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饮酒与Barrett食管关系的Meta分析(PDF) 分享到:

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Title: Alcohol consumption as a risk factor of Barrett's esophagus: a Meta analysis

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关键词: [Barrett食管](#); [饮酒](#); [危险因素](#); [Meta分析](#)

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摘要: 目的 探讨饮酒与Barrett食管发生的关系。 方法 系统检索PubMed、EMBASE、中国生物医学文献数据库(CBM)、中国期刊全文数据库(CNKI)等数据库。对纳入研究的文献采用Newcastle-Ottawa量表进行质量评价,根据研究类型、地域、资料来源、饮酒种类分亚组进行分析,综合定量评价饮酒与Barrett食管的关系。 结果 共纳入16篇文献(病例对照研究13篇,队列研究3篇)累积Barrett食管3 961例,对照11 748例。Meta分析结果显示队列研究亚组中,与不饮酒者相比,饮酒者Barrett食管发病风险OR为1.27(95%CI:1.03~1.58, P=0.03);亚洲地区亚组饮酒者较不饮酒者Barrett食管发病风险高47%(OR=1.47,95%CI:1.10~1.97, P=0.009),美洲地区亚组饮酒使Barrett食管风险降低了17%(OR=0.83, 95%CI: 0.71~0.96, P=0.02),而其他各亚组合并结果均显示差异无统计学意义(P>0.05)。 结论 饮酒是患Barrett食管的危险因素;亚洲地区人群饮酒是Barrett食管的重要危险因素。

Abstract: Objective To investigate the relationship between alcohol drinking and Barrett's esophagus. Methods Papers on correlation between alcohol drinking and Barrett's esophagus were systematically retrieved from CBM, CNKI, PUBMED, MEDLINE and EMBASE. Academic levels of these papers included in this study were assessed according to the Newcastle-Ottawa Scale (NOS). Meta analysis was carried out according to study type, geographical factor, data

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source and drinking types to study the relationship. Results There were 16 articles (13 case-control studies, and 3 cohort studies) included with a total number of 3 961 cases of Barrett' s esophagus and 11 748 cases in control. Our analysis showed that the value of *OR* in cohort studies was 1.27 with 95% *CI* of 1.03 to 1.58 ($P=0.03$) when compared with the nondrinkers. For Asian drinkers, alcohol drinking increased the risk of Barrett' s esophagus by 47% ($OR=1.47$, 95% $CI=1.10$ to 1.97 , $P=0.009$), but alcohol reduced the risk by 17% in American drinkers ($OR=0.83$, 95% $CI=0.71$ to 0.96 , $P=0.02$). No significant difference was seen in other subgroups($P>0.05$). Conclusion Alcohol drinking is an risk factor for the mortality of Barrett' s esophagus, especially for Asian drinkers.

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