

評価対象論文リスト(要因:体格[肥満]、アウトカム:サルコペニア)

評価判定日:2023/6/29

①既存の系統的レビュー・メタ解析・統合解析

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2	Harvey NC, Orwoll E, Kwok T, et al. Sarcopenia definitions as predictors of fracture risk independent of frax®, falls, and bmd in the osteoporotic fractures in men (Mros) study: a meta-analysis. <i>Journal of Bone and Mineral Research</i> . 2020;36(7):1235-1244. doi:10.1002/jbmr.4293
3	Hsu KJ, Liao CD, Tsai MW, Chen CN. Effects of exercise and nutritional intervention on body composition, metabolic health, and physical performance in adults with sarcopenic obesity: a meta-analysis. <i>Nutrients</i> . 2019;11(9):2163. doi:10.3390/nu11092163
4	Chu SF, Liou TH, Chen HC, Huang SW, Liao CD. Relative efficacy of weight management, exercise, and combined treatment for muscle mass and physical sarcopenia indices in adults with overweight or obesity and osteoarthritis: a network meta-analysis of randomized controlled trials. <i>Nutrients</i> . 2021;13(6):1992. doi:10.3390/nu13061992
5	Bloom I, Shand C, Cooper C, Robinson S, Baird J. Diet quality and sarcopenia in older adults: a systematic review. <i>Nutrients</i> . 2018;10(3):308. doi:10.3390/nu10030308
6	Beckwée D, Delaere A, Aelbrecht S, et al. Exercise interventions for the prevention and treatment of sarcopenia. A systematic umbrella review. <i>The Journal of nutrition, health and aging</i> . 2019;23(6):494-502. doi:10.1007/s12603-019-1196-8
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10	Zhang Y, Zou L, Chen ST, et al. Effects and moderators of exercise on sarcopenic components in sarcopenic elderly: a systematic review and meta-analysis. <i>Front Med</i> . 2021;8:649748. doi:10.3389/fmed.2021.649748
11	Chen N, He X, Feng Y, Ainsworth BE, Liu Y. Effects of resistance training in healthy older people with sarcopenia: a systematic review and meta-analysis of randomized controlled trials. <i>Eur Rev Aging Phys Act</i> . 2021;18(1):23. doi:10.1186/s11556-021-00277-7
12	Choi M, Kim H, Bae J. Does the combination of resistance training and a nutritional intervention have a synergic effect on muscle mass, strength, and physical function in older adults? A systematic review and meta-analysis. <i>BMC Geriatr</i> . 2021;21(1):639. doi:10.1186/s12877-021-02491-5
13	Du Y, Oh C, No J. Associations between sarcopenia and metabolic risk factors: a systematic review and meta-analysis. <i>JOMES</i> . 2018;27(3):175-185. doi:10.7570/jomes.2018.27.3.175
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## ②日本人集団の個別研究

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## ③有力な研究

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■メタ解析、系統的レビュー

Reference			Include study					Design	Category	Relative risk (95% CI or p)	Weight	<u>Magnitude of association</u>	Comments
Author	Title	Year	Ref No.	First author	Year	調査時期 Study period	Study location						
Du Y, Oh C, No J	Associations between Sarcopenia and Metabolic Risk Factors: A Systematic Review and Meta-Analysis	2018	32	Ishii, S	2014	2012	japan		Cross-sectional	men	2.89 (1.51-5.53)	N/A	Abdominal obesity was defined by waist circumference using the thresholds recommended by the Japanese Obesity Society (85 cm in men and 90 cm in women) None of the MetS components was significantly associated with sarcopenia in women

※odds ratio