Supplementary Appendix

The effects of bariatric procedures versus medical therapy for obese patients with type 2

diabetes: a systematic review and meta-analysis of randomized controlled trials

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The results of meta-analysis about diabetes remission, HbA1c, FBG, hypoglycemic, antihypertensive, lipid-lowering medications, weight loss, high-density lipoprotein, triglycerides and adverse events

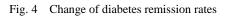
| | SI | urgery | | m | edical | | 5 | td. Mean Difference | Std. Mean Difference |
|-------------------------------------|------------|----------|-----------------------|-------------------|--------|-------|---------|------------------------|----------------------|
| Study or Subaroup | Mean | | Total | Mean | SD | Total | Weight | IV. Fixed, 95% CI | IV. Fixed, 95% CI |
| 1.1.1 Gastric bypass | vs MT | | | | | | • | | |
| Geltrude 2012 | -25.18 | 20.89 | 19 | -8.39 | 9.93 | 18 | 12.5% | -1.00 [-1.68, -0.31] | |
| Philip 2012 | -2.9 | 1.6 | 50 | -1.4 | 1.5 | 41 | 31.0% | -0.96 [-1.39, -0.52] | |
| Subtotal (95% CI) | | | 69 | | | 59 | 43.5% | -0.97 [-1.34, -0.60] | ◆ |
| Heterogeneity: Chi ² = (|).01, df = | 1 (P = 0 | 0.92); l ² | ² = 0% | | | | | |
| Test for overall effect: 2 | | | | | | | | | |
| 1.1.2 Gastric banding | ve MT | | | | | | | | |
| John 2008 | -1.81 | 1.24 | 30 | -0.38 | 1 26 | 30 | 19.7% | -1.13 [-1.68, -0.58] | |
| Subtotal (95% CI) | 1.01 | 1.24 | 30 | 0.00 | 1.20 | 30 | 19.7% | -1.13 [-1.68, -0.58] | ◆ |
| Heterogeneity: Not app | licable | | 00 | | | 00 | 10.170 | 110 [1100, 0100] | - |
| Test for overall effect: 2 | | (P < 0 0 | 001) | | | | | | |
| | | (| ., | | | | | | |
| 1.1.3 Gastrectomy vs | МТ | | | | | | | | |
| Philip 2012 | -2.9 | 1.8 | 50 | -1.4 | 1.5 | 41 | 31.5% | -0.89 [-1.32, -0.46] | |
| Subtotal (95% CI) | | | 50 | | | 41 | 31.5% | -0.89 [-1.32, -0.46] | ◆ |
| Heterogeneity: Not app | licable | | | | | | | | |
| Test for overall effect: | Z = 4.02 | (P < 0.0 | 001) | | | | | | |
| 1.1.4 Biliopancreatic | Diversio | n vs M1 | г | | | | | | |
| Geltrude 2012 | -43.01 | 9.64 | 19 | -8.39 | 9.93 | 18 | 5.3% | -3.46 [-4.52, -2.41] — | |
| Subtotal (95% CI) | | | 19 | | | 18 | 5.3% | -3.46 [-4.52, -2.41] | |
| Heterogeneity: Not app | licable | | | | | | | | |
| Test for overall effect: | Z = 6.44 | (P < 0.0 | 0001) | | | | | | |
| | | | | | | 4.40 | 400.00/ | -1.11 [-1.35, -0.86] | |
| Total (95% CI) | | | 168 | | | 148 | 100.0% | -1.11 [-1.33, -0.001 | |

Fig. 2 Change of glycated hemoglobin

| | s | urgery | | m | edical | | | Mean Difference | Mean Difference |
|-------------------------------------|-----------|-----------|----------|--------------------|-----------------------|---------|--------|-------------------------|-------------------|
| Study or Subgroup | Mean | SD | Total | Mean | SD | Total | Weight | IV, Fixed, 95% CI | IV, Fixed, 95% CI |
| 1.2.1 gastric bypass v | s MT | | | | | | | | |
| Geltrude 2012 | -37.81 | 33.75 | 19 | -14.37 | 11.93 | 18 | 14.7% | -23.44 [-39.59, -7.29] | |
| Subtotal (95% CI) | | | 19 | | | 18 | 14.7% | -23.44 [-39.59, -7.29] | |
| Heterogeneity: Not app | licable | | | | | | | | |
| Test for overall effect: 2 | Z = 2.85 | (P = 0.0 | 04) | | | | | | |
| 1.2.2 gastric banding | vs MT | | | | | | | | |
| John 2008 | -51.2 | 37.6 | 30 | -18.4 | 41.2 | 30 | 9.6% | -32.80 [-52.76, -12.84] | |
| Subtotal (95% CI) | | | 30 | | | 30 | 9.6% | -32.80 [-52.76, -12.84] | |
| Heterogeneity: Not app | licable | | | | | | | | |
| Test for overall effect: 2 | Z = 3.22 | (P = 0.0 | 01) | | | | | | |
| 1.2.3 Biliopancreatic | diversio | n vs MT | | | | | | | |
| Geltrude 2012 | -56.23 | 10.01 | 19 | -14.37 | 11.93 | 18 | 75.7% | -41.86 [-48.98, -34.74] | - - |
| Subtotal (95% CI) | | | 19 | | | 18 | 75.7% | -41.86 [-48.98, -34.74] | ◆ |
| Heterogeneity: Not app | licable | | | | | | | | |
| Test for overall effect: 2 | Z = 11.53 | 8 (P < 0. | 00001) | | | | | | |
| Total (95% CI) | | | 68 | | | 66 | 100.0% | -38.28 [-44.47, -32.09] | • |
| Heterogeneity: Chi ² = 4 | .51. df = | 2 (P = 0 | 0.11): F | ² = 56% | | | | | |
| Test for overall effect: 2 | | | | | | | | | -50 -25 0 25 50 |
| Test for subaroup differ | | ` | | |) 1 1) l ² | - 55 69 | /~ | | surgery medical |

Fig. 3 Change of fasting blood glucose

| | | | | | 3 | | |
|-----------------------------------|--------------------------|-----------|-------------|--------|----------|----------------------|--|
| | Experim | ental | Contr | ol | | Risk Ratio | Risk Ratio |
| Study or Subgroup | Events | Total | Events | Total | Weight | M-H, Random, 95% Cl | M-H, Random, 95% Cl |
| Geltrude 2012 | 34 | 38 | 0 | 18 | 31.6% | 33.62 [2.18, 519.27] | |
| John 2008 | 22 | 30 | 4 | 30 | 68.4% | 5.50 [2.15, 14.04] | -∎ - |
| Total (95% CI) | | 68 | | 48 | 100.0% | 9.74 [1.36, 69.66] | - |
| Total events | 56 | | 4 | | | | |
| Heterogeneity: Tau ² = | 1.24; Chi ² = | = 2.14, d | lf = 1 (P = | 0.14); | l² = 53% | | |
| Test for overall effect: | Z = 2.27 (P | = 0.02) | | | | Fa | 0.001 0.1 1 10 1000 avours experimental Favours control |



| | Experime | ental | Contr | ol | | Risk Ratio | Risk Ratio |
|-------------------------------------|--------------|---------------|--------------------------|----------|-------------------------|----------------------|--|
| Study or Subgroup | Events | Total | Events | Total | Weight | M-H, Fixed, 95% C | I M-H, Fixed, 95% Cl |
| 6.1.1 Gastric bypass | vs MT | | | | | | |
| Philip 2012 | 37 | 49 | 0 | 41 | 10.7% | 63.00 [3.99, 995.29] | |
| Subtotal (95% CI) | | 49 | | 41 | 1 0.7% | 63.00 [3.99, 995.29] | |
| Total events | 37 | | 0 | | | | |
| Heterogeneity: Not app | licable | | | | | | |
| Test for overall effect: 2 | Z = 2.94 (P | = 0.003 | 5) | | | | |
| 6.1.2 Gastric banding | vs MT | | | | | | |
| John 2008 | 24 | 30 | 4 | 30 | 78.6% | 6.00 [2.37, 15.20] | |
| Subtotal (95% CI) | | 30 | | 30 | 78.6% | 6.00 [2.37, 15.20] | |
| Total events | 24 | | 4 | | | | |
| Heterogeneity: Not app | licable | | | | | | |
| Test for overall effect: 2 | Z = 3.78 (P | = 0.000 | 2) | | | | |
| 6.1.3 Gastrectomy vs | мт | | | | | | |
| Philip 2012 | 24 | 50 | 0 | 41 | 10.8% | 40.35 [2.53, 643.98] | |
| Subtotal (95% CI) | | 50 | | 41 | 10.8% | 40.35 [2.53, 643.98] | |
| Total events | 24 | | 0 | | | | |
| Heterogeneity: Not app | licable | | | | | | |
| Test for overall effect: 2 | Z = 2.62 (P | = 0.009 |) | | | | |
| Total (95% CI) | | 129 | | 112 | 100.0% | 15.78 [6.54, 38.10] | • |
| Total events | 85 | | 4 | | | | |
| Heterogeneity: Chi ² = 5 | 5.57, df = 2 | (P = 0.0) | 06); l ² = 64 | 4% | | | 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - |
| Test for overall effect: 2 | Z = 6.14 (P | < 0.000 | 01) | | | r | 0.001 0.1 1 10 100 Favours experimental Favours control |
| Test for subaroup differ | rences: Ch | $^{2} = 3.77$ | . df = 2 (F | P = 0.15 | 5). I ² = 46 | .9% | avours experimental Tavours control |

Fig. 5 Change of subjects without medication.

| | | | 5 | | |
|-----------------------------------|-------------------|----------------------------|--------|--------------------|---|
| | surgery | medical | | Risk Ratio | Risk Ratio |
| Study or Subgroup | Events Tota | Events Total | Weight | M-H, Fixed, 95% CI | M-H, Fixed, 95% Cl |
| Geltrude 2012 | 10 38 | 2 18 | 9.3% | 2.37 [0.58, 9.71] | |
| John 2008 | 7 30 | 8 30 | 27.5% | 0.88 [0.36, 2.11] | |
| Philip 2012 | 38 99 | 13 41 | 63.2% | 1.21 [0.72, 2.02] | |
| Total (95% CI) | 167 | 89 | 100.0% | 1.23 [0.80, 1.87] | • |
| Total events | 55 | 23 | | | |
| Heterogeneity: Chi ² = | 1.40, df = 2 (P = | 0.50); l ² = 0% | | | |
| Test for overall effect: | Z = 0.94 (P = 0. | 34) | | | 0.1 0.2 0.5 1 2 5 10 surgery medical |

Fig. 6 Change of serious adverse events.

| | | irgery | | | edical | | | Mean Difference | Mean Difference |
|-----------------------------------|------------------------|----------------------|----------|----------|---------|-----------------------|--------|-------------------------|--------------------|
| Study or Subgroup | Mean | SD | Total | Mean | SD | Total | Weight | IV, Random, 95% CI | IV, Random, 95% CI |
| 3.2.1 Gastric bypass | vs MT | | | | | | | | |
| Geltrude 2012 | -33.31 | 7.88 | 19 | -4.74 | 6.37 | 18 | 19.1% | -28.57 [-33.18, -23.96] | |
| Philip 2012 | -29.4 | 8.9 | 50 | -5.4 | 8 | 41 | | -24.00 [-27.48, -20.52] | T |
| Subtotal (95% CI) | | | 69 | | | 59 | 40.9% | -26.02 [-30.47, -21.58] | ◆ |
| Heterogeneity: Tau ² = | 6.11; Chi ² | $^{2} = 2.41$ | , df = 1 | (P = 0. | 12); l² | = 58% | | | |
| Test for overall effect: | Z = 11.46 | (P < 0. | 00001) | | | | | | |
| 3.2.2 Gastric banding | j vs MT | | | | | | | | |
| John 2008 | -21.1 | 10.5 | 30 | -1.5 | 5.4 | 30 | 20.0% | -19.60 [-23.83, -15.37] | |
| Subtotal (95% CI) | | | 30 | | | 30 | 20.0% | -19.60 [-23.83, -15.37] | ◆ |
| Heterogeneity: Not app | olicable | | | | | | | | |
| Test for overall effect: | Z = 9.09 (| P < 0.0 | 0001) | | | | | | |
| 3.2.3 Gastrectomy s I | МТ | | | | | | | | |
| Philip 2012 | -25.1 | 8.5 | 49 | -5.4 | 8 | 41 | 21.9% | -19.70 [-23.11, -16.29] | |
| Subtotal (95% CI) | | | 49 | | | 41 | 21.9% | -19.70 [-23.11, -16.29] | ◆ |
| Heterogeneity: Not app | olicable | | | | | | | | |
| Test for overall effect: | Z = 11.31 | (P < 0. | 00001) | | | | | | |
| 3.2.4 Biliopancreatic | Diversior | n vs M1 | г | | | | | | |
| Geltrude 2012 | -33.82 | 10.17 | 19 | -4.74 | 6.37 | 18 | 17.2% | -29.08 [-34.52, -23.64] | |
| Subtotal (95% CI) | | | 19 | | | 18 | 17.2% | -29.08 [-34.52, -23.64] | ◆ |
| Heterogeneity: Not app | olicable | | | | | | | | |
| Test for overall effect: | Z = 10.48 | (P < 0. | 00001) | | | | | | |
| Total (95% CI) | | | 167 | | | 148 | 100.0% | -23.92 [-27.71, -20.14] | • |
| Heterogeneity: Tau ² = | 13.95; Ch | i ² = 16. | 74, df = | = 4 (P = | 0.002) | ; l² = 70 | 6% | | |
| Test for overall effect: | Z = 12.40 | (P < 0. | 00001) | | , | - | | | -20 -10 0 10 20 |
| Test for subaroup diffe | | · | ' | | - 0.006 | 5) ² = 7 | 75 9% | | surgery medical |

Fig. 7 Change of weight loss.

| | | irgery | | | edica | | | Mean Difference | Mean Difference |
|--|------------|----------|----------|--------------------|-------|---------|--------|-------------------------|--------------------------------------|
| Study or Subgroup | Mean | SD | Total | Mean | SD | Total | Weight | IV, Fixed, 95% C | I IV, Fixed, 95% CI |
| 3.1.1 Gastric bypass | vs MT | | | | | | | | |
| Geltrude 2012 | -19.91 | 8.44 | 19 | -7.69 | 7.8 | 18 | 10.7% | -12.22 [-17.45, -6.99] | _ |
| Philip 2012 | -19.6 | 6.5 | 50 | -3.6 | 7.4 | 41 | 34.9% | -16.00 [-18.89, -13.11] | |
| Subtotal (95% CI) | | | 69 | | | 59 | 45.6% | -15.11 [-17.65, -12.58] | • |
| Heterogeneity: Chi ² = ² | 1.53, df = | : 1 (P : | = 0.22); | $l^2 = 35^{\circ}$ | % | | | | |
| Test for overall effect: | Z = 11.70 |) (P < | 0.0000 | 1) | | | | | |
| 3.1.2 Gastric banding | ı vs MT | | | | | | | | |
| John 2008 | -17.9 | 10.8 | 30 | -4 | 9.1 | 30 | 11.4% | -13.90 [-18.95, -8.85] | _ _ |
| Subtotal (95% CI) | | | 30 | | | 30 | 11.4% | | \bullet |
| Heterogeneity: Not apr | olicable | | | | | | | | |
| Test for overall effect: | | (P < 0 | .00001) |) | | | | | |
| 3.1.3 Gastrectomy | | | | | | | | | |
| hilip 2012 | -17.5 | 7.1 | 49 | -3.6 | 7.4 | 41 | 32.2% | -13.90 [-16.91, -10.89] | |
| Subtotal (95% CI) | | | 49 | | | 41 | 32.2% | -13.90 [-16.91, -10.89] | ◆ |
| Heterogeneity: Not app | olicable | | | | | | | | |
| Test for overall effect: | Z = 9.04 | (P < 0 | .00001) |) | | | | | |
| 3.1.4 Biliopancreatic | Diversio | n vs M | лт | | | | | | |
| Geltrude 2012 | | 8.34 | 19 | -7.69 | 7.8 | 18 | 10.8% | -13.01 [-18.21, -7.81] | _ - _ |
| Subtotal (95% CI) | | | 19 | | | 18 | 10.8% | | ◆ |
| Heterogeneity: Not app | olicable | | | | | | | - / - | |
| Test for overall effect: | | (P < 0 | .00001) |) | | | | | |
| Total (95% CI) | | | 167 | | | 148 | 100.0% | -14.36 [-16.07, -12.65] | • |
| Heterogeneity: Chi ² = 2 | 2.26. df = | : 4 (P = | = 0.69): | $l^2 = 0\%$ | | | | | |
| Test for overall effect: | , | ` | | | | | | | -20 -10 0 10 20 |
| Fest for subaroup diffe | | ` | | , | - 0 9 | 7) 12 - | 0% | F | Favours experimental Favours control |

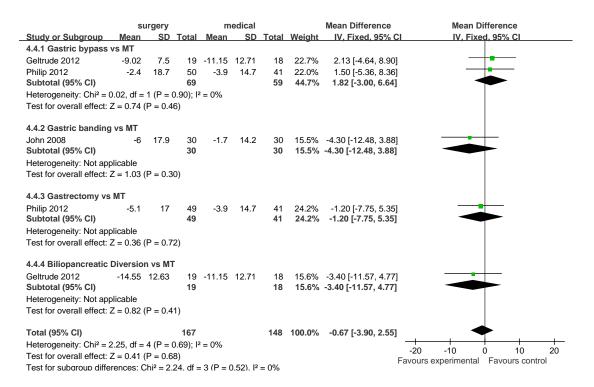
Fig. 8 Change of waist circumference

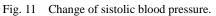
| 0 | | urgery | T - 1 - 1 | | edical | | Webster | Mean Difference | Mean Difference |
|-----------------------------------|-----------|---------|------------------|--------------|--------|-------|---------|----------------------|---------------------|
| Study or Subgroup | Mean | 50 | Iotai | Mean | 50 | Iotai | Weight | IV, Fixed, 95% C | I IV, Fixed, 95% CI |
| 4.1.1 Gastric bypass | | | | | | | | | |
| Philip 2012 | 28.5 | 22.7 | 50 | | 25.7 | 41 | 9.6% | 17.20 [7.13, 27.27] | |
| Geltrude 2012 | 29.66 | 18.21 | 19 | 6.03 | 6.25 | 18 | 13.0% | | |
| Subtotal (95% CI) | | | 69 | | | 59 | 22.6% | 20.89 [14.31, 27.47] | • |
| Heterogeneity: Chi ² = | | | | $^{2} = 0\%$ | | | | | |
| Test for overall effect: | Z = 6.23 | (P < 0. | 00001) | | | | | | |
| 4.1.2 Gastric banding | g vs MT | | | | | | | | |
| John 2008 | 12.6 | 9.8 | 30 | 2.6 | 6.1 | 30 | 57.3% | 10.00 [5.87, 14.13] | |
| Subtotal (95% CI) | | | 30 | | | 30 | 57.3% | 10.00 [5.87, 14.13] | ◆ |
| Heterogeneity: Not ap | plicable | | | | | | | | |
| Test for overall effect: | Z = 4.74 | (P < 0. | 00001) | | | | | | |
| 4.1.3 Gastrectomy vs | s MT | | | | | | | | |
| Philip 2012 | 28.4 | 21.9 | 49 | 11.3 | 25.7 | 41 | 9.8% | 17.10 [7.13, 27.07] | _ _ _ |
| Subtotal (95% CI) | | | 49 | | | 41 | 9.8% | 17.10 [7.13, 27.07] | • |
| Heterogeneity: Not ap | plicable | | | | | | | | |
| Test for overall effect: | Z = 3.36 | (P = 0. | (8000 | | | | | | |
| 4.1.4 Biliopancreatic | Diversio | on vs M | т | | | | | | |
| Geltrude 2012 | | 20.66 | 19 | 6.03 | 6.25 | 18 | 10.3% | 6.95 [-2.78, 16.68] | |
| Subtotal (95% CI) | | | 19 | | | 18 | 10.3% | 6.95 [-2.78, 16.68] | • |
| Heterogeneity: Not ap | plicable | | | | | | | - / - | |
| Test for overall effect: | | (P = 0. | 16) | | | | | | |
| Total (95% CI) | | | 167 | | | 148 | 100.0% | 12.84 [9.72, 15.97] | • |
| Heterogeneity: Chi ² = | 10.58. df | = 4 (P | | $l^2 = 62$ | % | | | , | ⊢ ⊢ ⊢ ⊢ |
| | | | | | | | | | -100 -50 0 50 |

Fig. 9 High-density lipoprotein change.

| | S | urgery | | m | edical | | | Mean Difference | Mean Difference |
|--|-----------|----------|----------|-----------------------|--------|-------|--------|--------------------------|-------------------|
| Study or Subgroup | Mean | SD | Total | Mean | SD | Total | Weight | IV, Fixed, 95% CI | IV, Fixed, 95% CI |
| 4.2.1 Gastric bypass | vs MT | | | | | | | | |
| Geltrude 2012 | -21.17 | 41.73 | 19 | -18.28 | 7.84 | 18 | 15.7% | -2.89 [-22.00, 16.22] | _ _ |
| Subtotal (95% CI) | | | 19 | | | 18 | 15.7% | -2.89 [-22.00, 16.22] | • |
| Heterogeneity: Not app | olicable | | | | | | | | |
| Test for overall effect: | Z = 0.30 | (P = 0.7 | 7) | | | | | | |
| 4.2.2 Gastric banding | vs MT | | | | | | | | |
| John 2008 | -71.7 | 92.9 | 30 | -2.1 | 120.6 | 30 | 1.9% | -69.60 [-124.07, -15.13] | |
| Subtotal (95% CI) | | | 30 | | | 30 | 1.9% | -69.60 [-124.07, -15.13] | |
| Heterogeneity: Not app | olicable | | | | | | | | |
| Test for overall effect: | Z = 2.50 | (P = 0.0 | 1) | | | | | | |
| 4.2.3 Biliopancreatic | Diversio | n vs Mī | г | | | | | | |
| Geltrude 2012 | -56.79 | 16.7 | 19 | -18.28 | 7.84 | 18 | 82.4% | -38.51 [-46.85, -30.17] | |
| Subtotal (95% CI) | | | 19 | | | 18 | 82.4% | -38.51 [-46.85, -30.17] | ◆ |
| Heterogeneity: Not app | olicable | | | | | | | | |
| Test for overall effect: | Z = 9.05 | (P < 0.0 | 0001) | | | | | | |
| Total (95% CI) | | | 68 | | | 66 | 100.0% | -33.52 [-41.09, -25.96] | • |
| Heterogeneity: Chi ² = ² | 12.93, df | = 2 (P = | = 0.002) | ; l ² = 85 | % | | | | -100 -50 0 50 100 |
| Test for overall effect: | 7 0 60 | (D . O C | 0001 | | | | | | -100 -50 0 50 100 |

Fig. 10 Triglycerides change





| | S | urgery | | med | dical | | | Std. Mean Difference | Std. Mean Difference |
|-----------------------------------|------------|----------|-----------------------|-------------------------|-------|-------|--------|----------------------|----------------------|
| Study or Subgroup | Mean | SD | Total | Mean | SD | Total | Weight | IV, Fixed, 95% Cl | IV, Fixed, 95% CI |
| 4.3.1 Gastric bypass | vs MT | | | | | | | | |
| Geltrude 2012 | -6.83 | 27.03 | 19 | -16.82 | 11.6 | 18 | 12.2% | 0.47 [-0.19, 1.12] | + |
| Philip 2012 | 0.7 | 27.3 | 50 | -0.3 | 23.7 | 41 | 30.7% | 0.04 [-0.37, 0.45] | |
| Subtotal (95% CI) | | | 69 | | | 59 | 42.9% | 0.16 [-0.19, 0.51] | • |
| Heterogeneity: Chi ² = | 1.17, df = | 1 (P = | 0.28); l ² | ² = 14% | | | | | |
| Test for overall effect: | Z = 0.90 | (P = 0.3 | 37) | | | | | | |
| 4.3.2 Gastric banding | g vs MT | | | | | | | | |
| John 2008 | 3.6 | 51.6 | 30 | -0.4 | 31.4 | 30 | 20.4% | 0.09 [-0.41, 0.60] | + |
| Subtotal (95% CI) | | | 30 | | | 30 | 20.4% | 0.09 [-0.41, 0.60] | • |
| Heterogeneity: Not ap | plicable | | | | | | | | |
| Test for overall effect: | Z = 0.36 | (P = 0.7 | 72) | | | | | | |
| 4.3.3 Gastrectomy vs | s MT | | | | | | | | |
| Philip 2012 | 4.3 | 24.1 | 50 | -0.3 | 23.7 | 41 | 30.5% | 0.19 [-0.22, 0.60] | |
| Subtotal (95% CI) | | | 50 | | | 41 | 30.5% | 0.19 [-0.22, 0.60] | • |
| Heterogeneity: Not ap | plicable | | | | | | | | |
| Test for overall effect: | Z = 0.90 | (P = 0.3 | 37) | | | | | | |
| 4.3.4 Biliopancreatic | Diversio | n vs M | г | | | | | | |
| Geltrude 2012 | -49.25 | 11.52 | 19 | -16.82 | 11.6 | 18 | 6.1% | -2.75 [-3.67, -1.82] | |
| Subtotal (95% CI) | | | 19 | | | 18 | 6.1% | -2.75 [-3.67, -1.82] | ◆ |
| Heterogeneity: Not ap | plicable | | | | | | | | |
| Test for overall effect: | Z = 5.82 | (P < 0.0 | 00001) | | | | | | |
| Total (95% CI) | | | 168 | | | 148 | 100.0% | -0.02 [-0.25, 0.21] | • |
| Heterogeneity: Chi ² = | 36.80, df | = 4 (P < | < 0.0000 | 01); l ² = 8 | 9% | | | | |
| Test for overall effect: | | | | | | | | | -4 -2 0 2 4 |

Fig 12 The change of total cholesterol.

Favours experimental Favours control

Test for overall effect: Z = 0.19 (P = 0.85)

Test for subaroup differences: $Chi^2 = 35.63$. df = 3 (P < 0.00001). l² = 91.6%