

表1 文献検索に用いたシソーラスおよび検索語

日本語	英語	MEDLINEシソーラス	医中誌シソーラス
統合医療	integrative medicine	Integrative Medicine	統合医学
代替医療	alternative medicine	Complementary Therapies	代替医療
鍼	acupuncture	Acupuncture	鍼療法
灸	moxibustion	Moxibustion	灸療法
マッサージ	massage	Massage	マッサージ
台湾式マッサージ	Taiwan massage		
タイ式マッサージ	Thai massage		
足つぼマッサージ	foot pressure point massaging		
骨つぎ	bonesetting; coaptation		
接骨	bonesetting		
整体	bodywork	Massage	整体術 (フリーキーワード)
カイロプラティック	chiropractic	Chiropractic	
食事療法	medical diet; dietary cure		食事療法
マクロビオティック	macrobiotic diet	Diet, Macrobiotic	マクロビオティック食
断食療法	Fasting therapy		
サプリメント	supplement	Dietary Supplements	栄養補助食品
健康食品	health foods	Health Food	健康食品
ハーブ療法	herbal therapy	Phytotherapy	植物療法
アロマテラピー	aromatherapy	Aromatherapy	アロマテラピー
温熱療法	thermotherapy	Hyperthermia, Induced	温熱療法
高周波ハイパーサーミア療法	thermotherapy	Hyperthermia, Induced	
磁気療法	magnetotherapy		磁気療法
温泉療法	balneotherapy	Balneology	温泉学
音楽療法	music therapy	music therapy	音楽療法
森林セラピー	forest bath		
森林浴	Forest bathing		森林浴
ホメオパシー	homeopathy	Homeopathy	ホメオパシー
レメディ	remedy		
アーユルベータ	ayurveda	Medicine, Ayurvedic	アーユルベータ
インド伝統医療	Indian traditional medicine		
ヨガ	yoga	Yoga	ヨガ
気功	breathing exercise; breath control; spirit cultivation; chi kung; qigong	Breathing Exercises	気功
太極拳	taijiquan; a traditional Chinese pugilism [boxing]	Tai Ji	太極拳
漢方	Kampo	Medicine, Kampo	漢方薬
中薬	traditional Chinese medicine(TCM)	Medicine, Chinese Traditional	中医学
韓方	traditional Korean medicine	Medicine, Korean Traditional	朝鮮伝統医学
発症予防	critical prevention		
発症	affect	affect	
予防	prevention	prevention and control [Subheading]	一次予防

表2 MEDLINE における Complementary Therapies に関する MeSH term

Complementary Therapies

Therapeutic practices which are not currently considered an integral part of conventional allopathic medical practice. They may lack biomedical explanations but as they become better researched some (PHYSICAL THERAPY MODALITIES; DIET; ACUPUNCTURE) become widely accepted whereas others (humors, radium therapy) quietly fade away, yet are important historical footnotes. Therapies are termed as Complementary when used in addition to conventional treatments and as Alternative when used instead of conventional treatment.

Year introduced: 2002(1986)

All MeSH Categories

Analytical, Diagnostic and Therapeutic Techniques and Equipment Category

Therapeutics

Complementary Therapies

Acupuncture Therapy

Acupuncture Analgesia

Acupuncture, Ear

Electroacupuncture

Meridians +

Moxibustion

Anthroposophy

Auriculotherapy

Acupuncture, Ear

Diffuse Noxious Inhibitory Control

Holistic Health

Homeopathy

Horticultural Therapy

Medicine, Traditional

Medicine, African Traditional

Medicine, Arabic +

Medicine, Ayurvedic

Medicine, East Asian Traditional +

Shamanism

Mesotherapy

Mind-Body Therapies

Aromatherapy

Biofeedback, Psychology +

Breathing Exercises +

Hypnosis +

Imagery (Psychotherapy)

Laughter Therapy

Meditation

Mental Healing

Psychodrama +

Psychophysiology

Relaxation Therapy

Tai Ji

Therapeutic Touch

Yoga

Musculoskeletal Manipulations

Kinesiology, Applied

Manipulation, Chiropractic

Manipulation, Osteopathic

Therapy, Soft Tissue +

Naturopathy

Organotherapy

Tissue Therapy, Historical

Phytotherapy

Aromatherapy

Eclecticism, Historical

Reflexotherapy

Rejuvenation

Sensory Art Therapies

Acoustic Stimulation

Aromatherapy

Art Therapy

Color Therapy

Dance Therapy

Music Therapy

Play Therapy

Speleotherapy

Spiritual Therapies

Faith Healing

Homeopathy

Magic

Medicine, African Traditional

Meditation

Mental Healing

Occultism

Radiesthesia

Shamanism

Therapeutic Touch

Witchcraft

Yoga

表3 - 1 一次評価にて選択された文献：循環器系疾患分担班

MEDLINE

文献 ID	タイトル	著者	誌名	発行年	巻
LIF00867	Combined nutraceutical approach to postmenopausal syndrome and vascular remodeling biomarkers	Cicero Arrigo F G; Tartagni Elisa; Ferroni Alienor; De Sando Valeria; Grandi Elisa; Borghi Claudio	Journal of alternative and complementary medicine (New York, N.Y.)	2013	19
LIF01185	Effects of yoga exercise on serum adiponectin and metabolic syndrome factors in obese postmenopausal women	Lee Jeong-Ah; Kim Jong-Won; Kim Do-Yeon	Menopause (New York, N.Y.)	2012	19
LIF01662	Modest protective effects of isoflavones from a red clover-derived dietary supplement on cardiovascular disease risk factors in perimenopausal women, and evidence of an interaction with ApoE genotype in 49-65 year-old women	Atkinson Charlotte; Oosthuizen Welma; Scollen Serena; Loktionov Alexandre; Day Nicholas E; Bingham Sheila A	The Journal of nutrition	2004	134
LIF00019	Acupuncture in patients with valvular heart disease and prosthetic valves	Stellon Anthony stellon@btinternet.com	Acupuncture in medicine : journal of the British Medical Acupuncture Society	2003	21
LIF00071	Naturopathic medicine and type 2 diabetes: a retrospective analysis from an academic clinic	Bradley Ryan; Oberg Erica B	Alternative medicine review : a journal of clinical therapeutic	2006	11
LIF00072	Greenselect Phytosome as an adjunct to a low-calorie diet for treatment of obesity: a clinical trial	Di Pierro Francisco; Menghi Anna Borsetto; Barreca Angela; et al.	Alternative medicine review : a journal of clinical therapeutic	2009	14
LIF00088	Yoga practice is associated with attenuated weight gain in healthy, middle-aged men and women	Kristal Alan R; Littman Alyson J; Benitez Denise; White Emily	Alternative therapies in health and medicine	2005	11
LIF00092	Randomized trial of a whole-system ayurvedic protocol for type 2 diabetes	Elder Charles; Aickin Mikel; Bauer Vance; Cairns Joan; Vuckovic Nancy	Alternative therapies in health and medicine	2006	12
LIF00094	Ayurvedic and collateral herbal treatments for hyperlipidemia: a systematic review of randomized controlled trials and quasi-experimental designs	Singh Betsy B; Vinjamury Sivarama Prasad; Der-Martirosian Claudia; et al.	Alternative therapies in health and medicine	2007	13
LIF00100	Modifiable disease risk, readiness to change, and psychosocial functioning improve with integrative medicine immersion model	Wolever Ruth Q; Webber Daniel M; Meunier Justin P; Greeson Jeffrey M; Lausier Evangeline R; Gaudet Tracy W	Alternative therapies in health and medicine	2011	17
LIF00178	Acute effects of a herb extract formulation and inulin fibre on appetite, energy intake and food choice	Harrold J A; Hughes G M; O'Shield K; Quinn E; Boyland E J; Williams N J; Halford J C G	Appetite	2013	62
LIF00228	A low-fat high-carbohydrate diet supplemented with long-chain n-3 PUFA reduces the risk of the metabolic syndrome	Paniagua J A; Perez-Martinez P; Gjelstad Ingrid M F; et al.	Atherosclerosis	2011	218
LIF00233	Improving glycaemic and BP control in type 2 diabetes. The effectiveness of tai chi	Lam Paul; Dennis Sarah M; Diamond Terry H; Zwar Nicholas	Australian family physician	2008	37
LIF00246	The effect of therapeutic back massage in hypertensive persons: a preliminary study	Olney Christine M	Biological research for nursing	2005	7
LIF00265	Use of complementary and alternative medicine and self-tests by coronary heart disease patients	Greenfield Sheila; Pattison Helen; Jolly Kate	BMC complementary and alternative medicine	2008	8
LIF00273	Randomized trial of Tapas Acupressure Technique for weight loss maintenance	Elder Charles R; Gullion Christina M; Debar Lynn L; et al.	BMC complementary and alternative medicine	2012	12
LIF00274	Adjunctive naturopathic care for type 2 diabetes: patient-reported and clinical outcomes after one year	Bradley Ryan; Sherman Karen J; Catz Sheryl; Calabrese Carlo; Oberg Erica B; Jordan Luesa; Grothaus Lou; Cherkin Dan	BMC complementary and alternative medicine	2012	12
LIF00276	The effect of acupuncture on stroke recovery: study protocol for a randomized controlled trial	Liu Huilin; Zhang Dangsheng; Tan Xiuge; Yang Daqing; Wang Guiling; Zhao Yin; Wen Yali; Shi Guangxia; Wang Linpeng	BMC complementary and alternative medicine	2012	12
LIF00299	Post traumatic stress symptoms and heart rate variability in Bihar flood survivors following yoga: a randomized controlled study	Telles Shirley; Singh Nilkamal; Joshi Meesha; Balkrishna Acharya	BMC psychiatry	2010	10

LIF00320	The use of complementary and alternative medicine by people with cardiovascular disease: a systematic review	Grant Suzanne J; Bin Yu Sun; Kiat Hosen; Chang Dennis Hsu-Tung	BMC public health	2012	12
LIF00399	Effect of dietary protein supplementation on blood pressure: a randomized, controlled trial	He Jiang; Wofford Marion R; Reynolds Kristi; et al.	Circulation	2011	12 4
LIF00406	Efficacy of bofu-tsusho-san, an oriental herbal medicine, in obese Japanese women with impaired glucose tolerance	Hioki Chizuko; Yoshimoto Kanji; Yoshida Toshihide	Clinical and experimental pharmacology & physiology	2004	31
LIF00409	Omega-3 dietary supplements and the risk of cardiovascular events: a systematic review	Marik Paul E; Varon Joseph	Clinical cardiology	2009	32
LIF00411	Effects of Tai Chi and resistance training on cardiovascular risk factors in elderly Chinese subjects: a 12-month longitudinal, randomized, controlled intervention study	Thomas G Neil; Hong Athena W L; Tomlinson Brian; Lau Edith; Lam Chris W K; Sanderson John E; Woo Jean	Clinical endocrinology	2005	63
LIF00431	Effects of two lipid-lowering, carotenoid-controlled diets on the oxidative modification of low-density lipoproteins in free-living humans	Ahuja Kiran D K; Ashton Emma L; Ball Madeleine J	Clinical science (London, England : 1979)	2003	10 5
LIF00437	Naturopathic medicine for the prevention of cardiovascular disease: a randomized clinical trial	Seely Dugald; Szczurko Orest; Cooley Kieran; et al.	CMAJ : Canadian Medical Association journal	2013	18 5
LIF00457	CAM: naturopathic dietary interventions for patients with type 2 diabetes	Oberg Erica B; Bradley Ryan D; Allen Jason; McCrory Megan A	Complementary therapies in clinical practice	2011	17
LIF00458	Continuous PC6 wristband acupressure for relief of nausea and vomiting associated with acute myocardial infarction: a partially randomised, placebo-controlled trial	Dent H E; Dewhurst N G; Mills S Y; Willoughby M	Complementary therapies in medicine	2003	11
LIF00461	Antihyperlipidaemic effect of a Monascus purpureus brand dietary supplement on a large sample of subjects at low risk for cardiovascular disease: a pilot study	Cicero Arrigo F G; Brancaleoni Marco; Laghi Luca; Donati Franco; Mino Marco	Complementary therapies in medicine	2005	13
LIF00470	Gender differences in motivations and perceived effects of Mind-Body Therapy (MBT) practice and views on integrative cardiac rehabilitation among acute coronary syndrome patients: why do women use MBT?	Leung Yvonne W; Grewal Keerat; Stewart Donna E; Grace Sherry L	Complementary therapies in medicine	2008	16
LIF00475	"More than I expected": perceived benefits of yoga practice among older adults at risk for cardiovascular disease	Alexander Gina K; Innes Kim E; Selfe Terry K; Brown Cynthia J	Complementary therapies in medicine	2013	21
LIF00514	Therapeutic Chinese exercises (Qigong) in the treatment of type 2 diabetes mellitus: a systematic review	Freire Marcos Dantas Moraes; Alves Cresio	Diabetes & metabolic syndrome	2013	7
LIF00517	Diet therapy with diacylglycerol oil delays the progression of renal failure in type 2 diabetic patients with nephropathy	Yamamoto Kunio; Tomonobu Kazuichi; Asakawa Hideki; Tokunaga Katsuto; Hase Tadashi; Tokimitsu Ichiro; Yagi Noriko	Diabetes care	2006	29
LIF00518	A low-fat vegan diet improves glycemic control and cardiovascular risk factors in a randomized clinical trial in individuals with type 2 diabetes	Barnard Neal D; Cohen Joshua; Jenkins David J A; et al.	Diabetes care	2006	29
LIF00520	Liver fat is reduced by an isoenergetic MUFA diet in a controlled randomized study in type 2 diabetic patients	Bozzetto Lutgarda; Prinster Anna; Annuzzi Giovanni; et al.	Diabetes care	2012	35
LIF00544	Effectiveness of transcendental meditation on functional capacity and quality of life of African Americans with congestive heart failure: a randomized control study	Jayadevappa Ravishankar; Johnson Jerry C; Bloom Bernard S; Nidich Sanford; Desai Shashank; Chhatre Sumedha; Raziano Donna B; Schneider Robert	Ethnicity & disease	2007	17
LIF00561	Dietary supplementation with flaxseed oil lowers blood pressure in dyslipidaemic patients	Paschos G K; Magkos F; Panagiotakos D B; Votteas V; Zampelas A	European journal of clinical nutrition	2007	61
LIF00566	Consumption of healthy foods at different content of antioxidant vitamins and phytochemicals and metabolic risk factors for cardiovascular disease in men and women of the Moli-sani study	Pounis G; Costanzo S; di Giuseppe R; et al.	European journal of clinical nutrition	2013	67
LIF00599	Mindfulness meditation, anxiety reduction, and heart disease: a pilot study	Tacon Anna M; McComb Jacalyn; Caldera Yvonne; Randolph Patrick	Family & community health	2003	26
LIF00622	The effect of a sweet potato, footbath, and acupressure intervention in preventing constipation in hospitalized patients with acute coronary syndromes	Ren Kai; Qiu Jingbo; Wang Xiaohua; Niu Fenglin; Jiang Tingbo	Gastroenterology nursing	2012	35

LIF00660	Yoga lifestyle intervention reduces blood pressure in HIV-infected adults with cardiovascular disease risk factors	Cade W T; Reeds D N; Mondy K E; et al.	HIV medicine	2010	11
LIF00661	The effects of yoga on hypertensive persons in Thailand	McCaffrey Ruth; Ruknui Pratum; Hatthakit Urai; Kasetsoomboon Payao	Holistic nursing practice	2005	19
LIF00675	Stop Hypertension with the Acupuncture Research Program (SHARP): results of a randomized, controlled clinical trial	Macklin Eric A; Wayne Peter M; Kalish Leslie A; et al.	Hypertension	2006	48
LIF00694	Effects of music therapy on autonomic nervous system activity, incidence of heart failure events, and plasma cytokine and catecholamine levels in elderly patients with cerebrovascular disease and dementia	Okada Kaoru; Kurita Akira; Takase Bonpei; Otsuka Toshiaki; Kodani Eitaro; Kusama Yoshiki; Atarashi Hirotsugu; Mizuno Kyoichi	International heart journal	2009	50
LIF00701	Cardiac tamponade caused by acupuncture: a review of the literature	Ernst Edzard; Zhang Junhua	International journal of cardiology	2011	14 9
LIF00709	LDL cholesterol-lowering effects of grape extract used as a dietary supplement on healthy volunteers	Yubero Noemi; Sanz-Buenhombre Marisa; Guadarrama Alberto; Villanueva Sonia; Carrion Juan M; Larrarte Eider; Moro Carlos	International journal of food sciences and nutrition	2013	64
LIF00735	Long-term effects of a high-protein, low-carbohydrate diet on weight control and cardiovascular risk markers in obese hyperinsulinemic subjects	Brinkworth G D; Noakes M; Keogh J B; Luscombe N D; Wittert G A; Clifton P M	International journal of obesity and related metabolic disorders :	2004	28
LIF00780	Change in perceived psychosocial status following a 12-week Tai Chi exercise programme	Taylor-Piliae Ruth E; Haskell William L; Waters Catherine M; Froelicher Erika Sivarajan	Journal of advanced nursing	2006	54
LIF00782	Managing cardiovascular risks with Tai Chi in people with coronary artery disease	Park In Sook; Song Rhayun; Oh Kyong Ok; So Hee Young; Kim Dal Sook; Kim Jong Im; Kim Tae Sook; Kim Hyun Li; Ahn Suk Hee	Journal of advanced nursing	2010	66
LIF00801	The beneficial effects of Tai Chi Chuan on blood pressure and lipid profile and anxiety status in a randomized controlled trial	Tsai Jen-Chen; Wang Wei-Hsin; Chan Paul; et al.	Journal of alternative and complementary medicine	2003	9
LIF00802	Single-needle acupuncture alleviates gag reflex during transesophageal echocardiography: a blinded, randomized, controlled pilot trial	Rosler Alexander; Otto Bettina; Schreiber-Dietrich Dagmar; Steinmetz Helmuth; Kessler Kirn R	Journal of alternative and complementary medicine	2003	9
LIF00814	Meditation reduces sympathetic activation and improves the quality of life in elderly patients with optimally treated heart failure: a prospective randomized study	Curiati Jose Antonio; Bocchi Edimar; Freire Jose Octavio; Arantes Ana Claudia; Braga Marcia; Garcia Yolanda; Guimaraes Guilherme; Fo Wilson Jacob	Journal of alternative and complementary medicine	2005	11
LIF00817	Dietary supplements and weight control in a middle-age population	Nachtigal M C; Patterson Ruth E; Stratton Kayla L; Adams Lizbeth A; Shattuck Ann L; White Emily	Journal of alternative and complementary medicine	2005	11
LIF00825	Dietary supplements for the prevention and treatment of coronary artery disease	Knox Jeffrey; Gaster Barak	Journal of alternative and complementary medicine	2007	13
LIF00827	A qualitative review of the role of qigong in the management of diabetes	Xin Liu; Miller Yvette D; Brown Wendy J	Journal of alternative and complementary medicine	2007	13
LIF00837	The efficacy and tolerability of adjunctive alternative herbal medicine (<i>Salvia miltiorrhiza</i> and <i>Pueraria lobata</i>) on vascular function and structure in coronary patients	Tam Wing Y; Chook Ping; Qiao Mu; Chan Lin T; Chan Thomas Y K; Poon Yam K; Fung Kwok P; Leung Ping C; Woo Kam S	Journal of alternative and complementary medicine	2009	15
LIF00838	Description of clinical risk factor changes during naturopathic care for type 2 diabetes	Bradley Ryan; Kozura Eva; Buckle Heather; Kaltunas Jennifer; Tais Setareh; Standish Leanna J	Journal of alternative and complementary medicine	2009	15
LIF00840	Acupressure therapy inhibits the development of diabetic complications in Chinese patients with type 2 diabetes	Jin Ke-Ke; Chen Lei; Pan Jing-Ye; Li Jian-Min; Wang Yang; Wang Fang-Yan	Journal of alternative and complementary medicine	2009	15
LIF00845	The acute effect of acupuncture on endothelial dysfunction in patients with hypertension: a pilot, randomized, double-blind, placebo-controlled crossover trial	Park Jung-Mi; Shin Ae-Sook; Park Seong-Uk; Sohn Il-Suk; Jung Woo-Sang; Moon Sang-Kwan	Journal of alternative and complementary medicine	2010	16
LIF00846	Is oral administration of Chinese herbal medicine effective and safe as an adjunctive therapy for managing diabetic foot ulcers? A systematic review and meta-analysis	Chen Min; Zheng Hui; Yin Li-Ping; Xie Chun-Guang	Journal of alternative and complementary medicine	2010	16
LIF00856	Effect of Sahaja yoga meditation on quality of life, anxiety, and blood pressure control	Chung Sheng-Chia; Brooks Maria M; Rai Madhur; Balk Judith L; Rai Sandeep	Journal of alternative and complementary medicine	2012	18

LIF00862	Effect of acupuncture therapy for postponing Wallerian degeneration of cerebral infarction as shown by diffusion tensor imaging	Shen Yunxia; Li Ming; Wei Ruipeng; Lou Mingwu	Journal of alternative and complementary medicine	2012	18
LIF00865	Adiponectin, interleukin-6, and cardiovascular disease risk factors are modified by a short-term yoga-based lifestyle intervention in overweight and obese men	Sarvottam Kumar; Magan Dipti; Yadav Raj Kumar; Mehta Nalin; Mahapatra Sushil C	Journal of alternative and complementary medicine	2013	19
LIF00866	Acupuncture for cerebral vasospasm after subarachnoid hemorrhage: a retrospective case-control study	Ko Chang-Nam; Lee In-Whan; Cho Seung-Yeon; et al.	Journal of alternative and complementary medicine	2013	19
LIF00873	Osteopathic manipulation as a complementary treatment for the prevention of cardiac complications: 12-Months follow-up of intima media and blood pressure on a cohort affected by hypertension	Cerritelli Francesco; Carinci Fabrizio; Pizzolorusso Gianfranco; et al.	Journal of bodywork and movement therapies	2011	15
LIF00875	Hatha yoga and vascular function: results from cross-sectional and interventional studies	Hunter Stacy D; Tarumi Takashi; Dhindsa Mandeep S; Nualnim Nantinee; Tanaka Hirofumi	Journal of bodywork and movement therapies	2013	17
LIF00878	Therapeutic effect of forest bathing on human hypertension in the elderly	Mao Gen-Xiang; Cao Yong-Bao; Lan Xiao-Guang; et al.	Journal of cardiology	2012	60
LIF00882	Efficacy of acupuncture in preventing atrial fibrillation recurrences after electrical cardioversion	Lomuscio Alberto; Belletti Sebastiano; Battezzati Pier Maria; Lombardi Federico	Journal of cardiovascular electrophysiology	2011	22
LIF00903	Effects of Meridian acupressure for stroke patients in Korea	Kang Hyun Sook; Sok Sohyune R; Kang Ji Soon	Journal of clinical nursing	2009	18
LIF00923	Impact of mind body therapies on vascular endothelial dysfunction and implications for cardiovascular disease management	Prasad Kavita; Reriani Martin Kaiga; Murad Mohammad Hassan; Sood Amit; Prasad Abhiram	Journal of complementary & integrative medicine	2011	8
LIF00939	Randomized and double-blinded pilot clinical study of the safety and anti-diabetic efficacy of the Rauwolfia-Citrus tea, as used in Nigerian traditional medicine	Campbell-Tofte Joan I A; Molgaard Per; Josefsen Knud; et al.	Journal of ethnopharmacology	2011	13 3
LIF00941	Analysis on outcome of 5284 patients with coronary artery disease: the role of integrative medicine	Gao Zhu-ye; Xu Hao; Shi Da-zhuo; Wen Chuan; Liu Bao-yan	Journal of ethnopharmacology	2012	14 1
LIF00942	Herbal medicines used in the treatment of diabetes mellitus in Arunachal Himalaya, northeast, India	Tag Hui; Kalita P; Dwivedi P; Das A K; Namsa Nima D	Journal of ethnopharmacology	2012	14 1
LIF00951	A multidimensional integrative medicine intervention to improve cardiovascular risk	Edelman David; Oddone Eugene Z; Liebowitz Richard S; et al.	Journal of general internal medicine	2006	21
LIF00961	Effects of therapeutic touch on anxiety, vital signs, and cardiac dysrhythmia in a sample of Iranian women undergoing cardiac catheterization: a quasi-experimental study	Zolfaghari Mitra; Eyboosh Sana; Hazrati Maryam	Journal of holistic nursing : official journal of the American Holistic Nurses' Association	2012	30
LIF00965	Effects of nutraceuticals on prevalence of metabolic syndrome and on calculated Framingham Risk Score in individuals with dyslipidemia	Izzo Raffaele; de Simone Giovanni; Giudice Renata; Chinali Marcello; Trimarco Valentina; De Luca Nicola; Trimarco Bruno	Journal of hypertension	2010	28
LIF01004	Effects of music therapy on health-related outcomes in cardiac rehabilitation: a randomized controlled trial	Mandel Susan E; Hanser Suzanne B; Secic Michelle; Davis Beth A	Journal of music therapy	2007	44
LIF01009	Exploring effects of therapeutic massage and patient teaching in the practice of diaphragmatic breathing on blood pressure, stress, and anxiety in hypertensive African-American women: an intervention study	Jefferson Lenetra L	Journal of National Black Nurses' Association : JNBNA	2010	21
LIF01052	Patterns of yoga practice and physical activity following a yoga intervention for adults with or at risk for type 2 diabetes	Alexander Gina; Innes Kim E; Bourguignon Cheryl; Bovbjerg Viktor E; Kulbok Pamela; Taylor Ann Gill	Journal of physical activity & health	2012	9
LIF01065	Adding cognitive therapy to dietetic treatment is associated with less relapse in obesity	Werrij Marieke Q; Jansen Anita; Mulkens Sandra; Elgersma Hermien J; Ament Andre J H A; Hospers Harm J	Journal of psychosomatic research	2009	67
LIF01067	Effect of 12-week tai chi chuan exercise on peripheral nerve modulation in patients with type 2 diabetes mellitus	Hung Jen-Wen; Liou Chia-Wei; Wang Pei-Wen; Yeh Shu-Hui; Lin Li-Wei; Lo Sing-Kai; Tsai Fu-Mian	Journal of rehabilitation medicine	2009	41
LIF01087	The impact of Tai Chi exercise on coronary heart disease: a systematic review	Dalusung-Angosta Alona	Journal of the American Academy of Nurse Practitioners	2011	23

LIF01089	Vascular effects of diet supplementation with plant sterols	Weingartner Oliver; Lutjohann Dieter; Ji Shengbo; et al.	Journal of the American College of Cardiology	2008	51
LIF01091	Effect of yoga on arrhythmia burden, anxiety, depression, and quality of life in paroxysmal atrial fibrillation: the YOGA My Heart Study	Lakkireddy Dhanunjaya; Atkins Donita; Pillarisetti Jayasree; Ryschon Kay; Bommana Sudharani; Drisko Jeanne; Vanga Subbareddy; Dawn Buddhadeb Sullivan Shelby; Samuel Samuel	Journal of the American College of Cardiology	2013	61
LIF01118	Effect of short-term Pritikin diet therapy on the metabolic syndrome		Journal of the cardiometabolic syndrome	2006	1
LIF01137	Clinical study on the wrist-ankle acupuncture treatment for 30 cases of diabetic peripheral neuritis	Jiang Hequn; Shi Kuande; Li Xuemei; Zhou Wenxue; Cao Yongfen	Journal of traditional Chinese medicine	2006	26
LIF01162	Efficacy and tolerability of a novel herbal formulation for weight management in obese subjects: a randomized double blind placebo controlled clinical study	Sengupta Krishanu; Mishra Atmatrana T; Rao Manikeswar K; Sarma Kadainti V S; Krishnaraju Alluri V; Trimurtulu Golakoti	Lipids in health and disease	2012	11
LIF01242	Pantethine, a derivative of vitamin B(5) used as a nutritional supplement, favorably alters low-density lipoprotein cholesterol metabolism in low- to moderate-cardiovascular risk North American subjects: a triple-blinded placebo and diet-controlled investigation	Rumberger John A; Napolitano Joseph; Azumano Isao; Kamiya Toshikazu; Evans Malkanthi	Nutrition research (New York, N.Y.)	2011	31
LIF01244	Effect of dietary supplementation with glucomannan on plasma total cholesterol and low density lipoprotein cholesterol in hypercholesterolemic children	Martino Francesco; Martino Eliana; Morrone Francesco; Carnevali Elisabetta; Forcone Roberta; Niglio Tarcisio	Nutrition, metabolism, and cardiovascular diseases : NMCD	2005	15
LIF01247	Dietary supplementation with long chain omega-3 polyunsaturated fatty acids and weight loss in obese adults	Munro Irene A; Garg Manohar L	Obesity research & clinical practice	2013	7
LIF01314	Effects of Hibiscus sabdariffa extract powder and preventive treatment (diet) on the lipid profiles of patients with metabolic syndrome (MeSy)	Gurrola-Diaz C M; Garcia-Lopez P M; Sanchez-Enriquez S; Troyo-Sanroman R; Andrade-Gonzalez I; Gomez-Leyva J F	Phytomedicine : international journal of phytotherapy and phytopharmacology	2010	17
LIF01324	Patient-reported experiences with first-time naturopathic care for type 2 diabetes	Oberg Erica B; Bradley Ryan; Hsu Clarissa; et al.	PLoS one	2012	7
LIF01335	Preventive effects of diets supplemented with sweetie fruits in hypercholesterolemic patients suffering from coronary artery disease	Gorinstein Shela; Caspi Abraham; Libman Imanuel; Katrich Elena; Lerner Henry Tzvi; Trakhtenberg Simon	Preventive medicine	2004	38
LIF01344	Massage therapy reduces tension, anxiety, and pain in patients awaiting invasive cardiovascular procedures	Wentworth Laura J; Briese Lora J; Timimi Farris K; et al.	Progress in cardiovascular nursing	2009	24
LIF01357	Paxton house: integrating mental health and diabetes care for people with serious mental illnesses in a residential setting	Teachout Alexandra; Kaiser Susan M; Wilkniss Sandra M; Moore Helen	Psychiatric rehabilitation journal	2011	34
LIF01386	A meta-analysis of mental health treatments and cardiac rehabilitation for improving clinical outcomes and depression among patients with coronary heart disease	Rutledge Thomas; Redwine Laura S; Linke Sarah E; Mills Paul J	Psychosomatic medicine	2013	75
LIF01417	Comparative evaluation of fosinopril and herbal drug Dioscorea bulbifera in patients of diabetic nephropathy	Singh R G; Rajak M; Ghosh B; Agrawal A; Dubey G P	Saudi journal of kidney diseases and transplantation	2013	24
LIF01475	One-year consumption of a grape nutraceutical containing resveratrol improves the inflammatory and fibrinolytic status of patients in primary prevention of cardiovascular disease	Tome-Carneiro Joao; Gonzalez Manuel; Larrosa Mar; et al.	The American journal of cardiology	2012	11 0
LIF01477	Effects of Qigong on blood pressure, blood pressure determinants and ventilatory function in middle-aged patients with essential hypertension	Lee Myung Suk; Lee Myeong Soo; Choi Euy-Soon; Chung Hun-Taeg	The American journal of Chinese medicine	2003	31
LIF01493	Dietary supplementation with cis-9,trans-11 conjugated linoleic acid and aortic stiffness in overweight and obese adults	Sluijs Ivonne; Plantinga Yvonne; de Roos Baukje; Mennen Louise I; Bots Michiel L	The American journal of clinical nutrition	2010	91
LIF01494	A randomized trial of the effects of an almond-enriched, hypocaloric diet in the treatment of obesity	Foster Gary D; Shantz Kerri Leh; Vander Veur Stephanie S; et al.	The American journal of clinical nutrition	2012	96
LIF01543	Effects of dietary supplementation with the green tea polyphenol epigallocatechin-3-gallate on insulin resistance and associated metabolic risk factors: randomized controlled trial	Brown A Louise; Lane Joan; Coverly Jacqueline; Stocks Janice; Jackson Sarah; Stephen Alison; Bluck Les; Coward Andy; Hendrickx Hilde	The British journal of nutrition	2009	10 1
LIF01547	The effects of 12-week psyllium fibre supplementation or healthy diet on blood pressure and arterial stiffness in overweight and obese individuals	Pal Sebely; Khossousi Alireza; Binns Colin; Dhaliwal Satvinder; Radavelli-Bagatini Simone	The British journal of nutrition	2012	10 7

LIF01578	Acupuncture for vascular dementia	Peng W N; Zhao H; Liu Z S; Wang S	The Cochrane database of systematic reviews	2007	
LIF01604	Yoga for secondary prevention of coronary heart disease	Lau Hoi Lam Caren; Kwong Joey S W; Yeung Fai; Chau Pui Hing; Woo Jean	The Cochrane database of systematic reviews	2012	12
LIF01624	Breathing awareness meditation and LifeSkills Training programs influence upon ambulatory blood pressure and sodium excretion among African American adolescents	Gregoski Mathew J; Barnes Vernon A; Tingen Martha S; Harshfield Gregory A; Treiber Frank A	The Journal of adolescent health	2011	48
LIF01652	Efficacy of shellac, a natural product, for the prevention of wet gangrene	Alzahrani Hasan; Bedir Yhya; Al-Hayani Abdulmonaim	The Journal of international medical research	2013	41
LIF01678	Risk indices associated with the insulin resistance syndrome, cardiovascular disease, and possible protection with yoga: a systematic review	Innes Kim E; Bourguignon Cheryl; Taylor Ann Gill	The Journal of the American Board of Family Practice	2005	18
LIF01704	Use of complementary medicine amongst hypertensive patients in a public primary care clinic in Ipoh	Mahfudz A S; Chan S C	The Medical journal of Malaysia	2005	60
LIF01718	Observation of the long-term effects of lifestyle intervention during balneotherapy in metabolic syndrome	Gin Henri; Demeaux Jean-Louis; Grelaud Angela; et al.	Therapie	2013	68
LIF01726	JinQi-Jiangtang tablet, a Chinese patent medicine, for pre-diabetes: a randomized controlled trial	Cao Hongbo; Ren Ming; Guo Liping; et al.	Trials	2010	11
LIF01727	The efficacy and safety study of dietary supplement PURIAM110 on non-insulin taking Korean adults in the stage of pre-diabetes and diabetes mellitus: protocol for a randomized, double-blind, placebo-controlled, and multicenter trial-pilot study	Park Sunju; Park Jeong-Su; Go Hoyeon; Jang Bo-Hyoung; Shin Yongcheol; Ko Seong-Gyu	Trials	2011	12
LIF01742	Effects of the Tibetan herbal preparation PADMA 28 on blood lipids and lipid oxidisability in subjects with mild hypercholesterolaemia	Brunner-La Rocca H P; Schindler R; Schlumpf M; Saller R; Suter M	VASA. Zeitschrift fur Gefasskrankheiten	2005	34
LIF00354	Adulteration of herbal antidiabetic products with undeclared pharmaceuticals: a case series in Hong Kong	Ching Chor Kwan; Lam Ying Hoo; Chan Albert Y W; Mak Tony W L	British journal of clinical pharmacology	2012	73
LIF00626	Massage therapy in the workplace: reducing employee strain and blood pressure	Day A L; Gillan L; Francis L; Kelloway E K; Natarajan M	Giornale italiano di medicina del lavoro ed ergonomia	2009	31
LIF00844	Randomized trial of Tapas Acupressure Technique for weight loss maintenance: rationale and study design	Elder Charles; Gallison Cherri; Lindberg Nangel M; DeBar Lynn; Funk Kristine; Ritenbaugh Cheryl; Stevens Victor J	Journal of alternative and complementary medicine	2010	16
LIF01241	A randomized controlled trial investigating the effect of Pycnogenol and Bacopa CDR108 herbal medicines on cognitive, cardiovascular, and biochemical functioning in cognitively healthy elderly people: the Australian Research Council Longevity Intervention (ARCLI) study protocol	Stough Con K; Pase Matthew P; Cropley Vanessa; Myers Stephen; Nolidin Karen; King Rebecca; Camfield David; Wesnes Keith; Pipingas Andrew; Croft Kevin; Chang Dennis; Scholey Andrew B	Nutrition journal	2012	11
LIF01385	Impact of meditation on resting and ambulatory blood pressure and heart rate in youth	Barnes Vernon A; Davis Harry C; Murzynowski James B; Treiber Frank A	Psychosomatic medicine	2004	66
LIF01753	A systematic review of preventive interventions regarding mental health issues in organizations	Corbiere Marc; Shen Jie; Rouleau Marc; Dewa Carolyn S	Work (Reading, Mass.)	2009	33

Cochrane Library

文献 ID	タイトル	著者	誌名	発行年	巻
LIC00006	Influence of non-pharmacological treatment (contemplative meditation and breathing technique) on stress induced hypertension - A randomized controlled study	Manikonda P;Stoerk S;Toegel S;Scharadt F;Angermann C;Gruenberger I;Fuchs O;Faller H;Voelker W	American Journal of Hypertension	2005	18
LIC00012	Naturopathic medicine for the prevention of cardiovascular disease: A pragmatic randomized clinical trial [abstract]	D Seely O Szczurko C Kieran H Fritz P Herman R Bradley S Aberdour C Herrington P Rouchotas D Lescheid	BMC complementary and alternative medicine	2012	12
LIC00029	Chinese herbal medicine suxiao jixun wan for angina pectoris	Duan Xin;Zhou Likun;Wu Taixiang; et al.	Cochrane Database of Systematic Reviews	2008	
LIC00031	Chinese herbal medicines for people with impaired glucose tolerance or impaired fasting blood glucose	Grant Suzanne J;Bensoussan Alan;Chang Dennis;Kiat Hosen;Klupp Nerida L;Liu Jian Ping;Li Xun	Cochrane Database of Systematic Reviews	2009	
LIC00048	Systematic review of chinese herbal medicines for preventing in-stent coronary restenosis after percutaneous coronary intervention (Provisional abstract)	Zheng GH;Liu JP;Wang NS;Chen HY;Chu JF	Evidence-Based Complementary and Alternative Medicine	2012	20 12
LIC00060	Double-blind, placebo-controlled clinical evaluation of an ayurvedic formulation (glucocare capsules) in non-insulin dependent diabetes mellitus	Sharma RK;Patki PS	Journal of Ayurveda and Integrative Medicine	2010	1
LIC00066	Herbs for serum cholesterol reduction: a systematic review (Structured abstract)	Thompson Coon J S;Ernst E	Journal of Family Practice	2003	52
LIC00090	[Safe add-on therapy with hawthorn extract WS 1442 in NYHA II/III heart failure - results of the SPICE study, the rst mortality and morbidity trial with a herbal drug]	Holubarsch CJF;Kohler S;Malek FA;Gaus W	Perfusion	2010	23
LIC00096	Antioxidant supplementation does not affect fasting plasma glucose in the Supplementation with Antioxidant Vitamins and Minerals (SU.VI.MAX) study in France: association with dietary intake and plasma concentrations.	Czernichow S;Couthouis A;Bertrais S;Vergnaud AC;Dauchet L;Galan P;Hercberg S	The American journal of clinical nutrition	2006	84
LIC00111	[Effects of moxibustion at head-points on levels of somatostatin and arginine vasopressin from cerebrospinal fluid in patients with vascular dementia: a randomized controlled trial].	Wang P;Yang J;Liu G;Chen H;Yang F	Zhong xi yi jie he xue bao = Journal of Chinese integrative medicine	2010	8
LIC00116	[Clinical observation on therapeutic effect of three-step acupuncture for the secondary prevention of ischemic cerebral apoplexy].	Cheng Y H;Lu X Y;Yu X G	Zhongguo Zhen Jiu [Chinese Acupuncture & Moxibustion]	2010	30
LIC00122	[Rehabilitation evaluation on post-stroke abnormal movement pattern prevented and treated with acupuncture and rehabilitation].	Zhang HM;Tang Q	Zhongguo zhen jiu = Chinese acupuncture & moxibustion	2011	31

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文献 ID	タイトル	著者	誌名	発行年	巻
LIJ00197	サプリメントの現状と今後の方向性 臨床現場からの発信	久保 明, 仁瓶 史美	更年期と加齢のヘルスケア	2013	12
LIJ00002	Immersing Feet in Carbon Dioxide-enriched Water Prevents Expansion and Formation of Ischemic Ulcers after Surgical Revascularization in Diabetic Patients with Critical Limb Ischemia	Hayashi Hisae, Yamada Sumio, Kumada Yoshitaka, Matsuo Hiroshi, Toriyama Takano, Kawahara Hirohisa	Annals of Vascular Diseases	2008	1
LIJ00009	Feasibility and Effect on Blood Pressure of 6-Week Trial of Low Sodium Soy Sauce and Miso (Fermented Soybean Paste)	Nakamura Mieko, Aoki Nobuo, Yamada Takuji, Kubo Nobuaki	Circulation Journal	2003	67
LIJ00063	No association between the frequency of forest walking and blood pressure levels or the prevalence of hypertension in a cross-sectional study of a Japanese population	Morita Emi, Naito Mariko, Hishida Asahi, Wakai Kenji, Mori Atsuyoshi, Asai Yatami, Okada Rieko, Kawai Sayo, Hamajima Nobuyuki	Environmental Health and Preventive Medicine	2011	16
LIJ00084	【糖尿病予防と健康維持】 L-アラビノースと食物繊維の併用による GI 値低減効果	山元 英樹	FOOD Style 21	2012	16

LIJ00122	アロエベラゲル超臨界抽出物の肥満成人男性を対象としたランダム化二重盲検プラセボ対照4用量並行群間比較試験による12週間摂取安全性試験 探索的データ解析:アロエベラゲル超臨界抽出物の血清ALT異常値肥満成人男性の肝臓機能に及ぼす影響	山田 宗夫, 野間口 光治, 樋田 知宏, 石川 由香里, 大阪 陽司, 大橋 芳雄, 岩附 慧二	Progress in Medicine	2011	31
LIJ00169	粘性食を組み合わせた朝食長期摂取によるインスリン感受性、脂質代謝改善評価	奥村 仙示, 谷口 章子, 浪花 裕子, 西田 由香, 竹内 晴美, 佐久間 理英, 谷 佳子, 高橋 保子, 武田 英二	栄養-評価と治療	2006	23
LIJ00286	耐糖能異常を伴う肥満者においてフォーミュラ食併用療法が減量と摂取栄養素に及ぼす影響 ランダム化比較試験	松岡 幸代, 佐野 喜子, 津崎 こころ, 同 道 正行, 岡崎 研太郎, 佐藤 哲子, 鮎子 田 睦子, 阿部 圭子, 東 あかね, 田嶋 佐和子, 大石 まり子, 坂根 直樹	糖尿病	2007	50
LIJ00316	Efficacy of an Aqueous Extract from Flower Buds of Cleistocalyx Operculatus on Type 2 Diabetic Patients in Vietnam	Truong Tuyet Mai, 石脇 亜紗子, 能見 祐理, Le Thi Hop, Nguyen Thi Lam, Nguyen Thi Phuong Thuy, Vuong Thi Ho Ngoc, 山口 敬子, 大塚 譲	日本家政学会誌	2013	64
LIJ00334	温泉施設利用型総合健康増進プログラムの開発と評価 メタボリックシンドローム予防のための運動・栄養・温泉プログラム	齋藤 京子	日本健康開発財団研究年報	2011	
LIJ00433	「ヤーコン葉・茎エキス配合食品」の血糖正常高値者および境界型糖尿病患者に対する血糖上昇抑制効果	生越 直仁, 藍 智義, 寺田 澄男, 吉岡 君友, 多湖 健蔵, 西村 明, 梶本 佳孝, 梶本 修身	薬理と治療	2006	34
LIJ00438	Effects and Safety of Pleurotus eryngii on Body Fat Reduction in Subjects with a Body Mass Index between 24.5 and 35 kg/m ²	Kawai Junya, Inatomi Satoshi, Tsuchida Takashi	薬理と治療	2010	38
LIJ00439	特定保健用食品「黒烏龍茶 OTPP」の継続摂取による体脂肪低減効果の検証とその安全性	前川 敏宏, 寺本 貴則, 中村 淳一, 北川 義徳, 柴田 浩志, 土田 隆	薬理と治療	2011	39
LIJ00441	トウガラシ、ショウガ、シトラスアランティウムを配合した「養生」食品リボレスのヒトエネルギー代謝およびラット脂質代謝に及ぼす影響	生越 直仁, 只野 尚登, 野口 直人, 藤井 久雄	薬理と治療	2013	41
LIJ00170	α-グルコシダーゼ阻害作用をもった桑葉エキス未添加デンプン食品のヒトにおける食後血糖上昇抑制効果	中村 まり子, 橋口 美智留[石黒]	栄養学雑誌	2010	68

表3 - 2 一次評価にて選択された文献：運動器系疾患分担任

MEDLINE

文献 ID	タイトル	著者	誌名	発行年	巻
LIF00207	A randomized, prospective study of the effects of Tai Chi Chun exercise on bone mineral density in postmenopausal women	Chan Kaiming; Qin Ling; Lau Mingchu; Woo Jean; Au Szeki; Choy Wingyee; Lee Kwongman; Lee Shiuhung	Archives of physical medicine and rehabilitation	2004	85
LIF00211	The effects of Tai Chi on bone mineral density in postmenopausal women: a systematic review	Wayne Peter M; Kiel Douglas P; Krebs David E; Davis Roger B; Savetsky-German Jacqueline; Connelly Maureen; Buring Julie E	Archives of physical medicine and rehabilitation	2007	88
LIF00272	Impact of Tai Chi exercise on multiple fracture-related risk factors in post-menopausal osteopenic women: a pilot pragmatic, randomized trial	Wayne Peter M; Kiel Douglas P; Buring Julie E; Connors Ellen M; Bonato Paolo; Yeh Gloria Y; Cohen Calvin J; Mancinelli Chiara; Davis Roger B	BMC complementary and alternative medicine	2012	12
LIF00876	Five-year follow-up study of a kidney-tonifying herbal Fufang for prevention of postmenopausal osteoporosis and fragility fractures	Deng Wei-Min; Zhang Peng; Huang Hai; Shen You-Gao; Yang Qin-Hua; Cui Wei-Li; He Yang-Shu; Wei Song; Ye Zhu; Liu Fang; Qin Ling	Journal of bone and mineral metabolism	2012	30
LIF00017	Treatment of rheumatoid arthritis with electromagnetic millimeter waves applied to acupuncture points--a randomized double blind clinical study	Usichenko Taras I; Ivashkivsky Olexiy I; Gizhko Vasyl V	Acupuncture & electro-therapeutics research	2003	28
LIF00024	Intramuscular and periosteal acupuncture for anxiety and sleep quality in patients with chronic musculoskeletal pain--an evaluator blind, controlled study	Hansson Ylva; Carlsson Christer; Olsson Elisabeth	Acupuncture in medicine : journal of the British Medical Acupuncture Society	2007	25
LIF00164	Comparing yoga, exercise, and a self-care book for chronic low back pain: a randomized, controlled trial	Sherman Karen J; Cherkin Daniel C; Erro Janet; Miglioretti Diana L; Deyo Richard A	Annals of internal medicine	2005	143
LIF00210	Continuous low-level heat wrap therapy for the prevention and early phase treatment of delayed-onset muscle soreness of the low back: a randomized controlled trial	Mayer John M; Mooney Vert; Matheson Leonard N; Erasala Geetha N; Verna Joe L; Udermann Brian E; Leggett Scott	Archives of physical medicine and rehabilitation	2006	87
LIF00219	Acupuncture for pain relief in patients with rheumatoid arthritis: a systematic review	Wang Chenchen; de Pablo Paola; Chen Xiaoyan; Schmid Christopher; McAlindon Timothy	Arthritis and rheumatism	2008	59
LIF00262	Chinese herbal recipe versus diclofenac in symptomatic treatment of osteoarthritis of the knee: a randomized controlled trial [ISRCTN70292892]	Teekachunhatean Supanimit; Kunanusorn Puongtip; Rojanasthien Noppamas; et al.	BMC complementary and alternative medicine	2004	4
LIF00287	Acupuncture for pain and osteoarthritis of the knee: a pilot study for an open parallel-arm randomised controlled trial	Lansdown Harriet; Howard Katie; Brealey Stephen; MacPherson Hugh	BMC musculoskeletal disorders	2009	10
LIF00289	The effect of a sports chiropractic manual therapy intervention on the prevention of back pain, hamstring and lower limb injuries in semi-elite Australian Rules footballers: a randomized controlled trial	Hoskins Wayne; Pollard Henry	BMC musculoskeletal disorders	2010	11
LIF00331	Acupuncture as a complementary therapy to the pharmacological treatment of osteoarthritis of the knee: randomised controlled trial	Vas Jorge; Mendez Camila; Perea-Milla Emilio; et al.	BMJ (Clinical research ed.)	2004	329
LIF00334	Acupuncture as an adjunct to exercise based physiotherapy for osteoarthritis of the knee: randomised controlled trial	Foster Nadine E; Thomas Elaine; Barlas Panos; Hill Jonathan C; Young Julie; Mason Elizabeth; Hay Elaine M	BMJ (Clinical research ed.)	2007	335
LIF00397	An innovative herbal product for the prevention of osteoporosis	Leung Ping-chung; Cheng King-fai; Chan Yat-heung	Chinese journal of integrative medicine	2011	17
LIF00473	A comprehensive yoga programs improves pain, anxiety and depression in chronic low back pain patients more than exercise: an RCT	Tekur P; Nagarathna R; Chametcha S; Hankey Alex; Nagendra H R	Complementary therapies in medicine	2012	20
LIF00498	24-Week study on the use of collagen hydrolysate as a dietary supplement in athletes with activity-related joint pain	Clark Kristine L; Sebastianelli Wayne; Flechsenhar Klaus R; et al.	Current medical research and opinion	2008	24
LIF00797	The use of electro-acupuncture in conjunction with exercise for the treatment of chronic low-back pain	Yeung Cecilia K N; Leung Mason C P; Chow Daniel H K	Journal of alternative and complementary medicine (New York, N.Y.)	2003	9
LIF00854	Effects of an integrated approach of hatha yoga therapy on functional disability, pain, and flexibility in osteoarthritis of the knee joint: a randomized controlled study	Ebnazar John; Nagarathna Raghuram; Yogitha Bali; Nagendra Hongasandra Ramarao	Journal of alternative and complementary medicine (New York, N.Y.)	2012	18

LIF00977	Unloaded movement facilitation exercise compared to no exercise or alternative therapy on outcomes for people with nonspecific chronic low back pain: a systematic review	Slade Susan C; Keating Jennifer L	Journal of manipulative and physiological therapeutics	2007	30
LIF01019	A randomized clinical trial of continuous low-level heat therapy for acute muscular low back pain in the workplace	Tao Xuguang Grant; Bernacki Edward J	Journal of occupational and environmental medicine	2005	47
LIF01111	Yoga decreases kyphosis in senior women and men with adult-onset hyperkyphosis: results of a randomized controlled trial	Greendale Gail A; Huang Mei-Hua; Karlamangla Arun S; Seeger Leanne; Crawford Sybil	Journal of the American Geriatrics Society	2009	57
LIF01131	Effect of a dietary supplement containing glucosamine hydrochloride, chondroitin sulfate and quercetin glycosides on symptomatic knee osteoarthritis: a randomized, double-blind, placebo-controlled study	Kanzaki Noriyuki; Saito Kayo; Maeda Akifumi; Kitagawa Yoshinori; Kiso Yoshinobu; Watanabe Keita; Tomonaga Akihito; Nagaoka Isao; Yamaguchi Hideyo	Journal of the science of food and agriculture	2012	92
LIF01273	Tai chi for osteoporosis: a systematic review	Lee M S; Pittler M H; Shin B-C; Ernst E	Osteoporosis international : Physiotherapy theory and practice	2008	19
LIF01311	Effects of 5-Form, Yang Style Tai Chi on older females who have or are at risk for developing osteoporosis	Murphy Lori; Singh Betsy B	Phytotherapy research : PTR	2008	24
LIF01315	Evidence of effectiveness of herbal antiinflammatory drugs in the treatment of painful osteoarthritis and chronic low back pain	Chrubasik J E; Roufogalis B D; Chrubasik S	Rheumatology (Oxford, England)	2007	21
LIF01410	Acupuncture for peripheral joint osteoarthritis: a systematic review and meta-analysis	Kwon Y D; Pittler M H; Ernst E	Rheumatology (Oxford, England)	2006	45
LIF01411	Tai chi for rheumatoid arthritis: systematic review	Lee M S; Pittler M H; Ernst E	Spine	2007	46
LIF01452	Effectiveness of acupuncture for low back pain: a systematic review	Yuan Jing; Purepong Nithima; Kerr Daniel Paul; Park Jongbae; Bradbury Ian; McDonough Suzanne	Spine	2008	33
LIF01453	Evaluation of the effectiveness and efficacy of Iyengar yoga therapy on chronic low back pain	Williams Kimberly; Abildso Christiaan; Steinberg Lois; et al.	Spine	2009	34
LIF01482	The effects of Baduanjin qigong in the prevention of bone loss for middle-aged women	Chen Hsing-Hsia; Yeh Mei-Ling; Lee Fang-Ying	The American journal of Chinese medicine	2006	34
LIF01483	A study on the clinical effects of physical therapy and acupuncture to treat spontaneous frozen shoulder	Ma Tsochiang; Kao Mu-Jung; Lin I-hsin; Chiu Yen-Lin; Chien Chingwen; Ho Tsung-Jung; Chu Bow-Ching; Chang Yung-Hsien	The American journal of Chinese medicine	2006	34
LIF01484	Effect of Tai Chi on body balance: randomized controlled trial in men with osteopenia or osteoporosis	Maciaszek J; Osinski W; Szeklicki R; Stemplewski R	The American journal of Chinese medicine	2007	35
LIF01521	Natural health products in the prevention and treatment of osteoporosis: systematic review of randomized controlled trials	Whelan Anne Marie; Jurgens Tannis M; Bowles Susan K	The Annals of pharmacotherapy	2006	40
LIF01560	Comparison between electro-acupuncture and hydrotherapy, both in combination with patient education and patient education alone, on the symptomatic treatment of osteoarthritis of the hip	Stener-Victorin Elisabet; Kruse-Smidje Carina; Jung Kerstin	The Clinical journal of pain	2004	20
LIF01564	Homeopathic treatment of patients with chronic low back pain: A prospective observational study with 2 years' follow-up	Witt Claudia M; Ludtke Rainer; Baur Roland; Willich Stefan N	The Clinical journal of pain	2009	25
LIF01573	Tai chi for treating rheumatoid arthritis	Han A; Robinson V; Judd M; Taixiang W; Wells G; Tugwell P	The Cochrane database of systematic reviews	2004	
LIF01672	Effects of tai chi exercise on pain, balance, muscle strength, and perceived difficulties in physical functioning in older women with osteoarthritis: a randomized clinical trial	Song Rhayun; Lee Eun-Ok; Lam Paul; Bae Sang-Cheol	The Journal of rheumatology	2003	30
LIF01722	Dietary vitamin K2 supplement improves bone status after lung and heart transplantation	Forli Liv; Bollerslev Jens; Simonsen Svein; et al.	Transplantation	2010	89
LIF00055	A randomised controlled trial of Tai Chi and resistance exercise on bone health, muscle strength and balance in community-living elderly people	Woo Jean; Hong Athena; Lau Edith; Lynn Henry	Age and ageing	2007	36
LIF00098	Tai chi as an intervention to improve balance and reduce falls in older adults: A systematic and meta-analytical review	Leung Daniel P K; Chan Carol K L; Tsang Hector W H; Tsang William W N; Jones Alice Y M	Alternative therapies in health and medicine	2011	17
LIF00129	Translation of an effective tai chi intervention into a community-based falls-prevention program	Li Fuzhong; Harmer Peter; Glasgow Russell; et al.	American journal of public health	2008	98
LIF00135	Effect of intra-operative magnesium sulphate on pain relief and patient comfort after major lumbar orthopaedic surgery	Levaux Ch; Bonhomme V; Dewandre P Y; Brichant J F; Hans P	Anaesthesia	2003	58

LIF00191	The effects of Tai Chi Chuan on physiological function and fear of falling in the less robust elderly: an intervention study for preventing falls	Zhang Jian-Guo; Ishikawa-Takata Kazuko; Yamazaki Hideo; Morita Takae; Ohta Toshiki	Archives of gerontology and geriatrics	2006	42
LIF00192	A systematic review of the effectiveness of Tai Chi on fall reduction among the elderly	Low Serena; Ang Li Wei; Goh Kiat Sern; Chew Suok Kai	Archives of gerontology and geriatrics	2009	48
LIF00193	Explaining the ineffectiveness of a Tai Chi fall prevention training for community-living older people: a process evaluation alongside a randomized clinical trial (RCT)	Logghe Inge H J; Verhagen Arianne P; Rademaker Arno C H J; et al.	Archives of gerontology and geriatrics	2011	52
LIF00194	Does different exercise have the same effect of health promotion for the elderly? Comparison of training-specific effect of Tai Chi and swimming on motor control	Wong Alice M K; Chou Shih-Wei; Huang Shu-Chun; Lan Ching; Chen Hsieh-Ching; Hong Wei-Hsien; Chen Carl P C; Pei Yu-Cheng	Archives of gerontology and geriatrics	2011	53
LIF00209	Effect of a gentle Iyengar yoga program on gait in the elderly: an exploratory study	DiBenedetto Margarete; Innes Kim E; Taylor Ann G; et al.	Archives of physical medicine and rehabilitation	2005	86
LIF00215	Comparison of telecommunication, community, and home-based Tai Chi exercise programs on compliance and effectiveness in elders at risk for falls	Wu Ge; Keyes Lawrence; Callas Peter; Ren Xiaolin; Bookchin Bea	Archives of physical medicine and rehabilitation	2010	91
LIF00247	Effectiveness of Qigong in promoting the health of wheelchair-bound older adults in long-term care facilities	Kuan Shu-Chien; Chen Kuei-Min; Wang Chi	Biological research for nursing	2012	14
LIF00277	The effect of Tai Chi Chuan in reducing falls among elderly people: design of a randomized clinical trial in the Netherlands [ISRCTN98840266]	Zeeuwe Petra E M; Verhagen Arianne P; Bierma-Zeinstra Sita Ma; van Rossum Erik; Faber Marjan J; Koes Bart W	BMC geriatrics	2006	6
LIF00286	Green tea polyphenols and Tai Chi for bone health: designing a placebo-controlled randomized trial	Shen Chwan-Li; Chyu Ming-Chien; Yeh James K; Felton Carol K; Xu Ke T; Pence Barbara C; Wang Jia-Sheng	BMC musculoskeletal disorders	2009	10
LIF00335	Acupuncture treatment for pain: systematic review of randomised clinical trials with acupuncture, placebo acupuncture, and no acupuncture groups	Madsen Matias Vested; Gotzsche Peter C; Hrobjartsson Asbjorn	BMJ (Clinical research ed.)	2009	33 8
LIF00353	Effect of homeopathy on analgesic intake following knee ligament reconstruction: a phase III monocentre randomized placebo controlled study	Paris A; Gonnet N; Chaussard C; Belon P; Rocourt F; Saragaglia D; Cracowski J L	British journal of clinical pharmacology	2008	65
LIF00430	A randomized controlled trial of 8-form Tai chi improves symptoms and functional mobility in fibromyalgia patients	Jones Kim D; Sherman Christy A; Mist Scott D; Carson James W; Bennett Robert M; Li Fuzhong	Clinical rheumatology	2012	31
LIF00511	The impact of complementary and alternative medicine on hip development in children with cerebral palsy	Willoughby Kate; Jachno Kim; Ang Soon Ghee; Thomason Pam; Graham H Kerr	Developmental medicine and child neurology	2013	55
LIF00528	The effect of supervised Tai Chi intervention compared to a physiotherapy program on fall-related clinical outcomes: a randomized clinical trial	Tousignant Michel; Corriveau Helene; Roy Pierre-Michel; et al.	Disability and rehabilitation	2012	34
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LIF01407	Review of Tai Chi as an effective exercise on falls prevention in elderly	Schleicher Molly M; Wedam Lauren; Wu Ge	Research in sports medicine (Print)	2012	20
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LIJ00253	客観的評価による労働者の疲労に対する鍼治療の直後効果について ランダム化比較試験	山崎 翼, 佐藤 万代, 矢野 忠	全日本鍼灸学会学術大会抄録集	2013	62 回
LIJ00263	太極拳を取り入れた転倒予防トレーニングが地域高齢者の体力に及ぼす効果の検証 従来型転倒予防トレーニングとの比較	郭 輝, 牛 凱軍, 矢野 秀典, 小鴨 恭子, 中島 絹絵, 王 芸, 本川 亮, 鈴木 玲子, 藤田 和樹, 永富 良一	体力科学	2006	55
LIJ00264	太極拳及びカンフー体操を取り入れた転倒予防トレーニングの体力低下高齢者の体力に及ぼす効果の検証 従来型転倒予防トレーニングとの比較	郭 輝, 牛 凱軍, 矢野 秀典, 小鴨 恭子, 中島 絹絵, 王 芸, 本川 亮, 鈴木 玲子, 藤田 和樹, 齋藤 輝樹, 永富 良一	体力科学	2007	56
LIJ00265	DIETARY NITRATE SUPPLEMENTATION ENHANCES MUSCLE EFFICIENCY DURING KNEE-EXTENSOR EXERCISE IN HUMANS	Bailey S.J., Fulford J., Vanhatalo A., Winyard P., Blackwell J.R., DiMenna F.J., Wilkerson D.P., Benjamin N., Jones A.M.	体力科学	2011	60
LIJ00278	野球選手の手指血行障害改善に対する試み	西村 典子, 中村 豊, 恩田 哲也, 伊藤 栄治, 甲斐 堯介	東海大学スポーツ医学科学雑誌	2007	
LIJ00279	運動前の灸刺激によるヘモグロビンの変化 DOMS(遅発性筋痛)に対する灸刺激の効果	樋口 雅一	東洋医学	2009	15
LIJ00280	膝関節屈曲・伸展運動にともなう筋出力低下に及ぼす円皮鍼の影響 等速性運動での検討	杉山 直人, 三浦 ゆかり, 佐藤 亨子, 中村 綾子, 椿野 裕子, 吉田 豊, 高橋 伸子, 青山 太一, 吉原 佳世子, 古屋 英治, 大久保 正樹, 坂本 歩	東洋療法学校協会学会誌	2003	

LIJ00282	運動負荷のストレスに対する鍼治療の効果について	堤野 孟, 田口 辰樹	東洋療法学校協会学会誌	2008	
LIJ00302	予防医学の視点から森林セラピーの健康増進・疾病予防効果を検証する 病院屋上森林が要介護高齢女性患者に及ぼす主観的リラックス効果簡易感情尺度を用いて	松永 慶子, 朴 範鎮, 宮崎 良文	日本衛生学雑誌	2011	66
LIJ00310	入浴習慣と要介護認定者数に関する5年間の前向きコホート研究	日本温泉気候物理医学会温泉療法医会	日本温泉気候物理医学会雑誌	2011	74
LIJ00314	健常高齢者を対象にした能動的音楽療法研究のシステムティックレビュー 介護予防効果および研究の課題	元吉 ひろみ	日本音楽療法学会誌	2011	11
LIJ00325	在宅女性高齢者に対する「転倒予防ケア」としての足浴の有効性の検討	本多 容子, 阿曾 洋子, 伊部 亜希, 田丸 朋子, 木村 静, 徳重 あつ子, 鈴木 みゆき, 細見 明代	日本看護研究学会雑誌	2010	33
LIJ00331	Effects of Foot Bathing on Exercise Capacity in a Fall Prevention Program for the Elderly	本多 容子, 阿曾 洋子, 伊部 亜希, 片山 恵, 田丸 朋子	日本健康医学会雑誌	2011	20
LIJ00332	温泉による運動器疾患の予防効果に関するコホート研究のシステムティック・レビュー	上岡 洋晴	日本健康開発財団研究年報	2010	
LIJ00335	入浴習慣と要介護認定者数に関する前向きコホート研究	日本温泉気候物理医学会温泉療法医会	日本健康開発財団研究年報	2011	
LIJ00336	温泉施設を活用した複合的介入プログラム"すぶりんぐ" 介護予防効果の検証	桜井 良太, 藤原 佳典, 金 憲経, 斎藤 京子, 深谷 太郎, 安永 正史, 野中 久美子, 小林 和成, 渡辺 修一郎, 小川 貴志子, 吉田 裕人, 岡部 たづる, 干川 なつみ, 土屋 由美子, 新開 省二	日本公衆衛生学会総会抄録集	2010	69 回
LIJ00369	看護・介護職者への疲労軽減によるメンタルヘルス対策 足趾伸展機能つきハイソックスを用いて	木村 幸生, 井上 誠, 井上 セツ子, 伊藤 大観, 新宅 光男, 浦辺 幸夫	日本精神科看護学会誌	2011	54
LIJ00420	温泉施設を用いた複合的介入プログラムの有効性に関する研究 無作為化比較試験による検討	桜井 良太, 藤原 佳典, 金 憲経, 齋藤 京子, 安永 正史, 野中 久美子, 小林 和成, 小川 貴志子, 吉田 裕人, 田中 千晶, 内田 勇人, 鈴木 克彦, 渡辺 修一郎, 新開 省二	日本老年医学会雑誌	2011	48
LIJ00428	遅発性筋痛に対する鍼治療の予防効果 圧痛点治療の有用性に関する比較試験	伊藤 和憲, 河本 真, 藤原 仁美, 中野 雄介, 山口 路雄, 南波 利宗, 西田 麗代, 越智 秀樹, 北小路 博司	明治鍼灸医学	2006	
LIJ00429	高齢者の歩行能に対する鍼治療の効果	木田 匡美, 松本 勅, 高橋 則人, 江川 雅人, 川喜田 健司	明治鍼灸医学	2008	
LIJ00440	若年女性におけるL-シトルリン経口摂取による下肢むくみの抑制効果	森田 匡彦, 小林 義典, 飯塚 宗秋, 近藤 澄夫, 森下 幸治	薬理と治療	2012	40
LIJ00445	【スポーツ分野における鍼治療のエビデンス】 筋力・筋持久力・筋疲労に対する鍼治療の効果	古屋 英治	臨床スポーツ医学	2010	27

表 3 - 3 一次評価にて選択された文献：更年期障害分担任

MEDLINE

文献 ID	タイトル	著者	誌名	発行年	巻
LIF00867	Combined nutraceutical approach to postmenopausal syndrome and vascular remodeling biomarkers	Cicero Arrigo F G; Tartagni Elisa; Ferroni Alienor; De Sando Valeria; Grandi Elisa; Borghi Claudio	Journal of alternative and complementary medicine (New York, N.Y.)	2013	19
LIF01185	Effects of yoga exercise on serum adiponectin and metabolic syndrome factors in obese postmenopausal women	Lee Jeong-Ah; Kim Jong-Won; Kim Do-Yeon	Menopause (New York, N.Y.)	2012	19
LIF01662	Modest protective effects of isoflavones from a red clover-derived dietary supplement on cardiovascular disease risk factors in perimenopausal women, and evidence of an interaction with ApoE genotype in 49-65 year-old women	Atkinson Charlotte; Oosthuizen Welma; Scollen Serena; Loktionov Alexandre; Day Nicholas E; Bingham Sheila A	The Journal of nutrition	2004	134
LIF00207	A randomized, prospective study of the effects of Tai Chi Chun exercise on bone mineral density in postmenopausal women	Chan Kaiming; Qin Ling; Lau Mingchu; Woo Jean; Au Szeki; Choy Wingyee; Lee Kwongman; Lee Shiuhung	Archives of physical medicine and rehabilitation	2004	85
LIF00211	The effects of Tai Chi on bone mineral density in postmenopausal women: a systematic review	Wayne Peter M; Kiel Douglas P; Krebs David E; Davis Roger B; Savetsky-German Jacqueline; Connelly Maureen; Buring Julie E	Archives of physical medicine and rehabilitation	2007	88
LIF00876	Five-year follow-up study of a kidney-tonifying herbal Fufang for prevention of postmenopausal osteoporosis and fragility fractures	Deng Wei-Min; Zhang Peng; Huang Hai; Shen You-Gao; Yang Qin-Hua; Cui Wei-Li; He Yang-Shu; Wei Song; Ye Zhu; Liu Fang; Qin Ling	Journal of bone and mineral metabolism	2012	30
LIF00272	Impact of Tai Chi exercise on multiple fracture-related risk factors in post-menopausal osteopenic women: a pilot pragmatic, randomized trial	Wayne Peter M; Kiel Douglas P; Buring Julie E; Connors Ellen M; Bonato Paolo; Yeh Gloria Y; Cohen Calvin J; Mancinelli Chiara; Davis Roger B	BMC complementary and alternative medicine	2012	12
LIF00401	Femal, a herbal remedy made from pollen extracts, reduces hot flashes and improves quality of life in menopausal women: a randomized, placebo-controlled, parallel study	Winther K; Rein E; Hedman C	Climacteric	2005	8
LIF00402	Acupuncture in managing menopausal symptoms: hope or mirage?	Alfhaily F; Ewies A A A	Climacteric	2007	10
LIF00418	Feasibility study of acupuncture for reducing sleep disturbances and hot flashes in postmenopausal breast cancer survivors	Otte Julie L; Carpenter Janet S; Zhong Xin; Johnstone Peter A S	Clinical nurse specialist CNS	2011	25
LIF00427	Effects of tai chi exercise on posturography, gait, physical function and quality of life in postmenopausal women with osteopaenia: a randomized clinical study	Chyu Ming-Chien; James C Roger; Sawyer Steven F; Brismee Jean-Michel; Xu Ke T; Poklikuha Glen; Dunn Dale M; Shen Chwan-Li	Clinical rehabilitation	2010	24
LIF00603	Treatment of menopausal symptoms by qualified herbal practitioners: a prospective, randomized controlled trial	Green Julia; Denham Alison; Ingram Jennifer; Hawkey Sue; Greenwood Rosemary	Family practice	2007	24
LIF00606	A randomized controlled pilot study of acupuncture for postmenopausal hot flashes: effect on nocturnal hot flashes and sleep quality	Huang Mary I; Nir Yael; Chen Bertha; Schnyer Rosa; Manber Rachel	Fertility and sterility	2006	86
LIF00707	Alternative therapies for postmenopausal women	Speroff Leon	International journal of fertility and women's medicine	2005	50
LIF00708	Menopacenuitrient therapy: an alternative approach to pharmaceutical treatments for menopause	Kirby Russell S	International journal of fertility and women's medicine	2006	51
LIF00798	Is naturopathy as effective as conventional therapy for treatment of menopausal symptoms?	Cramer Elaine H; Jones Paul; Keenan Nora L; Thompson Betsy L	Journal of alternative and complementary medicine (New York, N.Y.)	2003	9
LIF00818	Finished herbal product as an alternative treatment for menopausal symptoms in climacteric women	Lai Jung-Nein; Hwang Jing-Shiang; Chen Huey-Jeng; Wang Jung-Der	Journal of alternative and complementary medicine (New York, N.Y.)	2005	11
LIF01017	Complementary and alternative medicine use for vasomotor symptoms among women who have discontinued hormone therapy	Kupferer Elizabeth M; Dormire Sharon L; Becker Heather	Journal of obstetric, gynecologic, and neonatal nursing : JOGNN / NAACOG	2009	38

LIF01166	The effect of dietary soy supplementation compared to estrogen and placebo on menopausal symptoms: a randomized controlled trial	Carmignani Lucio O; Pedro Adriana Orcesi; Costa-Paiva Lucia H; Pinto-Neto Aarao M	Maturitas	2010	67
LIF01167	Effects of herbal and dietary supplements on cognition in menopause: a systematic review	Clement Yuri N; Onakpoya Igbo; Hung Shao K; Ernst Edzard	Maturitas	2011	68
LIF01182	Treating the climacteric symptoms in Indian women with an integrated approach to yoga therapy: a randomized control study	Chattha Ritu; Raghuram Nagarathna; Venkatram Padmalatha; Hongasandra Nagendra R	Menopause (New York, N.Y.)	2008	15
LIF01183	A pilot randomized, single-blind, placebo-controlled trial of traditional acupuncture for vasomotor symptoms and mechanistic pathways of menopause	Painovich Jeannette M; Shufelt Chrisandra L; Azziz Ricardo; Yang Yuching; Goodarzi Mark O; Braunstein Glenn D; Karlan Beth Y; Stewart Paul M; Merz C Noel Bairey	Menopause (New York, N.Y.)	2012	19
LIF01184	Yoga decreases insomnia in postmenopausal women: a randomized clinical trial	Afonso Rui Ferreira; Hachul Helena; Kozasa Elisa Harumi; Oliveira Denise de Souza; Goto Viviane; Rodrigues Dinah; Tufik Sergio; Leite Jose Roberto	Menopause (New York, N.Y.)	2012	19
LIF01204	Evaluation of efficacy of estrogen and phytotherapy in oral cavity alterations of women in menopause	Giuca M R; Carli E; Pasini M; Bonfigli D; Cappe M R	Minerva ginecologica	2009	61
LIF01274	Effect of green tea and Tai Chi on bone health in postmenopausal osteopenic women: a 6-month randomized placebo-controlled trial	Shen C-L; Chyu M-C; Yeh J K; Zhang Y; Pence B C; Felton C K; Brismee J-M; Arjmandi B H; Doctolero S; Wang J-S	Osteoporosis international	2012	23
LIF01465	Yoga of Awareness program for menopausal symptoms in breast cancer survivors: results from a randomized trial	Carson James W; Carson Kimberly M; Porter Laura S; Keefe Francis J; Seewaldt Victoria L	Supportive care in cancer	2009	17
LIF01752	The use of complementary and alternative medications by menopausal women in South East Queensland	Gollschewski Sara; Anderson Debra; Skerman Helen; Lyons-Wall Philippa	Women's health issues	2004	14
LIF00023	The characteristics of middle aged Australian women who consult acupuncturists	Sibbritt David; Adams Jon; Young Anne F	Acupuncture in medicine : journal of the British Medical Acupuncture Society	2007	25
LIF01063	Psychological well-being improves in women with breast cancer after treatment with applied relaxation or electro-acupuncture for vasomotor symptom	Nedstrand Elizabeth; Wyon Yvonne; Hammar Mats; Wijma Klaas	Journal of psychosomatic obstetrics and gynaecology	2006	27

Cochrane Library

文献 ID	タイトル	著者	誌名	発行年	巻
LIC00106	Dietary weight loss and exercise interventions effects on quality of life in overweight/obese postmenopausal women: a randomized controlled trial.	Imayama I; Alfano CM; Kong A; Foster-Schubert KE; Bain CE; Xiao L; Duggan C; Wang CY; Campbell KL; Blackburn GL; McTiernan A	The international journal of behavioral nutrition and physical activity	2011	8
LIC00117	[Effects of warm needle moxibustion on bone mass density and biochemical indexes of bone metabolism in patients of postmenopausal osteoporosis].	Zhao LH; Nong ZN; Zhong X; Pang Y; Liang JS; Li XD; Ye FW	Zhongguo zhen jiu = Chinese acupuncture & moxibustion	2008	28

医学中央雑誌

文献 ID	タイトル	著者	誌名	発行年	巻
LIJ00354	短時間の炭酸泉足浴が中高年女性のストレス軽減に及ぼす効果	福留 英明, 松本 悠貴, 豊増 功次	日本循環器病予防学会誌	2011	46
LIJ00425	γ-PGA 含有カルシウムサプリメントを用いた長期介入研究の試み	早淵 仁美, 平川 史子, 久野 真奈見	福岡女子大学人間環境学部紀要	2004	35
LIJ00434	ビタミン K2(メナキノン-4)添加カルシウム錠菓の長期摂取における有効性および安全性	小松 美穂, 青木 麻実, 大野 正恵, 飯塚 宗秋, 伊藤 博澄, 森下 幸治	薬理と治療	2008	36
LIJ00105	Effect of Low Dose Vitamin K2 (MK-4) Supplementation on Bio-Indices in Postmenopausal Japanese Women	Koitaya Noriko, Ezaki Junko, Nishimuta Mamoru, Yamauchi Jun, Hashizume Erika, Morishita Koji, Miyachi Motohiko, Sasaki Satoshi, Ishimi Yoshiko	Journal of Nutritional Science and Vitaminology	2009	55
LIJ00284	首・肩・上背部刺鍼によるのぼせに対する下肢刺鍼の抑制効果について	岡 由紀子, 飯田 正義, 喜友名 隆之, 矢野 央子, 犬養 広行, 小林 俊郎, 内田 匠治	東洋療法学校協会学会誌	2013	

表4 - 1 文献分類表 循環器系分担任

		糖尿病	高血圧	脂質異常症	肥満	メタボリック症候群/リスク因子	血管性因子	心疾患	脳疾患	心理的因子	その他	
気功 太極拳 ヨガ、瞑想 マッサージ 森林浴 足湯 炭酸水浴	運動/リラクゼーション	LIF00514	LIF01477									
		LIF00827										
		LIF00233	LIF00233	LIF00233			LIF00411		LIF01087		LIF00780	
		LIF01067					LIF00782				LIF00801	
		LIF01052	LIF00660		LIF00088	LIF00475		LIF00544		LIF00299		
			LIF00661			LIF00865		LIF00599		LIF00814		
			LIF01385			LIF00875		LIF01091		LIF00856		
			LIF01624			LIF01185		LIF01604				
			LIC00006			LIF01678						
			LIF00840	LIF00246		LIF00273					LIF01344	LIF00458
鍼	各種療法	LIF01137	LIF00626		LIF00844						LIF00622	
			LIF00675									
灸	各種療法		LIF01009									
			LIF00878									
整骨術	各種療法		LIJ00063									
											LIF00622	
自然治療 Naturopathic Medicine	各種療法										LIF00002	
心身リラクゼーション療法	各種療法						LIF00845	LIF00019	LIF00276		LIF00802	
								LIF00701	LIF00862			
音楽療法	各種療法						LIF00882	LIF00866				
								LIF00903				
アーユルベータ	各種療法							LIF01578				
								LIC00116				
精神療法	各種療法							LIC00122				
								LIC00111				
行動療法	各種療法											
		LIF00071										
		LIF00274				LIF00437						
		LIF00838				LIC00012						
		LIF01324										
							LIF00923	LIF00470				
								LIF00694				
								LIF01004				
		LIF00092		LIF00094								
		LIC00060										
								LIF01386				
		LIF01357										

認知療法		LIF01065				
手当て療法		LIF00961				
温泉療法		LIF01718 LIJ00334				
食事		LIF00457	LIJ00009	LIJ00169	LIF00735	LIF00228 LIJ00169 LIJ00286 LIF00518 LIF00735 LIF01118
化学物質		LIF00517	LIF01547	LIF01242	LIF00566	LIF01089 LIF01493 LIF00178 LIF00520 LIF01543 LIF01543 LIF01662 LIJ00084
ハーブ			LIF00094	LIF01162		LIF00178 LIC00066
食品		LIF00939	LIF00561	LIF00461	LIF00072	LIF00431 LIF00837 LIC00090 LIF00622 LIF01417 LIF01475 LIF00709 LIF01494 LIF00965 LIF00867 LIF01475 LIF00867 LIJ00122 LIF01335 LIJ0041 LIF01727 LIF01244 LIJ00438 LIF01475 LIJ00084 LIF01314 LIJ00439 LIJ00170 LIF01475
サプリメント		LIC00096	LIF00399	LIF00817	LIF00409	LIJ00197 LIF00825 LIF01247
漢方/Chinee Herval Medicine		LIF00406		LIF00406		LIC00029 LIF00846 LIF01726
生薬	漢方 / 生薬	LIF00354	LIF01241	LIF01742		LIC00048 LIF00942 LIC00031 LIJ00316 LIJ00433
統合医療		LIF01704		LIF00100		LIF00265 LIF00951 LIF00320 LIF00941

その他 更年期症状、壊疽、便秘、吐き気/嘔吐、咽頭反射、食欲/エネルギー摂取、エネルギー代謝

表 4 - 2 文献分類表 運動器系分担班

		変形性関節症	骨粗鬆症	骨代謝 / 骨密度	関節リウマチ	関節痛	脊柱疾患	腰痛	線維性筋痛症	疼痛症状	体力/バランス / 転倒/歩行	心理的因子/疲労	その他	
気功	運動 / リラクゼーション			LIF01482					LIF01673				LIF00247	
		LIF01672	LIF01311	LIF01484	LIF01411				LIF01706		LIF00193	LIF00098		LIJ00251
			LIF01273	LIF00207	LIF01573				LIF00430		LIF00192	LIF00191		
				LIF00211							LIF00194	LIF01103		
				LIF00272							LIF01106	LIF01407		
				LIF00286							LIF01180	LIF01696		
											LIF01181	LIF00277		
											LIF00953	LIF01112		
											LIF00602	LIF00215		
											LIF00528	LIF01109		
ストレッチ													LIJ00057	
運動プログラム														LIJ0036
Takizawa Program														LIJ00035
bioenergetic synchronization technique														LIF00976
ヨガ/瞑想		LIF00854				LIF01111	LIF00164	LIF01673	LIF01754	LIF00209				
							LIF00977		LIF01567	LIF01698				
							LIJ00233		LIF01453					
									LIF00473					
鍼・鍼灸・灸	各種療法	LIF01560	LIJ00140	LIC00117	LIJ00254			LIF00797	LIF01412	LIF00335	LIJ00429	LIF00024	LIF01747	
		LIF00287			LIJ00306			LIF01452		LIF00219			LIF01483	
		LIF00331						LIJ00403		LIJ00279			LIC00065	
		LIF00334								LIJ00428			LIC00082	
		LIF01410											LIC00121	
														LIC00253
														LIJ00280
														LIC00282
														LIJ00445
														LIF00289
カイロプラクティック									LIF00982	LIF00976			LIF00289	
													LIF01450	
													LIC00050	
マッサージ												LIC00079		
オステオパシー												LIC00113		
												LIF01682		

温熱療法		LJ00149		LIF00210					
認知療法				LIF01019				LIC00017	
音楽療法								LJ00314	LIC00020
心理療法									LIC00032
温泉/入浴			LJ00308	LJ00308	LJ00307	LJ00117			LJ00278
					LJ00241	LJ00305			LJ00310
						LJ00333			LJ00332
						LJ00420			LJ00335
									LJ00336
足浴								LJ00186	
								LJ00244	
								LJ00325	
								LJ00331	
アロマセラピー								LJ00322	
森林浴								LJ00302	
ホメオパシー				LIF01564	LIF00353				
マイクロ波					LIF01130				LIF01130
化学物質		LIF01722	LIF01104		LIF00135			LIF00135	LJ00440
ハーブ		LIC00038		LIF01315	LIF01315				
食品	食品摂取		LJ00434	LIF00286		LJ00250	LJ00158		LJ00012
			LJ00011	LIC00108					
サプリメント/ ビタミン	食品摂取	LIF01131	LJ00034	LIF01521	LIF00498	LIF00135	LIF00553	LIF00135	LIC00098
		LJ00091	LJ00236	LIF00562			LJ00173		LJ00141
			LJ00342	LIC00108			LJ00265		LJ00151
			LJ00425	LJ00106					
			LJ00095						
漢方/ Chaineese Herbs	漢方/ 生薬	LIF00262		LIF00397		LIF00262			LIF01313
				LIF00876			LJ00180		LJ00113
				LIC00112					
中医学	中医学					LIF01632			
推拿 (ついな)	中医学			LIC00124					
				LIC00125					
統合医療						LIF00842			LIF00511
ハイソックス									LJ00369

その他

筋タンパク量、車椅子高齢者の健康、頸部痛症例での副作用出現、凍結肩、むち打ち症、股関節手術後の浮腫
 スポーツ外傷、スポーツによる下肢筋挫傷の予防、手指痺れ、筋疲労、自律神経機能、ハムストリング筋損傷の予防
 小児脳性麻痺、股関節臼蓋形成不全の股関節発達、手の手術後の疼痛・皮下出血、精神疾患患者の運動機能
 がん放射線治療後の心理・身体機能、外傷性脳損傷後の歩行・上肢機能、脳梗塞後の血流・神経機能

表4 - 3 文献分類表 婦人科系分担任

	心血管疾患/リスク因子	がん	骨粗鬆症/骨折	骨量/骨代謝	運動機能	認知	更年期症状	不眠	口腔症状	QOL, ストレス
太極拳			LIF00272	LIF00207 LIF00211 LIF01274	LIF00427					
ヨガ	LIF01185						LIF01182 LIF01465	LIF01184		
リラクゼーション							LIF01063			
鍼				LIC00117			LIF00402 LIF00418 LIF00606 LIF01183 LIF00023 LIF01063 LIJ00284	LIF00606		
炭酸泉足浴										LIJ00354
食餌療法										LIC00106
自然治療							LIF00798			
化学物質	LIF00707 LIF01662	LIF00707	LIF00707				LIF01166 LIF00707			
ハーブ						LIF01167	LIF00603 LIF00818		LIF01204	
食品	LIF00867			LIF01274 LIJ00434			LIF00867			
サプリメント				LIJ00425 LIJ00105		LIF01167	LIF00708 LIF00401			
漢方			LIF00876							
統合医療							LIF01017 LIF01752			

図1 日本ナースヘルス研究における運動法・代替治療法関連の調査項目

(登録時、2, 4, 6, 8, 10, 12、年目調査)

次に、勤務以外の身体活動についてお伺いします。

問 36. 過去1年間で、下記のような生活活動や運動を、平均すると1週間に、どのくらい行いましたか。
(勤務時間中における身体活動と軽度の身体活動は含みません。)

例) 毎日、通勤での歩行が20分、体操を10分行っている場合、

中等度強度の身体活動は $7日 \times 10分 + 5日 \times 20分 = 170分$

一週間に、1時間のジョギングを2回行っているのであれば、強い強度の身体活動は120分/週



- 36-1) 中等度強度 (3メッツ以上6メッツ未満) の生活活動
通勤・買い物等のための歩行、自転車での移動、掃除、軽い荷物運び
子どもと遊ぶ・動物の世話、床掃除、風呂掃除といった重めの家事など
- 36-2) 中等度強度 (3メッツ以上6メッツ未満) のスポーツ・運動
体操、ウォーキング、自転車エルゴメーター、卓球、ソフトボール、バレーボール
バドミントン、ゴルフ、バレエ、ジャズダンス、水中運動など
- 36-3) 強い強度 (6メッツ以上) の生活活動
家具や家財道具の移動・運搬、雪かき、重い荷物の運搬
農作業・畑仕事、養生、階段を上がる、荷物を上の階へ運ぶなど
- 36-4) 強い強度 (6メッツ以上) のスポーツ・運動
ジョギング、水泳、スキー、エアロビクス、山登り、バスケットボール
ウェイト・トレーニング、テニス、サイクリング、サッカー、など

分/週

分/週

分/週

分/週

問 37. 平均すると、睡眠時間は一日何時間ですか。 時間/日

問 38. 普段のあなたの歩く速度は、同年代女性と比べて以下のどれに最も近いですか。

1. 少し遅い (時速 3.5km 未満)	2. 標準的 (時速 3.5~4.9km)	3. 少し速い (時速 5.0~6.4km)	4. とても早足 (時速 6.5km 以上)
--------------------------	--------------------------	---------------------------	---------------------------

(登録後 4 年目、6 年目、8 年目、10 年目、12 年目)

3) 閉経の前後で、次のような症状がありましたか。(複数回答可)

- | | | |
|------------------|-----------------|-----------------|
| 1. 顔や上半身がほてる | 2. 汗をかきやすい | 3. 腰や手足が冷える |
| 4. 動悸、息切れ | 5. 寝つきが悪い、眠りが浅い | 6. イライラする、怒りっぽい |
| 7. ゆうつになる | 8. 頭痛、めまい、吐き気 | 9. 疲れやすい |
| 10. 肩こり、腰痛、手足の痛み | | |

4) 更年期症状を改善するために治療を受けたり、代替療法などを行いましたか。

- | |
|---------------|
| 1. いいえ |
| 2. はい、現在受けている |
| 3. はい、過去に受けた |

5) どのような治療ですか。(複数回答可)

- | | | |
|-------------------|------------------|--------|
| 1. ホルモン補充療法 | 2. 精神安定剤 | 3. 漢方薬 |
| 4. 心理療法、カウンセリング | 5. ハーブ療法、アロマセラピー | |
| 6. 健康食品、サプリメントの利用 | | |
| 7. その他 () | | |

(登録後 12 年目調査票)

問 39. 現在、あなたは首、肩、腰、膝など、身体が痛み、もしくは痛みのために治療を受けていますか。

- | | | |
|-------|--------|----------------------|
| 1. はい | 2. いいえ | 「いいえ」の方は、問40にお進み下さい。 |
|-------|--------|----------------------|

39-1) その部位はどこですか。あてはまる箇所すべてに○印をつけて下さい。

- | | | | | | | |
|-------|------|--------|--------|---------|----------------|-------|
| 1. 首 | 2. 肩 | 3. 背中 | 4. 腰 | 5. 膝 | 6. 足(かかと、足指など) | 7. 手首 |
| 8. 手指 | 9. 肘 | 10. 骨盤 | 11. 殿部 | 12. 股関節 | 13. その他 () | |

39-2) 医師による治療は受けましたか。あてはまるものすべてに○印をつけて下さい。

- | | | |
|--------------|-----------------------------|------------|
| 1. 治療を受けていない | 2. 保存的治療 (薬物療法、装具療法、物理療法など) | |
| 3. 手術療法 | 4. 運動療法 | 5. その他 () |

39-3) 医師の処方ではない治療を行っていますか。あてはまるものすべてに○印をつけて下さい。

- | | | |
|---------------------|----------------------------|------------------|
| 1. 特に行っていない | 2. 体操 (日本整形外科学会の膝痛・腰痛体操など) | |
| 3. 一般薬の使用 (消炎鎮痛薬など) | 4. 鍼灸療法 | 5. 整体・カイロプラスティック |
| 6. マッサージ | 7. その他 () | |