

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

### ASSOCIATION MIEUX PRESCRIRE

"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).

*Prescrire International* is a monthly 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); Antoine Grandvullemin (Treasurer); Jean-François Audouard (General Secretary); Clarisse Briand (Deputy General Secretary).**

**Director:** Bruno Toussaint

**Advisor:** Jérôme Robert

**Executive Assistant:** Florence Vandeveld

**Executive Secretary:** Martine Divet

**Development:** Fabrice Mailly assisted by Bernardin Dilou, Aurélie Mauries 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 Séverine Bégnès, Astou Badji, Ibrahima Daffé and Gérard Pierre

**Circulation:** Christine Barraud

**Subscription department:** Corinne Kramer assisted by Stéphanie Traca and Aleksandra Debon - **Continuing education logistics:** Aleksandra Debon; Huynh Dieu Nguyen; Cécile Gai; Patricia Médioni

**Subscriber correspondence:** Jacques Juillard, Annie Péresse, Cécile Poilpré, assisted by Hélène Declerck and Christelle Sissokho

**Information Technology:** Xavier Martin-Legeay, with Damien Donnet, Les Artisans numériques, AD-MP, Bilog and SamuInformatique

### 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, Sandrine Guillaume, Catherine Marriette, Sandrine Praud, Geneviève Lamagdelaine and Trias Consulting

**Multimedia layout:** Catherine Marriette

**Printing:** Imprimerie Mouquet - France



*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 "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 [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 *pharmacologist* • **Adverse effects:** Élisabeth Veyriac *pharmacologist* • **Reviews:** Marc Legrelle *diabetologist*; Jean-Pierre Noiry *general practitioner*; Jérôme Sclafér *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 Bouret *general practitioner* • **Take it easy:** Christophe Kopp *general practitioner* • **Deciphering medical articles:** Marc Legrelle *diabetes specialist* • **Forum:** Odile Burrus *nurse* • **Letters:** Cécile Poilpré *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*, Jean-Yves Rolland *pharmacist*; assisted by Julie Gouzil • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré; assisted by Julie Gouzil, Nathalie Hayes, Hortense Sanon

#### Production Editor:

Christine Badiane  
**Editors:** Laurence Aimard *civil engineer*; Catherine Alexandre MD; Anne Americh *pharmacist*; Anne Aubert *pharmacist*; Marie Babin *biologist*; Juliette Barthe *general practitioner*; Isabelle Breton MD; Clarisse Briand *health economist*; Alain Burtscher *paediatrician*; Jean Bruneton *pharmacognosy specialist*; Éric Cerqueira *pharmacist*; Florence Chapelle *pharmacist*; Nina Degrell *pharmacist*; Catherine Dumont *paediatrician*; Houria Farhi *general practitioner*; Aldo Fari *biologist*; Nathalie François-Moliner *paediatrician*; Pierre Frouard *general practitioner*; Hubert Ghestem *pharmacist*; Sophie Ginolhac *pharmacist*; Marie-France Gonzalvez *pharmacist*;

Antoine Grandvullemin *pharmacist*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Dörte Gunthert *geriatrician*; Olivier Huyghe *pharmacist*; Fabienne Jourdan *emergency care*; Laurence Le Quang Trieu *pharmacist*; Sophie Logerot *pharmacist*; Cécile Loubeyre-Unique *pharmacist*; Nadjat Loumi *pharmacologist*; Jeanne Maritoux *pharmacist*; Céline Martin *pharmacist*; Odile Martinet *geriatrician*; Marie-Anne Mengeot *journalist*; Denis Milliès-Lacroix *general practitioner*; Laure Misrahi *pharmacist*; Évelyne Mouret *pharmacist*; Annie Mura *primary school teacher*; Clotaire Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Chantal Oliéric *pharmacist*; Ann Pariente MD; Sophie Pilon *pharmacist*; Élisabeth Rivollier *general practitioner*; Didier Rod MD; Céline Roussel *pharmacist*; Bernard Rueff MD; Étienne Schmitt *pharmacist*; Bernard Topuz MD; Florence Vandeveld *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

**Consulting Editors:** Philippe Adrien; Karine Bégnard; Mélanie Hardy; Ghyslaine Galhaud-Costes; Ghislaine Henry; Eve Parry; François Pillon; Joëlle Schachmann

**Proofreading:** Jeanne Maritoux; Denis Milliès-Lacroix; Didier Morère; Evelyne Mouret; Eve Parry; Bernard Rueff

**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, Eva Stille

**Editorial Office:** Christelle Sissokho and Hélène Declerck

**Prescrire electronic media:** Hélène Merlin with Sandrine Parmentier

**Website:** Philippe Schilliger with Karen Albrecht

### CONTINUING EDUCATION PROGRAMMES

**Pedagogical adviser:** Philippe Schilliger • **Instructors:** Christian Bouret; Frédérique Digonet; Marie-France Gonzalvez; Jacques Juillard; Odile Martinet; Hélène Merlin; Étienne Schmitt; Maryse Véron • **Quality control:** Hélène Merlin • **Evaluation:** Michel Coletti; Florence Vandeveld • **Promotion:** Pierre Atlan

### REVIEW PANEL:

The following persons reviewed the articles, which were first published in *Prescrire* then translated for this issue of *Prescrire International*: Guillaume Babin (medical student); Françoise Bacle (general practice); Pascale Baille-Albert (pharmacy); Francis Blanc (general practice); Stéphane Blanche (paediatrics); Béatrice Bremilla Perrot (cardiology); Jacques Caron (pharmacology); Jean-Louis Chabernaud (paediatric intensive care); Jean-Marc Chabernaud (cardiology); Sophie Chalons (hospital pharmacy); Patrick Chariot (toxicology); Marcel Chiche (general practice); Lionel Chouteau (general practice); Estelle Coste (pneumology); Christine Damase-Michel (pharmacology); Suzanne Dat (gynaecology); Blandine de la Gastine (pharmacovigilance); Aurélie Delépine (general practice); Nicole Delépine (oncology); Claude Demange (hospital pharmacy); Corinne Denis (community pharmacy); Frédéric Depiesse (sports medicine); Jocelyne Derelle (pneumology); Emmanuel Desandes (paediatric oncology); Catherine Dollfuss (paediatrics); Geneviève Durrieu (pharmacology); Christian Elsen (community pharmacy-Belgium); Christian Florent (gastroenterology); Jean-Eudes Fontan (hospital pharmacy); Jean-Luc Gallais (general practice); Bernard Gavid (general practice); Aurore Gouraud (pharmacovigilance); Christine Guilbaud

(community pharmacy); Jean-Louis Imbs (pharmacology); Émilie Jouanjus (pharmacology student); Jocelyne Just (paediatrics); Chantal Kalifa (paediatrics); Claude Kouakam (cardiology); Jean Lamarche (community pharmacy); Christian Layole (community pharmacy); Yann Lefeuvre (general practice - United Kingdom); Jean-Pierre Lellouche (paediatrics); Philippe Lerat (general practice); Jean-Pierre Letinaud (community pharmacy); Gilles Lesur (gastroenterology); Bénédicte Lewden-Bernadac (community pharmacy); Paul Lhuissier (general practice); Jérôme Lucel (general practice); Anne Maheut Bosser (geriatrics); Serge Marquet (general practice); Henri Masson (pharmacovigilance); Christian Merlin (community pharmacy); Simone Miachon (toxicology); Christophe Michon (infectious disease); Jean-Louis Monstauruc (pharmacology); Michel Paris (university pharmacy); Jean-Luc Paturel (general practice); Éric Peyron (psychiatry); Thierry Philip (oncology); Laurent Plancke (university teacher); Marie-Hélène Portal (general practice); Erwan Poupon (pharmacy); Robert Pujol (community pharmacy); Christian Rigaudières (community pharmacy); Anne Roussin (pharmacology); Guy Seng (gastroenterology); Michel Spadari (toxicology); Raphaël Urrea (general practice); Marc Van de Castele (Inami-Belgium); Vivien Veyrat (pharmacy)