

評価対象論文リスト(要因:魚、アウトカム:認知症・認知機能低下)

評価判定日:2024/5/31

①既存の系統的レビュー・メタ解析・統合解析

1	Bakre AT, Chen R, Khutan R, et al. Association between fish consumption and risk of dementia: a new study from China and a systematic literature review and meta-analysis. <i>Public Health Nutr.</i> 2018;21(10):1921-1932. doi:10.1017/S136898001800037X
2	Zeng LF, Cao Y, Liang WX, et al. An exploration of the role of a fish-oriented diet in cognitive decline: a systematic review of the literature. <i>Oncotarget.</i> 2017;8(24):39877-39895. doi:10.18632/oncotarget.16347
3	Zhang Y, Chen J, Qiu J, Li Y, Wang J, Jiao J. Intakes of fish and polyunsaturated fatty acids and mild-to-severe cognitive impairment risks: a dose-response meta-analysis of 21 cohort studies. <i>The American Journal of Clinical Nutrition.</i> 2016;103(2):330-340. doi:10.3945/ajcn.115.124081
4	Wu S, Ding Y, Wu F, Li R, Hou J, Mao P. Omega-3 fatty acids intake and risks of dementia and Alzheimer's disease: A meta-analysis. <i>Neuroscience & Biobehavioral Reviews.</i> 2015;48:1-9. doi:10.1016/j.neubiorev.2014.11.008
5	Fotuhi M, Mohassel P, Yaffe K. Fish consumption, long-chain omega-3 fatty acids and risk of cognitive decline or Alzheimer disease: a complex association. <i>Nat Rev Neurol.</i> 2009;5(3):140-152. doi:10.1038/ncpneuro1044

②日本人個別研究(ランダム化比較試験、コホート研究、症例対照研究、横断研究などの個別疫学研究)

6	Tsurumaki N, Zhang S, Tomata Y, et al. Fish consumption and risk of incident dementia in elderly Japanese: the Ohsaki cohort 2006 study. <i>Br J Nutr.</i> 2019;122(10):1182-1191. doi:10.1017/S0007114519002265
7	David J, Ando T, 安藤哲夫, et al. Serum docosahexaenoic acid and cognitive impairment of Japanese residents in a remote island. December 2015. https://ir.kagoshima-u.ac.jp/records/14455 . Accessed May 14, 2025.
8	松本祥幸ら. 血中トリグリセリド濃度が正常かまたは軽度上昇している日本人中高年者における精製魚油含有食品の血中トリグリセリド、血圧および認知機能に及ぼす効果 無作為化、二重盲検、プラセボ対照、並行群間比較試験. <i>薬理と治療</i> , 2016. 44(2):235-246

■メタ解析

Reference			Include study					Design	Category	Relative risk (95% CI or p)	Weight	Magnitude of association	アウトカム	
Author	Title	Year	Ref No.	First author	Year	Study period	Study location							Event (*Definition)
Bakre A	Association between fish consumption and risk of dementia: a new study from China and a systematic literature review and meta-analysis	2018	66	Kotani	2006	記載なし	Japan	Incidence	RCT	Controls	1.00 (ref)	-	mild cognitive impairment, AD or organic brain lesions	
										mild cognitive impairment	記載なし			記載なし
Zhang Y	Intakes of fish and polyunsaturated fatty acids and mild-to-severe cognitive impairment risks: a dose-response meta-analysis of 21 cohort studies	2016	54	Miyake	2010	2006-2008	Japan	記載なし	Case-control	Controls	1.00 (ref)	No association (関連なし)	dementia, AD	
										Cases	1.01			記載なし
Fotuhi M	Fish consumption, long-chain omega-3 fatty acids and risk of cognitive decline or Alzheimer disease: a complex association	2009	58	Terano	1999	記載なし	Japan	Incidence	RCT	Control Group	1.00 (ref)	-	mild-to-moderate vascular dementia	
										DHA group	記載なし			記載なし
										Controls	1.00 (ref)			
			59	Kotani	2006	記載なし	Japan	Incidence	RCT	mild cognitive impairment	記載なし	記載なし	-	mild cognitive impairment, AD or organic brain lesions