評価対象論文リスト(要因:大豆製品、アウトカム:乳がん)

評価判定日:2024/9/27

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)

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■系統的レビュー（コホート研究）
右記のエビデンステーブルを引用：Nagata C, Mizoue T, Tanaka K, et al. Soy intake and breast cancer risk: an evaluation based on a systematic review of epidemiologic evidence among the Japanese population. Jpn J Clin Oncol. 2014;44(3):282-295. doi:10.1093/jjco/hyt203

Reference			Study subjects						Category	Number among cases	Relative risk (95%CI or p)	P for trend	Confounding variables considered	**Magnitude of association**
Author	Title	Year	Study period	Number of subjects	Source of subjects	Event followed	Number of incident cases or	Participant's race						
Hirayama	Life-style and Mortality: A Large-Scale Census-Based Cohort Study in Japan	1990	1966-82	142,857	General population (six- refecture cohort)	Mortality	241	Japanese	Miso soup					
									Non-daily		1.00 (Reference)		age	-
									Daily		0.85 (0.68-1.06)			
Key et al.	Soya foods and breast cancer risk: a prospective study in Hiroshima and Nagasaki, Japan	1999	1969-93	34,759	Atomic-bomb survivors	Incidence	427	Japanese	Tofu					
									≥1	139	1.00 (Reference)		age, calender period, city and age at time of bombing and radiation dose	-
									2-4/weeks	199	0.99 (0.90-1.24)	0.71		
									≥5 weeks	52	1.07 (0.78-1.47)			
Yamamoto et al.	Soy, isoflavones, and breast cancer risk in Japan	2003	1990-99	21,852	General population (JPHC study)	Incidence	179	Japanese	Miso soup					
									<1 cup/day	51	1.00 (Reference)		age, area, age at menarche, no. of pregnancies, age at first pregnancy, active and passive smoking, alcohol consumption, physical activity, education level, total energy and meat, fish, vegetable and fruit consumption	↓
									1 cup/day	39	1.1 (0.67–1.7)	0.042		
									2 cups/day	58	0.74 (0.46–1.2)			
									≥3 cups/day	31	0.60 (0.34–1.1)			
									Soy foods					
									<2 times/week	38	1.00 (Reference)			
									3-4 times/week	60	0.83 (0.52–1.3)	0.44		-
									Almost daily	81	0.81 (0.49–1.3)			
									Isoflavones					
									Q1	44	1.00 (Reference)			
									Q2	50	0.76 (0.47–1.2)			
									Q3	52	0.90 (0.56–1.5)	0.043		
									Q4	33	0.46 (0.25–0.84)			↓ ↓ ↓
									Premenopausal Isoflavones					
									Q1	21	1.00 (Reference)			
									Q2	29	1.0 (0.50–2.0)			
									Q3	29	1.6 (0.79–3.1)	0.97		
									Q4	10	0.66 (0.25–1.7)			-
									Postmenopausal Isoflavones					
									Q1	22	1.00 (Reference)			
									Q2	21	0.58 (0.29–1.1)			
									Q3	23	0.50 (0.25–1.0)	0.006		
									Q4	21	0.32 (0.14–0.71)			↓ ↓ ↓
Nisho et al.	Consumption of soy foods and the risk of breast cancer: findings from the Japan Collaborative Cohort (JACC)	2007	1988-90	30,454	General population (JACC study)	Incidence	145	Japanese	Tofu					
									<3 times/week	44	1.00 (Reference)		age, study area, family history of breast cancer, age at menopause, age at first birth,	
									3-4 times/week	52	1.17 (0.77–1.78)	0.55		-
									Almost daily	49	1.14 (0.74–1.77)			
									Boiled beans					
									<1 times/week	87	1.00 (Reference)			

	Study								1-2 times/week	36	0.91 (0.61–1.37)	0.31	parity, use of exogenous female hormone, smoking, consumption of green leafy vegetables, walking time, body mass index and total energy intake	-	
									≥3 times/week	22	0.77 (0.47–1.27)			-	
									Miso soup						
									<1 times/day	46	1.00 (Reference)				
									1 cup/day	38	0.92 (0.59– 1.43)	0.94			
									≥2 cups/day	61	1.01 (0.65– 1.56)			-	
									Postmenopausal						
									Tofu						
									≤2 times/week	24	1.00 (Reference)				
									3-4 times/week	36	1.64 (0.96– 2.81)	0.23			
									Almost daily	32	1.43 (0.81– 2.52)			-	
									Boiled beans						
									<1 times/week	49	1.00 (Reference)				
									1-2 times/week	26	1.03 (0.63– 1.70)	0.75			
									≥3 times/week	17	0.89 (0.50– 1.59)			-	
									Miso soup						
									<1 cup/day	31	1.00 (Reference)				
									1 cup/day	26	0.99 (0.57–1.71)	0.76			
									≥2 cups/day	35	0.92 (0.52–1.62)			-	
Wada et al.	Soy isoflavone intake and breast cancer risk in Japan: from the Takayama study.	2013	1992-2008	15,607	General population (Takayama study)	Incidence	172	Japanese	Soy intake				age, body mass index, physical activity score, smoking status, alcohol consumption, education years, age at menarche, age at first delivery, menopausal status, parity, history of hormone-replacement therapy and total energy intake		
									Q1	56	1.00 (Reference)				
									Q2	39	0.72 (0.48–1.08)	0.14		-	
									Q3	39	0.71 (0.47–1.08)				
									Q4	38	0.72 (0.47–1.10)				
									Isoflavone intake						
									Q1	58	1.00 (Reference)				
									Q2	34	0.61 (0.40–0.94)	0.25			
									Q3	44	0.80 (0.53–1.18)				
									Q4	36	0.67 (0.44–1.03)			-	
									Premenopausal						
									Soy intake						
									Q1	13	1.00 (Reference)				
									Q2	10	0.92 (0.40–2.12)	0.18			
									Q3	7	0.79 (0.31–2.01)				
									Q4	8	1.10 (0.45–2.68)			-	
									Isoflavone intake						
									Q1	12	1.00 (Reference)				
									Q2	7	0.71 (0.31–2.01)	0.14			
									Q3	10	1.26 (0.54–2.95)				
									Q4	9	1.52 (0.63–3.65)			↑	
									Postmenopausal						
									Soy intake						
									Q1	43	1.00 (Reference)				
									Q2	29	0.65 (0.41–1.05)	0.023			
									Q3	32	0.67 (0.42–1.07)				
									Q4	30	0.63 (0.39–1.01)			↓	
									Isoflavone intake						
									Q1	46	1.00 (Reference)				
									Q2	27	0.57 (0.35–0.92)	0.046			
									Q3	34	0.68 (0.44–1.07)				
									Q4	27	0.52 (0.32–0.85)			↓ ↓	

■系統的レビュー（症例対照研究）
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			Study subjects					Category	Number among cases	Relative risk (95%CI or p)	P for trend	Confounding variables considered	**Magnitude of association**
Author	Title	Year	Study period	Type and source	Definition	Number of cases	Number of						
Hirohata et al. (18)	Occurrence of breast cancer in relation to diet and reproductive history: a case-control study in Fukuoka, Japan	1985	Not given	Hospital-based (National Kyushu Cancer Center, Kyusyu Univ, Fukuoka Univ, Kurume Univ, National Fukuoka Central Hospital)	Cases: histologically confirmed cases Controls: hospital control without history of cancer and benign breast disease, neighborhood control	212	424	Fat from soy Cases Controls Hospital Neighborhood		Mean; 26 g/week 22 g/week 26 g/week	N/A	Matched (1:2) for : Age (+5 years); Adjusted for: age,weight, menopause, and parity	
Kikuchi et al. (19)	Case control study of breast cancer, mammary cyst and dietary, drinking or smoking habit in Japan	1990	1988-1989	Hospital-based (2 hospitals)	Cases: histologically confirmed cases Controls: hospital controls and participans in breast cancer screening	49	49	Tofu and soybeans Low High		 1.00 (Reference) 0.90	N/A	Matched (1:1) for age (±3 years)	
Masuoka et al. (20)	A case-control study of breast cancer (Part 2). Analysis of environmental factors stratified by menopausal status.	1991	1986-1989	Hospital-based	Cases: primary breast cancer patients Controls: neighborhood controls selected from telephone directories	postmenopausal; 67	postmenopausal; 134	All times/day		1.41*	<0.05	Matched (1:2) for age (+2) and menopausal status; Adjusted for: consumption of ramen noodles, meat, beef,chiken, fish, black tea, shochu, and	
								Postmenopausal; times/day		1.27 (0.82–1.96)		Matched (1:2) for age (+2) and menopausal status; Adjusted for: consumption of potatoes, and meat.	
Hirose et al. (21)	A large-scale, hospital-based case-control study of risk factors of breast cancer according to menopausal status.	1995	1988–1992	Hospital-based (Aichi Cancer Center)	Cases: primary breast cancer detected by histological exsamination Controls: cancer-free	Premenopausal; 607 Postmenolausal; 443	Premenopausal; 14883 Postmenolausal; 6192	Miso soup Premenopausal; Occasional/none Daily Postmenopausal; Occasional/none Daily		 1.00 (Reference) 1.16 (0.98–1.37) 1.00 (Reference) 0.96 (0.78–1.17)	 N/A N/A	age and first-visit year	 - -

Suzuki et al. (22)	Effect of soybean on breast cancer according to receptor status: a case-control study in Japan	2008	2001-2005	Hospital-based (Aichi Cancer Center)	Cases: underwent surgical excision and histologically confirmed Controls: cancer-free	678	3390	All				Matched (1:5) for age (+0) and menopausal status; Adjusted for: drinking habit, BMI, regular exercise, family history of breast cancer, total nonalcohol energy intake, multivitamin use, age at menarche, parity, hormone-replacement therapy, referral pattern to the hospital.	↓
						Premenopausal; 329	Premenopausal; 1645	Soybean products					
								Tertile 1	1.00 (Reference)	0.03			
								Tertile 2	0.95 (0.77–1.16)				
						Postmenolausal; 349	Postmenolausal; 1745	Tertile 3	0.80 (0.64–0.99)				
								Miso soup					
								≤2 times/month	1.00 (Reference)	0.93			
								3-6 times/week	0.97 (0.79–1.20)				
								≥1 times/week	0.99 (0.79–1.24)				–
								Tofu					
								≤3 times/month	1.00 (Reference)	0.3			
								1-2 times/week	0.98 (0.80–1.21)				
								≥3 times/week	0.89 (0.72–1.12)				–
								Natto					
								≤3 times/month	1.00 (Reference)	0.03			
								1-2 times/week	0.96 (0.78–1.19)				
								≥3 times/week	0.87 (0.70–1.08)				–
								Aburage					
								Seldom	1.00 (Reference)	0.99			
								1–3 times/month	1.21 (0.88–1.66)				
								>1 time/week	1.11 (0.80–1.54)				–
								Premenopausal;					
								Soybean products					
								Tertile 1	1.00 (Reference)				
								Tertile 2	0.85 (0.64–1.13)	0.06			
								Tertile 3	0.74 (0.54–1.02)				–
								Miso soup					
								≤2 times/month	1.00 (Reference)				
								3-6 times/week	0.89 (0.67–1.18)	0.58			
								≥1 times/week	0.91 (0.66–1.27)				–
								Tofu					
								≤3 times/month	1.00 (Reference)				
								1-2 times/week	0.95 (0.71–1.27)	0.32			
								≥3 times/week	0.84 (0.61–1.17)				–
								Natto					
								≤3 times/month	1.00 (Reference)				
								1-2 times/week	1.04 (0.78–1.39)	0.06			
								≥3 times/week	0.72 (0.52–0.99)				↓
								Aburage					
								Seldom	1.00 (Reference)				
								1–3 times/month	1.10 (0.73–1.65)	0.93			
								>1 time/week	1.06 (0.70–1.61)				–
								Postmenopausal;			Additionally adjusted for age at menopause		
								Soybean products					
								Tertile 1	1.00 (Reference)				
								Tertile 2	1.01 (0.75–1.39)	0.17			
								Tertile 3	0.84 (0.61–1.15)				–
								Miso soup					
								≤2 times/month	1.00 (Reference)				
								3-6 times/week	1.07 (0.78–1.47)	0.65			
								≥1 times/week	1.08 (0.79–1.48)				–

								Tofu					
								≤3 times/month	1.00 (Reference)				
								1-2 times/week	1.00 (0.73–1.37)	0.56			
								≥3 times/week	0.93 (0.68–1.28)				–
								Natto					
								≤3 times/month	1.00 (Reference)				
								1-2 times/week	0.91 (0.66–1.27)	0.95			
								≥3 times/week	0.99 (0.72–1.36)				–
								Aburage					
								Seldom	1.00 (Reference)				
								1–3 times/month	1.59 (0.90–2.81)	0.97			
								>1 time/week	1.37 (0.78–2.41)				-
Iwasaki et al. (23)	Dietary isoflavone intake and breast cancer risk in case-control study in Japanese Brazilians, and non-Japanese Brazilians.	2009	2001-2006	Hospital-based (Nagano)	Cases: histologically confirmed cases; Controls: cancer-free medical check examinees	390 Premenopausal; 178 Postmenopausal; 212	390 Premenopausal; 137 Postmenopausal; 253	All; Isoflavone					
								Low	1.00 (Reference)		Matched (1:1) for: age (+3 years) and residential area		
								Middle	0.86 (0.59–1.27)	N/A	Adjusted for: menopausal status, number of birth, family history of breast cancer, smoking status, moderate pysical activity in the past 5 years, total energy, and vitamin		
								High	0.83 (0.54–1.28)				-
								Premenopausal; Isoflavone					
								Low	1.00 (Reference)		Adjusted for: age and area, number of births, family history of breast cancer, smoking status, moderate physical activity in the past 5 years, total energy, and vitamin supplement use.		
								Middle	0.99 (0.58–1.71)	N/A			
								High	1.35 (0.72–2.54)				-
								Postmenopausal; Isoflavone					
								Low	1.00 (Reference)		Adjusted for: age and area, number of births family history of breast cancer, smoking status, moderate physical activity in the past 5 years, total energy, and vitamin supplement use.		
								Middle	0.79 (0.48–1.29)	N/A			
								High	0.62 (0.38–1.01)				↓