

"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 Genevier, Ros Schwartz, David Wynford-Thomas

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 Fabrice Chane-Yock • **Administration, Reception, Mail Room:** Astou Badji, Séverine Bégnès, Ibrahima 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 and Frédéric Jouzel, Apogea, DevPartner, Dokeys, Les Artisans numériques, PFL consulting, Samu-Infomatique, 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:** 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:** Olivier Huyghe with Karine Begnaud, Thomas Declercq, Sophie Ginolhac, Ayah Hakim, Cécile Loubeyre-Unique • **Literature search:** Marine Barillot, Cécile Loubeyre-Unique, Minata Traoré with Astou Badji, Nathalie Hayes and Hortense Sanon • **Packaging working group:** Olivier Huyghe • **Editorial Office:** Christelle Sissokho with Hélène Declercq • **Editors:** Nehama Aidan *dentist*; Anne Americh *pharmacist*; Élodie Artielle-Beaucamp *pharmacist*; Anne Aubert *pharmacist*; Karine Begnaud *pharmacist*; Éric Bel *pharmacist*; 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*; Aldo Fari *biologist*; Nathalie François-Moliner *paediatrician*; Philippe Gabrié MD; Ghyslaine Galhaud-Costes *pharmacist*; Alexandre Gelgon *general practitioner*; Julien Gelly

general practitioner; Marie-France Gonzalvez *pharmacist*; Jean-Pierre Gribbeauval *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; 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 Millières-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; Maryse Véron *nurse*; Cyril Vidal *dentist*; Caroline Vincent *pharmacist* • **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:** 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: Pierre Chirac, Olivier Huyghe, Rita Kessler, Christophe Kopp • **Projects:** Catherine Alexandre; Aldo Fari; Béatrice Guyard-Boileau; Martine Lalande; Karelle Le Gleut; Christine Piette; Didier Rod; Agnès Sommet • **Reviewers' panels:** Nehama Aidan and Christine Guilbaud • **For Belgium and Switzerland:** Sophie Chalons with Marie-Louise Bouffieux, 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, Martine Divet, Jérôme Robert with Cécile Monteil

Continuing education programmes: Pedagogical advisers: Frédérique Dignonnet with Philippe Schilliger • **Instructors:** Anne Aubert; Christian Bouret • **Organisation:** Hélène Merlin • **Atelier Médicaments en Question et Question de Pratiques:** Éric Bel; Jérôme Jean • **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. Jean-François Ain (surgery); Frédéric Barbut (microbiology); Isabelle Barges (pharmacy); Carine Baxerres (anthropology); Michel Baylac (pharmacy); Bruno Berthet (gastrointestinal surgery); Jordan Birebent (general practice); Jean-Sébastien Borde (Formindep); Christine Botte (general practice); Cécile Bour (radiology); Laurent Brutus (general practice); Catherine Buffet (hepatology); Paul Cales (gastroenteropathology); Jean-Marc Catheline (gastrointestinal surgery); Blandine Cattier (bacteriology); Jean-Didier Cavallo (infectiology); Pierre Chevalier (general practice - Belgique); Sylvie Cognard (general practice); Valérie Colas (pharmacy and toxicology); Francis Comby (university pharmacist); Pascal Coquerelle (rheumatology); Bérengère Couneson (Farmaka - Belgium); Patrice Couzigou (gastroenteropathology); Julien Crouzet (infectiology); Christine Damase-Michel (pharmacology); Michel De Jonghe (general practice - Belgium); Corinne Denis (hygienics); Fabien Despas (pharmacology); Laurence Dol (hospital pharmacy); Lionel Échinard (pharmacy); Sylvie Fainzang (risk management); Peggy Gandia (pharmacocinetics); Hélène Geniaux (pharmacovigilance); Bertrand Gilot (psychiatry); Bénédicte Gosselin (hospital pharmacy); Jérôme Greffion (sociology); Blandine Guillemot-Pinard (pharmacy); Jean-Claude Kuhn (general practice); Isabelle Lacroix (pharmacovigilance); Élisabeth Leca (pharmacology); Solène Lellinger (epistemology); Jean-Pierre Lellouche (paediatrics); Joël Leroy (infectiology); Dominique Leveque (hospital pharmacy); Sylvain Manfredi (gastroenteropathology); Marie-Claude Marchand (paediatrics); Pierre Marquet (pharmacology); Christian Merlin (pharmacy); Cathy Meunier (pharmacy technician); Jean-Louis Moutastruc (pharmacology); Bernard Pabion (general practice); Élisabeth Paganelli (gynaecology - obstetrics); Pierre Parneix (social medicine); Lionel Pazart (general practice); François Pesty (pharmacy); Anne Pilewicz (midwife); Éric Priou (pharmacy); Sonia Prot-Labarthe (hospital pharmacy); Robert Pujol (pharmacy); Jacques Rambaud (general practice); Emma Ramiro-Puig (pharmacy); Christian Rigaudières (pharmacy); Xavier Roblin (gastroenteropathology); Fanny Rocher (pharmacovigilance); Marco Romero (general practice); Jérôme Roth (general practice); Renaud Roubille (hospital pharmacy); Anny Rouvel-Tallec (neurobiology); Patrice Roy (nursing care); Marie-Pierre Royer (midwife); Arnel Sevestre (general practice); Pascale Simon (gynaecology - obstetrics); Pierre Tattevin (semiology); Stéphane Tellez (pharmacy); Laurent Thiriet (hospital hygienics); Marie-Madeleine Trassart (general practice); Patrick Tuvignon (gastroenteropathology); Hélène Vacher (hospital pharmacy); Gwenaëlle Veyrac (pharmacovigilance); Olivier Walusinski (general practice); Raphaël Wielgo (hospital