

## 評価対象論文リスト(要因:たんぱく質摂取、アウトカム:サルコペニア)

評価判定日:2024/8/22

### ①既存の系統的レビュー・メタ解析・統合解析

1	Granic A, Dismore L, Hurst C, Robinson SM, Sayer AA. Myoprotective whole foods, muscle health and sarcopenia: a systematic review of observational and intervention studies in older adults. <i>Nutrients</i> . 2020;12(8):2257. doi:10.3390/nu12082257
2	Tu DY, Kao FM, Tsai ST, Tung TH. Sarcopenia among the elderly population: a systematic review and meta-analysis of randomized controlled trials. <i>Healthcare</i> . 2021;9(6):650. doi:10.3390/healthcare9060650
3	Nutrition and Dietetics Programme, School of Health Sciences, Universiti Sains Malaysia, Kelantan, Malaysia, Mohd Nazri NS, Vanoh D, Nutrition and Dietetics Programme, School of Health Sciences, Universiti Sains Malaysia, Kelantan, Malaysia, Soo KL, Nutrition and Dietetics Programme, School of Health Sciences, Universiti Sains Malaysia, Kelantan, Malaysia. Natural food for sarcopenia: a narrative review. <i>MJMS</i> .
4	Negm AM, Lee J, Hamidian R, Jones CA, Khadaroo RG. Management of sarcopenia: a network meta-analysis of randomized controlled trials. <i>Journal of the American Medical Directors Association</i> . 2022;23(5):707-714. doi:10.1016/j.jamda.2022.01.057
5	Besora-Moreno M, Llauredó E, Valls RM, Tarro L, Pedret A, Solà R. Antioxidant-rich foods, antioxidant supplements, and sarcopenia in old-young adults $\geq 55$ years old: A systematic review and meta-analysis of observational studies and randomized controlled trials. <i>Clinical Nutrition</i> . 2022;41(10):2308-2324. doi:10.1016/j.clnu.2022.07.035
6	Coelho-Junior H, Calvani R, Azzolino D, et al. Protein intake and sarcopenia in older adults: a systematic review and meta-analysis. <i>IJERPH</i> . 2022;19(14):8718. doi:10.3390/ijerph19148718
7	Cuesta-Triana F, Verdejo-Bravo C, Fernández-Pérez C, Martín-Sánchez FJ. Effect of milk and other dairy products on the risk of frailty, sarcopenia, and cognitive performance decline in the elderly: a systematic review. <i>Advances in Nutrition</i> . 2019;10:S105-S119.
8	Hanach NI, McCullough F, Avery A. The impact of dairy protein intake on muscle mass, muscle strength, and physical performance in middle-aged to older adults with or without existing sarcopenia: a systematic review and meta-analysis. <i>Advances in Nutrition</i> . 2019;10(1):59-69.
9	Boushey C, Ard J, Bazzano L, et al. Dietary Patterns and Sarcopenia: A Systematic Review. U.S. Department of Agriculture, Food and Nutrition Service, Center for Nutrition Policy and Promotion, Nutrition Evidence Systematic Review; 2020. doi:10.52570/NESR.DGAC2020.SR0107

### 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)

10	Hiroyasu Mori, Yasunobu Tokuda. Differences and overlap between sarcopenia and physical frailty in older community-dwelling Japanese. <i>Asia Pacific Journal of Clinical Nutrition</i> . 2019;28(1). doi:10.6133/apjcn.201903_28(1).0021
11	Yokoyama Y, Kitamura A, Seino S, et al. Association of nutrient-derived dietary patterns with sarcopenia and its components in community-dwelling older Japanese: a cross-sectional study. <i>Nutr J</i> . 2021;20(1):7. doi:10.1186/s12937-021-00665-w
12	Inoue T, Shimizu A, Ueshima J, et al. Diet-induced inflammation is associated with sarcopenia and muscle strength in older adults who visit a frailty clinic. <i>Aging Clin Exp Res</i> . 2022;34(10):2525-2532. doi:10.1007/s40520-022-02195-9

■メタ解析、系統的レビュー

Reference			Include study					Design	Category	Mean difference (95% CI or p)
Author	Title	Year	Ref No.	First author	Year	Study period	Study location	Event (*Definition)		
Tu DY, Kao FM, Tsai ST, Tung TH.	Sarcopenia among the Elderly Population: A Systematic Review and Meta-Analysis of Randomized Controlled Trials	2021				Pooled analysis of 6 studies (include Japanese study)		RCT	Skeletal muscle mass index	0.01 (-0.07, 0.10)
Negm AM, Lee J, Hamidian R, Jones CA, Khadaroo RG.	Management of Sarcopenia: A Network Meta-Analysis of Randomized Controlled Trials	2022				Pooled analysis of 11 studies (include Japanese studies) 59 RCTs were included in the systematic review.		RCT RCT	Hand grip strength Muscle mass Phys_Act_Nutr Nutr_prot Physical performance Phys_Act_Nutr Nutr_prot Muscle Strength Phys_Act_Nutr Nutr_prot	0.62 (-0.37, 1.60) 0.16 (0.01, 0.31) 0.14 (-0.002, 0.28) 0.41 (0.049, 0.77) 0.14 (-0.19, 0.48) 0.41 (0.044, 0.77) 0.59 (0.23, 0.95)