

表 I-5. BMIと前立腺がんとの関連に関するコホート研究(エビデンステーブル)

References Author	Year	Study period		Study population		Event followed	Number of incident cases	Category	Number among cases	Relative risk (95%CI or p)	p for trend	Confounding variables considered	Comments
		Number of subjects for analysis	Source of subjects	Number of subjects	Number of incident cases								
Allen et al. (1)	2004	1963-1996	18,115men	Atomic-bomb survivors	Incidence	196men	<20 20-22 ≥23	<20 20-22 ≥23	68 77 43	1.00 0.98(0.70-1.35) 0.76(0.52-1.12)	0.16	Age, area, education, medication, hypertension, leasurertime physical exercise, vegetable, fruit, fish, pickles, soy and red meat intake, alcohol, BMI.	
Kuriyama et al. (2)	2005	1984-1992	12,485men	population-based	Incidence	45men	18.5-24.9 25.0-27.4 27.5-29.9	18.5-24.9 25.0-27.4 27.5-29.9	36 6 3	1.00 1.04(0.43-2.52) 1.35(0.41-4.44)	0.67	Age, area, smoking status, alcohol drinking, consumption of meat, fish, fruits, green or yellow vegetables and bean-paste soup, type of health insurance.	
Kurahashi et al. (3)	2006	1990-2003	49,850men	JPHC Study	Incidence	311men	≤21.9 22.0-23.4 23.5-24.9 ≥25.0	≤21.9 22.0-23.4 23.5-24.9 ≥25.0	94 66 64 87	1.00 1.04(0.76-1.43) 1.19(0.86-1.63) 1.24(0.92-1.67)	0.13	Age, area, smoking status, family history of prostate cancer and marital status.	

表 I -6. BMIと前立腺がんとの関連に関する症例対照研究(エビデンステーブル)

References author	year	Study time	Study subjects		Category	Relative risk (95%CI or p)	p for trend	Confounding variables considered	Comments
			Type and source	Definition					
Furuya et al. (4)	1998	1986-1995	Hospital based (Chiba University Hospital)	Cases: untreated histologically confirmed cases; Controls: patients with prostatic hyperplasia patients who exhibited no signs of malignancy	329males 190males	<24.2 ≥24.2 ≥26.4	1.00 0.84(0.57-1.24) 0.84(0.45-1.54)	Crude	
Nagata et al. (5)	2007	1996-2003	Hospital-based (Tsukuba University Hospital, Sapporo Medical University Hospital)	Cases: histologically confirmed cases; Controls: outpatients without other prostatic diseases or malignant tumors	200males 200males	<23.0 23.0-24.9 ≥25.0	1.00 1.28(0.87-1.87) 1.06(0.72-1.55)	Matched (1:1) for Age (±5yrs) and hospital	Adjusted for cigarette smoking and energy and PUFA intakes

表 1-7. 野菜・果物摂取と前立腺がんとの関連に関するコホート研究(エビデンスデータベース)

References Author	Year	Study period	Study population			Event followed	Incidence	196men	Number of incident cases	Category	Number among cases	Relative risk (95%CI or p)	p for trend	Confounding variables considered	Comments
			Number of subjects for analysis	Source of subjects	Study population										
Allen et al. (1)	2004	1963-1996	18,115men	Atomic-bomb survivors	Incidence				Yellow/green vegetables <2 2-4 almost daily	82 76 38	1.00 0.95(0.69-1.29) 0.98(0.66-1.44)	0.87		Age, area, education, medication, hypertension, leisuretime physical exercise, vegetable, fruit, fish, pickles, soy and red meat intake, alcohol, BMI.	
									Pickled/salted vegetables <2 2-4 almost daily	65 25 106	1.00 0.70(0.44-1.11) 1.06(0.78-1.45)	0.55			
									Fruit (times/wk) <2 2-4 almost daily	48 74 74	1.00 1.27(0.88-1.83) 1.20(0.83-1.74)	0.40			

表 I-8. 野菜・果物摂取と前立腺がんとの関連に関する症例対照研究(エビデンスデータベース)

References author	Study time year	Study subjects		Category	Relative risk (95%CI or p)	p for trend	Confounding variables considered	Comments
		Type and source	Definition					
Mishina et al. (2)	1985 1976	Hospital based (four clinics in Kyoto, two clinics in Osaka, and five clinics in Tokyo)	Cases: histologically confirmed cases;	Green and yellow vegetables	1.00		Matched for age(±1yr) and for residence in the same prefecture	
			Controls: cancer-free patients	>occasionally Never or only occasionally	2.00 ($\chi^2=2.70$, P>0.05)			
Oishi et al. (3)	1988 1981-1984	Hospital based (Kyoto University Hospital, Shiga Medical School Hospital, and 11 affiliated hospitals)	Cases: histologically confirmed cases;	Pickles	1.00		Matched for hospital, age (±3yr) and date of admission (±3months)	
			Controls: patients with benign prostatic hyperplasia (BPH) and general hospital patients (hospital control, HC)	<daily Daily	1.21 ($\chi^2=0.21$, P>0.05)			
			Cases: histologically confirmed cases;	Vegetables	1.00			
			Controls: patients with benign prostatic hyperplasia (BPH) and general hospital patients (hospital control, HC)	<ordinary intake	1.26(0.52-3.02)			
			ordinary intake	1.53(0.78-3.00)				
			Spinach	1.00				
			<high intake	0.51(0.26-0.99)				
			high intake	1.00				
			Salty pickles	0.98(0.44-2.20)				
			<ordinary intake	1.16(0.60-2.25)				
			ordinary intake	1.00				
			high intake	0.63(0.31-1.29)				
Brackenfern	0.57(0.26-1.22)							
<ordinary intake								
ordinary intake								
high intake								

Nakata et al. (4)	1993	100 HC	Vegetables <ordinary intake ordinary intake high intake	1.00	Matched for age (± 2.0 yr)					
				1.35(0.51-3.54)						
				0.87(0.43-1.76)						
				Spinach		1.00				
						0.22(0.09-0.55)				
						Salty pickles	1.00			
				0.77(0.33-1.81)						
				0.69(0.35-1.38)						
				Brackenfern		1.00				
						0.57(0.28-1.16)				
						0.47(0.22-0.99)				
				Hospital-based (General hospital in Gunma Prefecture)		1985-1990	Cases: untreated histologically confirmed cases; Controls: screening controls and population controls	91males (\geq 69yr)	86males (\leq 69yr)	Vegetables
								Rarely	1.49(0.33-6.71)	
								Moderately	1.00	
Often	0.82(0.44-1.52)									
203males (\geq 70yr)	208males (\geq 70yr)	Vegetables	Age							
		Rarely	2.89(1.06-7.88)							
		Moderately	1.00							
Often	0.86(0.61-1.22)									

Sonoda et al. 2004 (5)	1996-2002	Hospital-based (Tsukuba University Hospital, Sapporo Medical University Hospital)	Cases: histologically confirmed cases; Controls: outpatients without other prostatic diseases or malignant tumors	140males	140males	All vegetables (g/day)	Matched (1:1) for Age (\pm 5yrs) and hospital
						≤ 151.7	1.00
						151.7-220.8	0.73(0.34-1.58)
						220.8-300.0	0.74(0.36-1.53)
						≥ 300.0	0.65(0.28-1.48)
							0.35
						Green-yellow vegetables (g/day)	Adjusted for cigarette smoking and energy intake
						≤ 68.2	1.00
						68.2-108.4	0.58(0.29-1.16)
						108.4-188.8	0.80(0.40-1.60)
						≥ 188.8	0.82(0.40-1.69)
							0.98
						Tomatoes (g/day)	
						≤ 28.5	1.00
						28.5-42.7	0.76(0.36-1.63)
						42.7-100.0	0.66(0.35-1.26)
						≥ 100.0	0.86(0.37-2.01)
							0.87
						Fruits (g/day)	
						≤ 78.7	1.00
						78.7-153.0	1.40(0.70-2.78)
						153.0-239.9	1.19(0.61-2.33)
						≥ 239.9	0.63(0.29-1.38)
							0.13

表 1-9. 大豆摂取と前立腺がんとの関連に関するコホート研究 (エビデンステーブル)

References Author	Year	Study period	Study population		Event followed	Number of incident cases	Category	Number among cases	Relative risk (95%CI or p)	p for trend	Confounding variables considered	Comments
			Number of subjects for analysis	Source of subjects								
Allen et al. (1)	2004	1963-1996	18,115men	Atomic-bomb survivors	Incidence	196men	Tofu	73	1.00			Age, area, education, medication, hypertension, leisuretime physical exercise, vegetable, fruit, fish, pickles, soy and red meat intake, alcohol, BMI.
							<2	89	0.91(0.67-1.24)			
							2-4	31	0.88(0.58-1.35)	0.51		
							Miso soup	60	1.00			
							<2	55	1.15(0.80-1.66)			
							2-4	78	0.94(0.67-1.33)	0.64		
							almost daily					
							Total soya intake (Sum of tofu and miso soup intake)	42	1.00			
							Low	87	0.92(0.64-1.33)			
							Intermediate	64	0.79(0.53-1.18)	0.23		
High												
Ozasa et al. (2)	2004	1988-1999	14,105men	JACC Study	Incidence or Mortality	52men	Serum Genistein (nM)	18	1.00			Matched (1:3) for Age (as closely as possible) and study area
							<239	22	1.37(0.61-3.07)			
							239-682	12	0.76(0.32-1.82)	0.46		
							>682					
							Serum Daidzein (nM)	18	1.00			
							<89	21	1.43(0.63-3.25)			
							89-239	13	0.74(0.31-1.76)	0.38		
							>239					
							Serum Equol (nM)	17	1.00			
							<1.9	24	0.70(0.31-1.56)			
1.9-56.1	11	0.39(0.15-0.98)	0.046									
>56.1												

Kurahashi et al. 2007 (3)	1995-2004 43,509men	JPHC Study	Incidence 307men (Total)	Genistein(mg/day)	Adjusted for age, area, smoking status, drinking frequency, marital status, body mass index, and intake of total fatty acids, dairy, vegetables, and fruits.	Localized(>60yrs)
				<13.2		Genistein Q1: 1.00
				13.2-21.2	75	Q4: 0.52(0.30-0.90)
				21.3-32.7	76	P for trend=0.03
				≥32.8	91	Daidzein Q1: 1.00
					65	Q4: 0.50(0.28-0.88)
				Daidzein(mg/day)		P for trend=0.04
				<8.5	70	Soy food Q1: 1.00
				8.5-13.4	79	Q4: 0.52 (0.29-0.90)
				13.5-20.3	93	P for trend=0.01
				≥20.4	65	
				Miso soup(mg/day)		
				<110.0	58	Advanced(>60yrs)
				110.0-225.9	79	Miso soup Q1: 1.00
				226.0-335.9	85	Q4: 2.86 (1.01-8.11)
				≥336.0	85	P for trend=0.07
				Soy food(g/day)		
				<46.6	66	
				46.6-71.8	88	
				71.9-107.3	79	
				≥107.4	74	

表 I-10. 大豆摂取と前立腺がんとの関連に関する症例対照研究(エビデンステーブル)

References author	Study time year	Study subjects		Category	Relative risk (95%CI or p)	p for trend	Confounding variables considered	Comments		
		Type and source	Number of							
Oishi et al. (4)	1981-1984	Hospital based (Kyoto University Hospital, Shiga Medical School Hospital, and 11 affiliated hospitals)	Cases: histologically confirmed cases;	100 BPH	Miso soup	Matched for hospital, age (± 3 yr) and date of admission (± 3 months)				
			Controls: patients with benign prostatic hyperplasia (BPH) and general hospital patients (hospital control, HC)	100 HC	<ordinary intake				1.00	
					ordinary intake				1.47(0.66-3.25)	
				high intake	1.29(0.57-2.92)					
Akaza et al. (5)	2002 ?	Hospital-based (Tsukuba University Hospital, Kyusyu University Hospital, Nara Medical School Hospital and Sapporo Medical University Hospital)	Cases: histologically confirmed cases;	112 males	Equal non-producer	Matched (1:1) for Age and hospital				
			Controls: imale without other prostatic diseases or malignant tumors	14 Imales	Equal producer				1.00	
					Equal producer				0.66(0.40-1.09)	
				Equal non-producer	1.00					
				Equal producer	0.44(0.23-0.85)					
				Equal non-producer	1.00					
				Equal producer	0.74(0.18-2.97)					
Sonoda et al. (6)	1996-2002	Hospital-based (Tsukuba University Hospital, Sapporo Medical University Hospital)	Cases: histologically confirmed cases;	140males	Tofu (g/day)	Matched (1:1) for Age (± 5 ys) and hospital	Adjusted for cigarette smoking and energy intake			
			Controls: outpatient without other prostatic diseases or malignant tumors	140males	≤ 19.7					1.00
					19.7-42.7					0.57(0.27-1.20)
					42.7-96.4					0.81(0.38-1.75)
					≥ 96.4					0.47(0.20-1.08)
					Natto (g/day)					
					≤ 5.7					1.00
					5.7-13.2					1.10(0.53-2.30)
					13.2-40.0					0.66(0.33-1.32)
					≥ 40.0					0.25(0.05-1.24)
		All soy products (g/day)								
		≤ 77.0	1.00							
		77.0-125.0	0.75(0.36-1.63)							
		125.0-187.2	0.61(0.28-1.35)							
		≥ 187.2	0.53(0.24-1.14)							

Study	Year	Design	Cases	Controls	Exposure (mg/day)	OR (95% CI)	Adjusted for			
Nagata et al. (7)	2007	Hospital-based (Tsukuba University Hospital, Sapporo Medical University Hospital)	Cases: histologically confirmed cases; Controls: outpatients without other prostatic diseases or malignant tumors	200males	200males	Isoflavones (mg/day)	Matched (1:1) for Age (\pm 5yrs) and hospital			
								<30.5	1.00	Adjusted for cigarette smoking and energy and PUFA intakes
								30.5-59.3	0.91(0.59-1.41)	
								59.4-89.8	0.72(0.44-1.17)	
								≥ 89.9	0.48(0.25-0.93)	0.02
								Genistein		
								<1.1	1.00	
								1.1-1.8	1.04(0.67-1.62)	
								1.9-2.4	0.97(0.61-1.55)	
								≥ 2.5	0.68(0.39-1.20)	0.19
								Daidzein (mg/day)		
								<0.8	1.00	
0.8-1.3	1.12(0.73-1.72)									
1.4-1.8	0.90(0.55-1.48)									
≥ 1.9	0.64(0.36-1.17)	0.12								

表S-1. 心理社会的要因と全がんととの関連に関するコホート研究(サマリーテーブル)

References		Study population						
Author	Year	Study period	Sex	Number of subjects	Ranged age	Event	Number of incident cases or deaths (follow-up period)	Results
Utoguchi	1997	1987-1994	Men+Women	3,271	30-79	death	175	NS
Nakaya	2003	1990-1997 (7years)	Men+Women	51,921	40-64	Incidence	986	NS
Hirokawa	2004	1992-1999	Men Women	13,226 14,880	35+ 35+	death death	350 221	NS NS

表S-2. ヘリコバクター・ピロリ菌感染と胃がんとの関連に関するコホート研究(サマリーテーブル)

Author	References		Study subjects				Strength of association
	(Ref. No.)	Study period	Sex	No. of subjects	Age (years)	Event	
Watanabe	(1)	1987-1985	Men and women	2858*	≥35	Incidence	↑
Yamagata	(2)	1988-1997	Men	1,070	mean 57	Incidence	↑↑↑
Uemura	(3)	1990-	Women	1,532	mean 59	Incidence	—
Yatsuya	(4)	1988-1997	Men and women	1526	20-76	Incidence	↑↑↑
Sasazuki	(5)	1990-2004	Men	46 465*	40-79	Incidence	↑
			Women	64 327*	40-79	Incidence	↑↑↑
			Men and women	123 576*	40-69	Incidence	↑↑↑

*nested within the subjects

表S-3. ヘリコバクター・ピロリ菌感染と胃がんとの関連に関するケースコントロール研究(サマリーテーブル)

References Author	(Ref. No.)	Study period		Study subjects			Magnitude of association	
		Sex	Age (years)	Number of cases	Number of controls			
Blaser	(1)	1990-1992	Men and women	46-82	29	58	↑ ↑	
Asaka	(2)	NA	Men and women	mean 60.1	213	213	↑ ↑ ↑	
Asaka	(3)	NA	Men and women	NA	109	109	↑ ↑ ↑	
Fukuda	(4)	1989-1990	Men and women	23-84	282	767	-	
Kikuchi	(5)	1988-1992	Men and women	<40	105	202	↑ ↑ ↑	
Barreto-Zuniga	(6)	1994	Men and women	40-70	55	75	↑ ↑ ↑	
Komoto	(7)	1991-1996	Men and women	mean 64.9	105	105	↑ ↑ ↑	
Kitahara	(8)	1989-1997	Men and women	mean 64	301	602	-	
Shimoyama	(9)	1995-1996	Men and women	mean 62.5	81	81	↑ ↑	
Yamaoka	(10)	NA	Men and women	42-84	110	110	↑ ↑ ↑	
Kikuchi	(11)	1988-1992	Men and women	<40	103	201	↑ ↑ ↑	
Haruma	(12)	1981-1997	Men and women	<30	50	100	↑ ↑ ↑	
Maeda	(13)	NA	Men and women	mean 62.6	80	80	↑ ↑ ↑	
Machida-Montani	(14)	1998-2002	Men and women	20-74	122	235	↑ ↑ ↑	

表S-4. 乳製品と大腸がんとの関連に関するコホート研究(サマリテーブル)

Reference	Study period			Study population			No. of incident cases or deaths	Magnitude of association*			
	Sex	No. of subjects	Age range	Event	Colon	Rectum		Colorectum			
Khan et al. 2004 (1)	Men	1524	≥40 yr	Death	NA	NA	—	↓			
	Women	1634	≥40 yr	Death	NA	NA	—				
Kojima et al. 2004 (2)	Men	45 181	40-79 yr	Death	—	↓ ↓ **	NA	↑ ↑ ***			
	Women	62 643	40-79 yr	Death	—	↑ ↑ ***	NA				

NA, not available

* ↑ ↑ or ↓ ↓ ↓ ↓, strong; ↑ ↑ or ↓ ↓, moderate; ↑ or ↓, weak; —, no association

** Yogurt; *** Cheese

表S-5. 乳製品と大腸がんとの関連に関する症例対照研究(サマリーテーブル)

Reference	Study period			Study subjects			Magnitude of association*		
	Sex	Age range	No. of cases	No. of controls	Colon	Rectum	Colorectum		
Kondo 1975 (3)	Men and women	Not specified	393 (M:205, F: 188)	582 (M:408, F: 174)	↑	—	NA		
Watanabe et al. 1984 (4)	Men and women	Not specified	203 (M:110, F:93)	203 (M:110, F:93)	—	↓	NA		
Tajima and Tominaga 1985 (5)	Men	40-79 yr	52	111	—	↓ ↓ ↓	NA		
Hoshiyama et al. 1993 (6)	Men and women	40-69 yr	181 (M:98, F:83)	653 (M:343, F:310)	—**	—**	NA		
Kotake et al. 1995 (7)	Men and women	Not specified	363 (M:214, F:149)	363 (M:214, F:149)	—	—	NA		
Inoue et al. 1995 (8)	Men Women	24-86 yr 24-88 yr	257 175	8621 23 161	—	— ↓ ↓	NA NA		
Ping et al. 1998 (9)	Men and women	40-84 yr	100 (M:77, F:23)	265 (NA)	NA	NA	—**		
Murata et al. 1999 (10)	Men	Not specified	426	794	—	↓ ↓	NA		
Wakai et al. 2006 (11)	Men Women	20-79 yr 20-79 yr	295 212	1475 1060	—*** ↓ ↓ ***	—*** —***	NA NA		

NA, not available; M, men; F, women

* ↑ ↑ ↑ or ↓ ↓ ↓, strong; ↑ ↑ or ↓ ↓, moderate; ↑ or ↓, weak; —, no association

** Dairy foods; *** Calcium

表S-6. コーヒーと大腸がんとの関連に関するコホート研究(サマリータブール)

Reference	Study period				Study population				Magnitude of association*			
	Study period	Sex	No. of subjects	Age range	Event	No. of incident cases or deaths	Colon	Rectum	Colorectum			
Khan et al. 2004 (1)	1984-2002	Men	1524	≥40 yr	Death	15	NA	NA	↓ ↓			
		Women	1634	≥40 yr	Death	14	NA	NA	—			
Oba et al. 2006 (2)	1992-2000	Men	13 894	≥35 yr	Incidence	111	—	NA	NA			
		Women	16 327	≥35 yr	Incidence	102	↓ ↓ ↓	NA	NA			
Naganuma et al. 2007 (3)	1990-2001	Men	18 867	40-64 yr	Incidence	284	—	—	—			
		Women	19 834	40-64 yr	Incidence	173	—	—	—			
Lee et al. 2007 (4)	1990-2002	Men	46 023	40-69 yr	Incidence	726	—	—	—			
		Women	50 139	40-69 yr	Incidence	437	↓	—	—			

NA, not available

* ↑ ↑ ↑ or ↓ ↓ ↓, strong; ↑ ↑ or ↓ ↓, moderate; ↑ or ↓, weak; —, no association

表S-7. コーヒーと大腸がんとの関連に関する症例対照研究(サマリテーブル)

Reference	Study period			Study subjects			Magnitude of association*		
	Study period	Sex	Age range	No. of cases	No. of controls		Colon	Rectum	Colorectum
Kondo 1975 (5)	1967-73	Men and women	Not specified	393 (M:205, F: 188)	582 (M:408, F: 174)		↓	↓ ↓	NA
Watanabe et al. 1984 (6)	1977-83	Men and women	Not specified	203 (M:110, F:93)	203 (M:110, F:93)		—	—	NA
Tajima and Tominaga 1985 (7)	1981-83	Men	40-79 yr	52	111		—	—	NA
Kato et al. 1990 (8)	1986-90	Men and women	Not specified	223	578		↓ ↓ ↓	↓	NA
Hoshiyama et al. 1993 (9)	1984-90	Men and women	40-69 yr	181 (M:98, F:83)	653 (M:343, F:310)		↓ ↓ ↓	—	NA
Kotake et al. 1995 (10)	1992-94	Men and women	Not specified	363 (M:214, F:149)	363 (M:214, F:149)		—	↑ ↑	NA
Nishi et al. 1997 (11)	1987-90	Men and women	Not specified	330	660		—	—	NA
Inoue et al. 1998 (12)	1988-92	Men	24-86 yr	257	8621		—	↓ ↓ ↓	NA

NA, not available; M, men; F, women

* ↑ ↑ ↑ or ↓ ↓ ↓, strong; ↑ ↑ or ↓ ↓, moderate; ↑ or ↓, weak; —, no association

表S-8. 肺がん運動の関連に関するケース・コントロール研究(サマリーテーブル)

References		Study period		Study subjects		Strength of association		Note
Author	Year	No.	Age range	Sex	Number of cases	Number of controls		
Huang XE	2004	1	1988-1998	Men and women	1,296	48,443	↓ ↓	Without family history of lung cancer
				Men and women	102	2,263	↓ ↓	With family history of lung cancer

表S-9. 肺がん肺結核の関連に関するコホート研究(サマリーテーブル)

References		Study population				Strength of association			
Author	Year	No.	Study period	Sex	Number of subjects	Age range	Event	Number of incident cases or deaths (follow-up period)	Strength of association
Aoki K	1973	1	1962-1963	M	NA	NA	Death	NA	↑ ↑ ↑
Aoki K	1973	1	5 years	M	NA	NA	Death	NA	↑ ↑
Hongo N, et al.	1981	2	1979	M+F	73,465-90,411	NA	Death	NA	↑ ↑ ↑
				M	NA	NA		NA	↑ ↑ ↑
				F	NA	NA		NA	↑ ↑ ↑
Aoki K, et al.	1986	3	1967-1972	M	5,008	NA	Death	11	↑ ↑ ↑
				F	3,579	NA		4	↑ ↑
Aoki K, et al.	1986	3	1979-1985	M	NA	NA	Death	NA	↑ ↑ ↑
				F	NA	NA		NA	↑ ↑ ↑
Aoki K, et al.	1986	3	1953-1968	M	3,017	NA	Death	5	↑ ↑
				F	1,791	NA		1	↑ ↑
Sakurai R, et al.	1989	4	1979-1983	F	1,083	30+	Death	9	↑ ↑ ↑

表S-10. 緑茶と乳がんとの関連に関するコホート研究(サマリテーブル)

References		Study population					Strength of association
Author	Year	Study period	Number of subjects	Ranged age	Event	Number of incident cases or deaths	
Key et al.	2004	1969-1993 1990-1997	34,759	Not specified	Incidence	427	—
Suzuki et al.	2004	1984-1993 1990-1997	35,004	40yr or over	Incidence	222	—

表S-11. 緑茶と乳がんとの関連に関するケース・コントロール研究(サマリテーブル)

References		Study subjects			Strength of association	
Author	Year	Study period	Ranged age	Number of cases	Number of controls	
Kikuchi et al.	1990	1988-1998	30yr or over	49	49	—

表S-12.大豆と乳がんとの関連に関するコホート研究(サマリーテーブル)

Author	Year (Ref. No.)	Study population				Event	Number of incident cases or deaths	Strength of association
		Study period	Sex	Number of subjects	Ranged age			
Hirayama T	1990 (1)	1966-82	Women	142,857	40yr or over	Mortality	241	Miso soup ↓
Key TJ	1999 (2)	1969-1993	Women	34,759	NA	Incidence	427	Tofu — Miso soup —
Yamamoto S	2003 (3)	1990-1999	Women	21,852	40-59yr	Incidence	179	Miso soup ↓ Soy foods — Isoflavones ↓↓↓
Nishino K	2007 (4)	1988-1990	Women	30,454	40-79yr	Incidence	89 premenopausal	Isoflavones —
							87 postmenopausal	Isoflavones ↓↓↓
							145	Tofu — Boiled beans — Miso soup —