

"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); Séverine Carré-Pétraud (Vice President); Dörte Gunthert (Treasurer); Antoine Grandvuillemin (Deputy Treasurer); Bernard Topuz (General Secretary); Maryline Dufils-Gelgon (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 Geneviev, Ros Schwartz, David Wynford-Thomas, David Young

Consultants: Judith Mintzes, Andrea Tarr

Subscription department: Christine Barraud

Prescrire:

Publishing Director: Bruno Toussaint • **Publishing Committee:** José Aguilar, Séverine Carré-Pétraud, Pierre Chirac, Valentine de Belleruche, Hélène Merlin, Jérôme Robert, Jérôme Sclafer • **Executive Secretary:** Martine Divet, Jade Pépin • **Development:** Shirley Decupère with Lucie Alexandre, Élise Dezothet, Bernardin Dilou, Sarah Hembert and Vanessa Sumyuen; Houria Farhi (Algeria) • **Human Resources:** Valentine de Belleruche with Laetitia Luyeye Kinioko and Huynh Dieu Nguyen • **Accounts:** Tanguy Goblet with Martine Kowanski • **Administration, Reception, Mail Room:** Astou Badji, Séverine Bégnés, Ibrahim Daffé and "Il est 5 heures" • **Circulation and Subscriber Services:** Christine Barraud with Aleksandra Debon, Cécile Gai, Corinne Kramer, Patricia Médioni, Cécile Monteil and Stéphanie Traca; technical solutions B&C Technologies • **Information Technology:** Xavier Martin-Legeay, with Amaury Guern, Apogea, DevPartner, Dokeos, Les Artisans numériques, PFL consulting, Samu-Informatique, Tirème, Ze Team • **Design:** Art Director: Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmeziane, Sandrine Guillaume, 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 Sclafer *general practitioner* with Séverine Carré-Pétraud *pharmacist* • **Editorial Committee:** José Aguilar, Marie Babin, Pierre Chirac, Antoine Grandvuillemin, Philippe Mura

Section Editors: **New products:** Eric Cerqueira *pharmacist*; Florence Chapelle *pharmacist*; Nathalie Deleau *pharmacist*; Antoine Grandvuillemin *pharmacist* • **Adverse effects:** Élisabeth Veyriac *pharmacologist* with Sophie Ginolhac *pharmacist* and Céline Roussel *pharmacist* • **Reviews:** José Aguilar MD; Marie Babin *biologist*; Juliette Barthe *general practitioner*; Aurélie Delépine 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 Connauld MD • **Book review:** Pierre Frouard *general practitioner* • **Guideline watch:** Marine Barillot *pharmacist* • **Reader's test:** Christian Bouret *general practitioner* • **Take it easy:** Christophe Kopp *general practitioner* • **Forum:** Odile Burrus *nurse* • **Queries and comments:** Cécile Poilpré *pharmacist* • **Prescrire electronic media:** Hélène Merlin *pharmacist* • **Production Editor:** Christine Badiane with Sophie Bel • **Information search: Companies and agencies:** Olivier Huyghe with Karine Bégnaud, Sophie Ginolhac, Ayah Hakim, Cécile Loubeyre-Unique, Samia Nabi • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Astou Badji, Nathalie Hayes and Hortense Sanon • **Packaging working group:** Olivier Huyghe and Samia Nabi • **Editorial Office:** Christelle Sissokho with Hélène Declercq • **Editors:** Nadine Aidan *dentist*; Laurence Aimard *civil engineer*; Anne Americh *pharmacist*; Anne Aubert *pharmacist*; Karine Bégnaud *pharmacist*; Éric Bel *pharmacist*; Angèle Bouquet *pharmacist*; Delphine Bourneau-Martin *pharmacist*; Isabelle Breton MD; Sophie Chalons *pharmacist*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Claude Demange *pharmacist*; Jean Doubovetzky *general practitioner*; Houria Farhi *general practitioner*; Aldo Fari *biologist*; Nathalie François-Moliner *paediatrician*; Philippe Gabrié MD; Ghyslaine Galhaud-Costes *pharmacist*; Marie-France Gonzalvez *pharmacist*; Jean-Pierre

Gribeauval *medical law*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Ayah Hakim *pharmacist*; 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*; 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*; Clotaire Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Jean-Pierre Noiry *general practitioner*; Chantal Oliéric *pharmacist*; Ann Pariente MD; Eve Parry *pharmacist*; Sophie Pilon *pharmacist*; Sonia Prot-Labarthe *pharmacist*; Pauline Quillet *pharmacy*; Michaël Rochoy *general practitioner*; Jean-Yves Rolland *dentist*; Anne-Claire Rosati *public health*; Bernard Rueff MD; Étienne Schmitt *pharmacist*; Agnès Sommet *pharmacologist*; Christoph Steffen *epidemiology*; Bernard Topuz MD; Florence Vandeveldé *pharmacist*; Maryse Véron *nurse*; Cyril Vidal *dentist*; Caroline Vincent *pharmacist* • **Consulting Editors:** Philippe Adrien; Alain Burtscher; Mélanie Hardy; Natacha Marpillat; Annie Péresse; Olivier Rozand • **Art and Photo Editor:** Olivier Huyghe • **Illustrations:** José David; Léa Lord; Alain Savino • **Indexing:** Mélanie Hardy, Hélène Merlin with Laurence Le Quang Trieu, Sandrine Parmentier • **Prescrire electronic media:** Hélène Merlin

Policy advocacy: Florence Vandeveldé with Teresa Alves, Pierre Chirac, Olivier Huyghe, Rita Kessler, Christophe Kopp • **Projects:** Catherine Alexandre; Karelle Le Gleut; Christine Piette; Didier Rod • **Reviewers' panels:** Laure Misrahi-Guillaume • **For Belgium and Switzerland:** Sophie Chalons with Marie-Louise Bouffiu, Catherine Smolders (Agence fédérale des médicaments et des produits de santé), and Catherine Delafontaine (pharmaSuisse) • **Translations "Assessment Elsewhere":** Marie-Andrée Bernard, Annick Pijnenburg, Karin Raton, Eva Stille • **Website:** Karen Albrecht • **Subscriber correspondence:** Anne Americh, Nolwenn Clec'h, Annie Péresse, Jérôme Robert with Cécile Monteil

Continuing education programmes: Pedagogical advisers: Frédérique Dignonnet with Philippe Schilliger • **Instructors:** Anne Aubert; Christian Bouret; Maryse Véron • **Organisation:** Hélène Merlin • **Atelier Médicaments en Question et Question de Pratiques:** Éric Bel • **Evaluation:** Sandrine Parmentier • **Accreditation:** Ghyslaine Galhaud-Costes • **Preventing the Preventable Programme:** Marie-France Gonzalvez 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: Xavier Allix (pharmacy); Haleh Bagheri (pharmacology); Philippe Biedermann (general practice); Julie Bontemps (pharmacy); Henriette Bosvieux (pharmacy); Rémy Bousageon (general practice); Philippe Caron (endocrinology); Pierre Clautre (pharmacy); Régis Cohen (endocrinology); Christine Damase-Michel (pharmacology); Suzanne Dat (gynaecology); Marc Dauphin (endocrinology); Bertrand Dautzenberg (pulmonology); Philippe Deguiral (oncology); Jean-Louis Devouze (neurology); Christine Do Cao (endocrinology); Catherine Foulhy (midwife); Henri Foulques (gynaecology); Fabienne Grunenberger (endocrinology); Lies Grypdock (general practice - Belgium); Pierre Hinault (neurology); Tanja Holager (pharmacy - Norway); Caroline Hurault-Delarue (pharmacovigilance); Michel Jehaes (general practice - Belgium); François Katona (general practice); Pierre Kerbrat (oncology); Martine Lalande (general practice); Christian Merlin (pharmacy); Robert Molimard (tobacco addiction); Jean-Louis Montastruc (pharmacology); Anne Mourey (pharmacy); Camille Mura (midwife); Philippe Nicot (general practice); Jean-Michel Oriol (general practice); Thierry Pirola (general practice); Révél Plotka-Brun (general practice); Robert Pujol (pharmacy); Bruno Frol (hospital pharmacy); Jacques Ropers (biostatistics); Lucien Roulet (hospital pharmacy - Switzerland); Sophie Sangla (neurology); Jean-Louis Schlienger (endocrinology); Daniel Sonnet (pharmacy); Stéphane Tellez (pharmacy); Laurent Vercueil (neurology); Stéphane Vignes (internal medicine); Anouk Waeytens (oncology - Belgium)