeleine Trassart (general practice); Thierry Trenché (pharmacovigilance); Pierre Verger (public health); Gwenaëlle Veyrac (pharmacovigilance); Marcel-Louis Viallard (anaesthesiology-intensive care); Arnaud Villers (urology); Raphaël Wielgo (hospital pharmacy).