"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 articles translated from the non-profit medical journal *Prescrire*. It is produced using the resources of the Prescrire team and published by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) registered under the French law of 1901.**

Its board members are: Antoine Grandvuillemin (President); Alexandre Gelgon (Vice President); Jérôme Jean (Treasurer); Dörte Gunthert (Deputy Treasurer); Samia Nabi (General Secretary); Michel Aujoulat (Deputy General Secretary).

PRESCRIRE INTERNATIONAL

Managing Editor: Dörte Gunthert with Sophie Chalons

Coordinating Editor: Christine Badiane with Clara Siegmund and Minata Traoré

Translation: Helen Genevier with Hayley Wood and David Wynford-Thomas

Consultant: Judith Mintzes

PRESCRIRE

Publishing Director: Séverine Carré-Pétraud • **Publishing Committee:** Florence Chapelle, Pierre Chirac, Antoine Granvuillemin, Julien Gelly, Marjolaine Loyaux, Xavier Martin-Legeay, Jérôme Robert, Jérôme Sclafer, Bruno Toussaint • **Development:** Anaëlle Castelbou with Nathalie Carrere, Élise Dezothez, Nicolas George, Nicolas Guillaud, Luz Lenglin • **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 and Pascaline Toum • **Circulation and Subscriber Services:** Anaëlle Castelbou and Aleksandra Debon, Pierre Gasnot-Vauqer, Patricia Médioni; technical solutions TBS group, Nacre Solutions • **Information Technology:** Xavier Martin-Legeay with Pierre-Hakim Bekhti, William Braillon, Frédéric Jouzel, Mohamed Keita, Arthur Provenier; Acolad, Apogea, DevPartner, Les Artisans numériques, PFL consulting, Ze Team • **Art Director:** Martine Talent • **Layout:** Nathalie Cappelletti with Nolwenn Benmeziane, 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: Florence Chapelle *pharmacist* and Julien Gelly *MD PhD* • **Editorial Committee:** Anne Aubert, Marine Barillot, Pierre Chirac, Frédérique Digonnet, Antoine Grandvuillemin

Section Editors: New products: Eric Cerqueira *pharmacist*; Nathalie Deleau *pharmacist*; Sophie Ginolhac *pharmacist*; Antoine Grandvuillemin *pharmacist* • **Adverse effects:** Céline Roussel *pharmacist* • **Drugs during pregnancy and lactation:** Céline Roussel *pharmacist* • **Drug interactions:** Jérôme Sclafer *general practitioner* with Sophie Pilon *pharmacist* and Élisabeth Veyriac *pharmacologist* • **Reviews:** Anne Aubert *pharmacist*; Juliette Barthe *general practitioner*; Aurélie Delépine *general practitioner*; Marc Legrelle *diabetes specialist*; Céline Martin *pharmacist* • **Information for patients:** Christine Guilbaud *pharmacist* • **Health and society:** Pierre Chirac *pharmacist*; Sandrine Parmentier *sociologist* • **History of medicine:** Hélène Frouard *historian* • **Guideline watch:** Marine Barillot *pharmacist* • **Reader's test:** Ayah Hakim *pharmacist* with Frédérique Digonnet *pharmacist* • **Take it easy:** Morgane Dejean *pharmacist* • **Forum:** Jérôme Robert • **Production Editors:** Christine Badiane, Blandine Guillemot-Pinard, Nathalie Thibot • **Information search, companies and agencies:** Karine Begnaud with Élodie Artielle-Beaucamp, Julie Bontemps, Thomas Declercq, Cécile Loubeyre-Unique, Eve Parry, Elodie Turpaud • **Health products regulation:** Olivier Huyghe • **Packaging Working Group:** Thomas Declercq and Élodie Artielle-Beaucamp • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Astou Badji, Nathalie Hayes • **Editorial Office:** Christelle Sissokho with Hélène Declerck • **Editors:** José Aguilar *MD*; Nehama Aïdan *dentist*; Élodie Artielle-Beaucamp *pharmacist*; Jean-François Audouard *general practitioner*; Marie Babin *clinical pathologist*; Marine Barillot *pharmacist*; Karine Begnaud *pharmacist*; Éric Bel *pharmacist*; Valentine de Belleroche *social law*; Julie Bontemps *pharmacist*; Odile Burrus *nurse*; Fabrice Cahen *historian*; Valentine Campana *pharmacist*; Nolwenn Clec'h *communication*; Michel Coletti *general practitioner*; Bénédicte Connault *MD*; Thomas Declercq *pharmacist*; Nina Degrell *pharmacist*; Morgane Dejean *pharmacist*; Claude Demange *pharmacist*; Frédérique Digonnet *pharmacist*; Jean Doubovetzky *general practitioner*; Ghyslaine Galhaud-Costes *pharmacist*; Aymeric Gamondes *nurse*; Philippe Gripon *occupational medicine, toxicologist*; Dörte Gunthert *geriatrician*; Béatrice Guyard-Boileau *gynaecologist-obstetrician*; Mélanie Hardy *pharmacist*; Sébastien Hardy *pharmacist*; Mathieu Hautemulle *journalist*; Aymeric Henriot *MD*; Ghislaine Henry *general practitioner*; Olivier Huyghe *pharmacist*; Jérôme Jean *nurse*; Fabienne Jourdan *emergency care*; Jacques Juillard *MD*; 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*; Denis Milliès-Lacroix *general practitioner*; Laure Misrahi-Guillaume *pharmacist*; Agnès Monchovet-Godard *general practitioner*; Évelyne Mouret *pharmacist*; Samia Nabi *pharmacist*; Clotaire Nanga *pharmacist*; Angelina Nguyen-Tramond *general practitioner*; Ann Pariente *MD*; Eve Parry *pharmacist*; Gabriel Perraud *general practitioner*; Anne-Gaëlle Provost *general practitioner*; Jean-Yves Rolland *dentist*; Agnès Rouzès *pharmacist*; Bernard Rueff *MD*; Philippe Schilliger *MD*; Étienne Schmitt *pharmacist*; Jérôme Sclafer *general practitioner*; Bernard Topuz *MD*; Bruno Toussaint *MD*; Élisabeth Veyriac *pharmacologist*; Cyril Vidal *dentist* • **Final verifications:** Nehama Aïdan; Anne Americh; Karine Begnaud; Valentine de Belleroche Angèle Bouquet; Christine Guilbaud; Cécile Loubeyre-Unique; Sophie Chalons; Philippe Manet; Natacha Marpillat; Evelyne Mouret-Cisterne; Samia Nabi; Ève Parry; Christelle Sissokho; Minata Traoré • **Proofreading:** Aurélie Bordes, Henriette Bosvieux; Alain Burtscher; Olivier Rozand, Véronique Letournou • **Preventing the Preventable:** Étienne Schmitt with Thomas Declercq, Éric Galam, Josette Vallée • **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 Aïdan and Christine Guilbaud • **For Belgium and Switzerland:** Sophie Chalons with Éric Bel, Marie-Louise Bouffioux, Catherine Smolders (Agence fédérale des médicaments et des produits de santé), and Élodie Fauquex (pharmaSuisse) • **Translations "Assessment Elsewhere":** Christa Jordan, Karin Raton • **Subscriber correspondence:** Nolwenn Clec'h, Blandine Guillemot-Pinard, Jérôme Robert • **Other contributions:** Mathilde Cosson; Martine Lalande; Karelle Le Gleut; Fanny Rocher; Didier Rod

Continuing education programmes: Pedagogical advisers: Frédérique Digonnet with Philippe Schilliger • **Instructors:** Frédérique Digonnet; Ayah Hakim • **Evaluation:** Éric Bel; Sandrine Parmentier • **Accreditation:** Ghyslaine Galhaud-Costes.

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*:

Sonia Bedjidian (hospital pharmacy); Philippe Bouchoux (dermatology); Christine Broissand (hospital pharmacy); Philippe Castera (addictology); Mathieu Chappuy (addictology); Yves Crosson (general practice); Bruno De Goër (general practice); Philippe Deguiral (oncology); Franca Donatella (addictology); Henri Fonvieille (general practice); Irène Frachon (pulmonology); Élisabeth Fraugier (pharmacovigilance); Frédéric Gottrand (paediatrics); Catherine Grosrey (dermatology); Bernard Guillot (dermatology); Thomas Hanslik (internal medicine); Louise Hefez (dermatology); Charles Joseph-Oudin (law); Dominique Lamy (general practice); Christian Lavigne (internal medicine); Cécile Lefebvre (general practice); Laurence Merian Brosse (hospital pharmacy); Christian Merlin (pharmacy); Véronique Midy (general practice); Jean-Louis Montastruc (pharmacology); Anne-Marie Ollitrault (nursing care); Éric Peyron (addictology); Jacques Rambaud (general practice); Mathieu Riffaud (pharmacy); Béatrice Rousset (hospital pharmacy); Guillaume Saint-Lorant (hospital pharmacy); Thomas Soeiro (pharmacovigilance); Agnès Sommet (pharmacovigilance); Benjamin Soudais (general practice); Mathilde Strumia (hospital pharmacy); Tanguy Taillefer de Laportalière (hospital pharmacy); Hélène Vacher (hospital pharmacy)

Downloaded from english.prescrire.org on 02/11/2026

Copyright(c)Prescrire. For personal use only.