評価対象論文リスト（要因：食塩、アウトカム：胃がん）

評価判定日：2024/3/28

①既存の系統的レビュー・メタ解析・統合解析

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②日本人集団の個別疫学研究

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■コホート研究（コホートのプール解析含む）

Study subjects													
Author	Title	Year	Study period	Number of subjects	Source of subjects	Event followed	Number of incident cases or deaths	Participant's race	Category	Number among cases	Relative risk (95%CI or p)	P for trend	Confounding variables considered	**Magnitude of association**
S. Tsugane, S. Sasazuki, M. Kobayashi and S. Sasaki	Salt and salted food intake and subsequent risk of gastric cancer among middle-aged Japanese men and women	2004	1990-2001	39,065 men; 18,684 women; 20,381	JPHC Study; Population-based prospective study	**Gastric cancer incidence**	486	Japanese	**Quintiles of salt intake**	**Total gastric cancer incidence;**			age, cigarette smoking and fruit and non-green – yellow vegetable intake, study area (9 PHC area)	
									Men;					
									1 (low salt intake： 2.9g salt/d)	35	1.00 (Reference)			
									2 (4.8g salt/d)	63	1.36 (0.89–2.09)			
									3 (6.1g salt/d)	73	1.35 (0.88-2.07)	0.08		
									4 (7.5g salt/d)	95	1.54 (1.01-2.34)			↑ ↑
									5 (high salt intake: 9.9g salt/d)	92	1.5 (0.98-2.29)			
									Women;					
									1 (low salt intake： 2.9g salt/d)	23	1.00 (Reference)			
									2 (4.8g salt/d)	22	0.75 (0.41-1.37)	0.85		
									3 (6.1g salt/d)	26	0.81 (0.45-1.48)			
									4 (7.5g salt/d)	19	0.48 (0.25-0.95)			↓ ↓
									5 (high salt intake: 9.9g salt/d)	38	1.09 (0.61-1.94)			
									Miso soup					
									Men;					
									Not daily		1.00 (Reference)			
									1 cup day	N/A	1.52 (1.00-2.31)	0.05		
									2 cups day		1.62 (1.12-2.34)			↑ ↑
									3 or more cups day		1.4 (0.97-2.03)			
									Women;					
									Not daily		1.00 (Reference)			
									1 cup day	N/A	1.11 (0.64-1.94)	0.52		
									2 cups day		0.76 (0.45-1.29)			
									3 or more cups day		1.05 (0.62-1.79)			–
									Pickled vegetables (e.g. shiozuke, nuka-misozuke)					
									Men;					
									Almost none		1.00 (Reference)			
									1-2 days week	N/A	1.09 (0.68-1.77)	0.69		
									3-4 days week		1.43 (0.89-2.30)			
									Almost everyday		1.17 (0.74-1.84)			–
									Women;					
									Almost none		1.00 (Reference)			
									1-2 days week	N/A	0.92 (0.39-2.13)	0.46		
									3-4 days week		1.77 (0.78-3.99)			↑
									Almost everyday		1.32 (0.60-2.91)			
									Salted fish roe (e.g. tarako, suziko, ikura)					
									Men;					
									Almost none		1.00 (Reference)			
									1-2 days week	N/A	1.02 (0.78, 1.34)	0.08		
									3-4 days week		1.29 (0.92, 1.80)			
									Almost everyday		1.45 (0.83, 2.56)			–
									Women;					
									Almost none		1.00 (Reference)			
									1-2 days week	N/A	1.26（0.79-2.00)	0.07		
									3-4 days week		1.26 (0.68-2.32)			
									Almost everyday		2.67 (1.18-6.07)			↑ ↑ ↑
									Salted fish preserves (e.g. shiokara, neri-uni)					
									Men;					
									Almost none		1.00 (Reference)			
									1-2 days week	N/A	1.07 (0.85-1.36)	0.03		
									3-4 days week		1.29 (0.88-1.87)			
									Almost everyday		2.33 (1.25-4.33)			↑ ↑ ↑
									Women;					

									Almost none		1.00 (Reference)				
									1-2 days week	N/A	0.83 (0.54-1.27)	0.14			
									3-4 days week		2.18 (1.19-3.98)				
									Almost everyday		2.18 (0.53-8.98)				
									Dried or salted fish (e.g. mezashi, shio-sake)						
									Men;						
									Almost none		1.00 (Reference)				
									1-2 days week	N/A	1.15 (0.79-1.70)	0.74			
									3-4 days week		0.94 (0.62-1.43)			–	
									Almost everyday		1.20 (0.71-2.02)				
									Women;						
									Almost none		1.00 (Reference)				
									1-2 days week	N/A	1.05 (0.54-2.05)	0.98			
									3-4 days week		1.17 (0.58-2.37)			–	
									Almost everyday		0.89 (0.35-2.22)				
R. Takachi, M. Inoue, T. Shimazu, S. Sasazuki, J. Ishihara, N. Sawada, et al.	Consumption of sodium and salted foods in relation to cancer and cardiovascular disease: the Japan Public Health Center –based Prospective Study	2010	1995-2004	77,500 men; 35,730 women; 41,770	JPHC Study;	**Total cancer incidence**	4476	Japanese	**Sodium;**	**Total cancer**	**Hazard Ratios**				
						Gastric	867		Q1 (Median intake 3084mg)	876	1.00 (reference)				
						Colorectal	836		Q2 (4005mg)	881	1.02 (0.93, 1.13)				
						Lung	541		Q3 (4709mg)	906	1.07 (0.96, 1.18)	0.61			
						Breast	304		Q4 (5503mg)	882	1.01 (0.91, 1.12)				
						Liver	271		Q5 (6844mg)	931	1.04 (0.93, 1.16)			-	
						Other	1657			**Gastric cancer**	**Hazard Ratios**				
									Q1 (Median intake 3084mg)	177	1.00 (reference)				
									Q2 (4005mg)	175	1.05 (0.84, 1.31)				
									Q3 (4709mg)	167	1.06 (0.84, 1.34)	0.64			
									Q4 (5503mg)	174	1.05 (0.83, 1.34)				
									Q5 (6844mg)	174	1.07 (0.83, 1.38)			-	
										Colorectal can	**Hazard Ratios**				
									Q1 (Median intake 3084mg)	164	1.00 (reference)				
									Q2 (4005mg)	161	1.05 (0.84, 1.33)				
									Q3 (4709mg)	163	1.08 (0.85, 1.37)	0.51			
									Q4 (5503mg)	171	1.08 (0.84, 1.37)				
									Q5 (6844mg)	177	1.10 (0.85,1.42)		sex, age (5-y groups), BMI, smoking status, alcohol consumption , physical activity in metabolic equivalent task-hours/d, and quintiles of energy, potassium, and calcium.	-	
									Pickled vegetables;	**Gastric cancer**	**Hazard Ratios;**				
									Q1 (Median intake 3.3g)	833	1.00 (reference)				
									Q2 (12g)	844	1.04 (0.94, 1.15)				
									Q3 (23g)	844	1.01 (0.91,1.12)	0.1			
									Q4 (39g)	978	1.15 (1.04, 1.27)			↑	
									Q5 (85g)	977	1.08 (0.97, 1.20)				
									Dried and salted fish;	**Gastric cancer**	**Hazard Ratios;**				
									Q1 (Median intake 0.5g)	901	1.00 (reference)				
									Q2 (6.4g)	924	1.08 (0.98, 1.19)				
									Q3 (13g)	896	1.05 (0.95, 1.16)	0.19			
									Q4 (23g)	820	0.99 (0.89, 1.10)				
									Q5 (43g)	935	1.11 (1.00, 1.22)			-	
									Salted fish roe;						
									Q1 (Median intake 0.0g)	880	1.00 (reference)				
									Q2 (0.2)	875	1.08 (0.96, 1.22)				
									Q3 (0.7)	877	1.05 (0.94, 1.17)	0.01			
									Q4 (1.6)	874	1.12 (1.01, 1.25)				
									Q5 (4.7)	970	1.15 (1.04, 1.27)			↑	
									Miso soup;						
									Q1 (Median intake 42g)	765	1.00 (reference)				
									Q2 (132g)	876	1.08 (0.97,1.20)				
									Q3 (218g)	934	1.09 (0.98,1.20)	0.36			
									Q4 (313g)	932	1.03 (0.93,1.14)				
									Q5 (458g)	969	0.99 (0.89,1.10)			-	
									Cooking and table salt;						
									Q1 (Median intake 2.3g)	973	1.00 (reference)				
									Q2 (3.4g)	884	0.97 (0.88,1.07)				
									Q3 (4.4g)	896	1.02 (0.92,1.12)	0.94			

									Q4 (5.6g)		845	0.96 (0.86,1.06)			
									Q5 (8.0g)		878	1.00 (0.89,1.12)			-

■統合解析

Reference			Study subjects						Category		Relative risk (95%CI or p)	*I*^2 (%)	Confounding variables considered	**Magnitude of association**
Author	Title	Year	Study period	Number of subjects	Source of subjects	Event followed	Number of incident cases or deaths	Participant's race						
Morais S et al.,	Salt intake and gastric cancer: a pooled analysis within the Stomach cancer Pooling (StoP) Project.	2022	1989-2015	34,926 cases; 10,283 controls; 24,643	The Stomach cancer Pooling (StoP) Project 25 studies;	**Gastric cancer incidence**		Studies from Brazil (two studies), Canada, China (four studies), Greece, Iran (two studies) , Italy (four studies) , Japan, Mexico (three studies), Portugal, Russia, Spain (two studies), and USA (three studies).	**Overall;**				Study-specific ORs were adjusted, when available and applicable, for sex, age (5-year age groups:<40; 40–44; ...; 70–74; ≥75), socioeconomic status (low, intermediate, or high, as defined in each original study based on educa- tion, income or occupation), smoking status (never, former and current smokers of<10 cigarettes/day [low]; 10–20 cigarettes/day [intermedi- ate]; > 20 cigarettes/day [high]), alcohol drinking (never, low: < 13 g of ethanol/day, intermediate: 13 to 47 g of ethanol/day, high: > 47 g of etha- nol/day), fruit and vegetables intake (study-specific	
									Salt taste preference		1.59 (1.25–2.03)	66.2		↑ ↑
									Use of table salt		1.33 (1.16–1.54)	13.0		↑
									Total sodium intake		1.08 (0.82–1.43)	83.2		-
									High-salt and salt-pre- served foods intake		1.24 (1.01–1.51)	77.4		↑
									Geographic region					
									Americas					
									Salt taste preference		1.24 (0.82–1.87)	0.0		-
									Use of table salt		1.36 (1.18–1.56)	0.0		↑
									Total sodium intake		0.69 (0.34–1.43)	88.3		-
									High-salt and salt-pre- served foods intake		1.22 (0.75–1.98)	80.0		-
									Asia					
									Salt taste preference		2.24 (1.25–4.03)	78.2		↑ ↑ ↑
									Use of table salt		-	-		-
									Total sodium intake		1.31 (0.75–2.31)	82.7		-
									High-salt and salt-pre- served foods intake		0.86 (0.58–1.26)	69.0		-
									Europe					
									Salt taste preference		1.39 (1.18–1.64)	0.0		↑
									Use of table salt		1.12 (0.79–1.58)	45.7		–
									Total sodium intake		1.28 (0.95–1.72)	68.4		–
									High-salt and salt-pre- served foods intake		1.62 (1.42–1.85)	3.7		↑ ↑
									Studies with information on *H. pylori* infection serostatus					
									***H. pylori* positive**					
									Salt taste preference		1.52 (0.93–2.48)	50.5		-
									Use of table salt		1.64 (0.98–2.74)	44.3		↑
									Total sodium intake		1.39 (0.95–2.01)	65.7		-
									High-salt and salt-pre- served foods intake		1.14 (0.75–1.74)	70.1		-
									H. pylori negative					
									Salt taste preference		1.61 (0.60–4.35)	54.8		↑
									Use of table salt		1.18 (0.65–2.14)	0.0		-
									Total sodium intake		0.93 (0.54–1.63)	11.9		-
									High-salt and salt-pre- served foods intake		0.97 (0.66–1.43)	6.8		-