

はじめに

※1

国立がん研究センターがん情報サービス「がん統計」(全国がん登録)

※2

「国民健康・栄養調査」の結果 2016年版

※3

厚生労働省 簡易生命表 2019年版

CHAPTER1 人生100年時代の健康戦略

※1

内閣府 高齢社会白書 2021年版

※2

Nakayama K, et al. Comprehensive health literacy in Japan is lower than in Europe: a validated Japanese-language assessment of health literacy. BMC Public Health. 2015 May 23;15:505.

※3

Duong TV, et al. Measuring health literacy in Asia: Validation of the HLS-EU-Q47 survey tool in six Asian countries. J Epidemiol. 2017 Feb;27(2):80-86.

※4

<https://apps.who.int/gho/data/view.main.SDG2016LEXv?lang=en>

※5

厚生労働省 国民生活基礎調査 2019年版

CHAPTER2 血液、尿、臓器のサインを見逃すな!

※1

厚生労働省 国民健康・栄養調査 2019年版

※2

Banegas JR, Ruilope LM, de la Sierra A, et al. Relationship between Clinic and Ambulatory Blood-Pressure Measurements and Mortality. *N Engl J Med* 2018;378 : 1509-1520.

※3

Ugajin T, Hozawa A, Ohkubo T, et al. white-coat hypertension as a risk factor for the development of home hypertension : the Ohasama study. *Arch Intern Med* 2005;165 : 1541-1546.

※4

Ji-Guang Wang, et al. Systolic and diastolic blood pressure lowering as determinants of cardiovascular outcome. *Hypertension*. 2005 May;45(5):907-13.

※5

SPRINT Research Group. A Randomized Trial of Intensive versus Standard Blood-Pressure Control. *N Engl J Med* 2015; 373: 2103-2116.

※6

Ettehad D, et al. Blood pressure lowering for prevention of cardiovascular disease and death: a systematic review and meta-analysis. *Lancet* 2016; 387: 957-967.

※7

Yuli Huang, et al. Association between prediabetes and risk of cardiovascular disease and all cause mortality: systematic review and meta-analysis. *BMJ*. 2016 Nov 23;355:i5953.

※8

Iso H, Sato S, Kitamura A, et al. Metabolic syndrome and the risk of ischemic heart disease and stroke among Japanese men and women. *Stroke* 2007; 38: 1744-1751.

※9

Michikazu Nakai, et al. Development of a Cardiovascular Disease Risk Prediction Model Using the Suita Study, a Population-Based Prospective Cohort Study in Japan. *J Atheroscler Thromb.* 2020 Nov 1;27(11):1160-1175.

※10

Masunori Matsuzaki, et al. Large scale cohort study of the relationship between serum cholesterol concentration and coronary events with low-dose simvastatin therapy in Japanese patients with hypercholesterolemia. *Circ J.* 2002 Dec;66(12):1087-95.

※11

J E Dominguez-Muñoz, et al. Hyperlipidemia in acute pancreatitis. Relationship with etiology, onset, and severity of the disease. *Int J Pancreatol.* Nov-Dec 1991;10(3-4):261-7.

※12

Michael J Murphy, et al. Hypertriglyceridemia and acute pancreatitis. *JAMA Intern Med.* 2013 Jan 28;173(2):162-4.

※13

Masunori Matsuzaki, et al. Large scale cohort study of the relationship between serum cholesterol concentration and coronary events with low-dose simvastatin therapy in Japanese patients with hypercholesterolemia. *Circ J.* 2002 Dec;66(12):1087-95.

※14

Nicola Dalbeth, et al. Gout. *Lancet.* 2016 Oct 22;388(10055):2039-2052.

※15

E W Campion, et al. Asymptomatic hyperuricemia. Risks and consequences in the Normative Aging Study. *Am J Med.* 1987 Mar;82(3):421-6.

※16

Nicola Dalbeth, et al. Gout. *Lancet.* 2016 Oct 22;388(10055):2039-2052.

※17

Laura J Horsfall, et al. Serum uric acid and the risk of respiratory disease: a population-based cohort study. *Thorax*. 2014 Nov;69(11):1021-6.

※18

M S van der Gaag, et al. Moderate consumption of beer, red wine and spirits has counteracting effects on plasma antioxidants in middle-aged men. *Eur J Clin Nutr*. 2000 Jul;54(7):586-91.

※19

高尿酸血症・痛風の治療ガイドライン 第2版

※20～22

ビタミンC

Stephen P Juraschek, et al. Effect of oral vitamin C supplementation on serum uric acid: a meta-analysis of randomized controlled trials. *Arthritis Care Res (Hoboken)*. 2011 Sep;63(9):1295-306.

乳製品

Hyon K Choi, et al. Purine-rich foods, dairy and protein intake, and the risk of gout in men. *N Engl J Med*. 2004 Mar 11;350(11):1093-103.

コーヒー

Yi Zhang, et al. Is coffee consumption associated with a lower risk of hyperuricaemia or gout? A systematic review and meta-analysis. *BMJ Open*. 2016 Jul 8;6(7):e009809.

※23

Uchida D, et al. Underestimating chronic kidney disease by urine dipstick without serum creatinine as a screening tool in the general Japanese population. *Clinical and Experimental Nephrology* 19, pages474-480(2015).

※24

Young In Lee, et al. Colorectal neoplasms in relation to non-alcoholic fatty liver disease in Korean women: a retrospective cohort study. J Gastroenterol Hepatol. 2012 Jan;27(1):91-5.

※25

Gi-Ae Kim, et al. Association between non-alcoholic fatty liver disease and cancer incidence rate. J Hepatol. 2017 Nov 2;S0168-8278(17)32294-8.

※26

NAFLD/NASH 診療ガイドライン 2014 年版

※27

Takashi Shida, et al. Clinical and anthropometric characteristics of non-obese non-alcoholic fatty liver disease subjects in Japan. Hepatol Res. 2020 Sep;50(9):1032-1046.

※28

Pamela E Warner, et al. Menorrhagia I: measured blood loss, clinical features, and outcome in women with heavy periods: a survey with follow-up data. Am J Obstet Gynecol. 2004 May;190(5):1216-23.

※29

Benjamin Bleicken, et al. Delayed diagnosis of adrenal insufficiency is common: a cross-sectional study in 216 patients. Am J Med Sci. 2010 Jun;339(6):525-31.

※30

Flavio A Cadegiani, et al. Adrenal fatigue does not exist: a systematic review. BMC Endocr Disord. 2016 Aug 24;16(1):48.

※31

G. Nave, et al. Single-dose testosterone administration increases men's preference for status goods. Nature Communications volume9, 2433(2018).

※32

Benjamin C Trumble, et al. Successful hunting increases testosterone and cortisol in a subsistence population. Proc Biol Sci. 2013 Dec 11;281(1776):20132876.

※33

Michael L LeFevre, et al. Screening for asymptomatic carotid artery stenosis: U.S. Preventive Services Task Force recommendation statement. Ann Intern Med. 2014 Sep 2;161(5):356-62.

※34

Anthony P Carnicelli, et al. Predictive multivariate regression to increase the specificity of carotid duplex ultrasound for high-grade stenosis in asymptomatic patients. Ann Vasc Surg . 2014 Aug;28(6):1548-55.

CHAPTER3 がんの予防・早期発見に効く新常識

※1

Cancer Statistics. Cancer Information Service, National Cancer Center, Japan (Vital Statistics of Japan, Ministry of Health, Labour and Welfare)

※2

Takeru Hayashi ,et al. Differential Mechanisms for SHP2 Binding and Activation Are Exploited by Geographically Distinct Helicobacter pylori CagA Oncoproteins. Cell Rep. 2017 Sep 19;20(12):2876-2890.

※3

厚生労働省「ヘリコバクター・ピロリ除菌の保険適用による胃がん減少効果の検証について」

※4

Teruhiko Terasawa,et al.Prediction of gastric cancer development by serum pepsinogen test and Helicobacter pylori seropositivity in Eastern Asians: a systematic review and meta-analysis. PLoS One. 2014 Oct 14;9(10):e109783.

※5

Alexander C Ford,et al. Helicobacter pylori eradication for the prevention of gastric neoplasia. Cochrane Database Syst Rev. 2015 Jul 22;2015(7):CD005583.

※6

Ikai I, Arii S, Okazaki M, et al.Report of the 17th Nationwide Follow-up Survey of Primary Liver Cancer in Japan. Hepatol Res. 37 (9) : 676-91, 2007

※7

肝炎検査受検状況実態把握事業成果報告書 2011年版

※8

Jiayao Lei,et al. HPV Vaccination and the Risk of Invasive Cervical Cancer. N Engl J Med. 2020 Oct 1;383(14):1340-1348.

※9

Nubia Muñoz, et al. Against which human papillomavirus types shall we vaccinate and screen? The international perspective. *Int J Cancer*. 2004 Aug 20;111(2):278-85.

※10

Michaela T Hall, et al. The projected timeframe until cervical cancer elimination in Australia: a modelling study. *Lancet Public Health*. 2019 Jan;4(1):e19-e27.

※11

Sadao Suzuki, et al. No association between HPV vaccine and reported post-vaccination symptoms in Japanese young women: Results of the Nagoya study. *Papillomavirus Res*. 2018 Jun;5:96-103.

※12

第 48 回厚生科学審議会予防接種・ワクチン分科会副反応検討部会、令和 2 年度第 4 回薬事・食品衛生審議会薬事分科会医薬品等安全対策部会安全対策調査会

※13

Virginia A Moyer, et al. Screening for cervical cancer: U.S. Preventive Services Task Force recommendation statement. *Ann Intern Med*. 2012 Jun 19;156(12):880-91, W312.

※14

坪野 吉孝, 久道茂. 症例対照研究による胃がん検診の死亡率減少の評価. *日消集検誌* 1999;37:182-5

※15

日本消化器がん検診学会: 平成 28 年度胃がん検診偶発症アンケート調査報告. *日消がん検診誌* 57:1231-1240

※16

Hamashima C, Ogoshi K, Okamoto M, et al. A community-based, case-control study evaluating mortality reduction from gastric cancer by endoscopic screening in Japan. *PLoS One*. 2013; 8 :e79088.

※17

Matsumoto S, Yoshida Y. Efficacy of endoscopic screening in an isolated island : a case-control study. *Indian J Gastroenterol*. 2014;33:46-9.

※18

Cancer Statistics. Cancer Information Service, National Cancer Center, Japan (Vital Statistics of Japan, Ministry of Health, Labour and Welfare)

※19

Ann G Zauber, et al. Evaluating test strategies for colorectal cancer screening: a decision analysis for the U.S. Preventive Services Task Force. *Ann Intern Med*. 2008 Nov 4;149(9):659-69.

※20

Rebecca L Siegel, et al. Cancer statistics, 2019. *CA Cancer J Clin*. 2019 Jan;69(1):7-34.

※21

US Preventive Services Task Force. Screening for Colorectal Cancer: US Preventive Services Task Force Recommendation Statement. *JAMA*. 2021 May 18;325(19):1965-1977.

※22

厚生労働省 国民生活基礎調査 2019年版

※23

Chisato Hamashima , et al. A meta-analysis of mammographic screening with and without clinical breast examination. *Cancer Sci*. 2015 Jul;106(7):812-818.

※24

Boyd NF, Martin LJ, Yaffe MJ, Minkin S. Mammographic density and breast cancer risk : current understanding and future prospects. *Breast Cancer Res*. 2011 ; 13 (6) : 223.

※25

Kotsuma Y, Tamaki Y, Nishimura T, Tsubai M, Ueda S, Shimazu K, et al. Quantitative assessment of mammographic density and breast cancer risk for Japanese women. *Breast*. 2008 ; 17 (1) : 27-35.

※26

Noriaki Ohuchi, et al. Sensitivity and specificity of mammography and adjunctive ultrasonography to screen for breast cancer in the Japan Strategic Anti-cancer Randomized Trial (J-START): a randomised controlled trial. *Lancet*. 2016 Jan 23;387(10016):341-348.

※27

Chen S, Parmigiani G. Meta-analysis of BRCA1 and BRCA2 penetrance. *J Clin Oncol*. 2007 ; 25 (11) ; 1329-33.

※28

J K Gohagan, et al. The Prostate, Lung, Colorectal and Ovarian (PLCO) Cancer Screening Trial of the National Cancer Institute: history, organization, and status. *Control Clin Trials*. 2000 Dec;21(6 Suppl):251S-272S.

※29

有効性評価に基づく肺がん検診ガイドライン. *癌と科学療法*:34;481-501(2007)

※30

National Lung Screening Trial Research Team, et al. Reduced lung-cancer mortality with low-dose computed tomographic screening. *N Engl J Med*. 2011 Aug 4;365(5):395-409.

※31

US Preventive Services Task Force. Screening for Prostate Cancer: US Preventive Services Task Force Recommendation Statement. *JAMA*. 2018 May 8;319(18):1901-1913.

※32

The Japanese Guideline for Prostate Cancer Screening. *Jpn J Clin Oncol*;39: 339-351(2009).

※33

Richard M Martin, et al. Effect of a Low-Intensity PSA-Based Screening Intervention on Prostate Cancer Mortality: The CAP Randomized Clinical Trial. JAMA. 2018 Mar 6;319(9):883-895.

※34

Paul F Pinsky, et al. Extended follow-up for prostate cancer incidence and mortality among participants in the Prostate, Lung, Colorectal and Ovarian randomized cancer screening trial. BJU Int. 2019 May;123(5):854-860.

※35

Jonas Hugosson, et al. A 16-yr Follow-up of the European Randomized study of Screening for Prostate Cancer. Eur Urol. 2019 Jul;76(1):43-51.

※36

Alexandre R Zlotta, et al. Prevalence of prostate cancer on autopsy: cross-sectional study on unscreened Caucasian and Asian men. J Natl Cancer Inst. 2013 Jul 17;105(14):1050-8.

※37

US Preventive Services Task Force. Screening for Pancreatic Cancer: US Preventive Services Task Force Reaffirmation Recommendation Statement. JAMA. 2019 Aug 6;322(5):438-444.

※38

Monitoring of Cancer Incidence in Japan - Survival 2009-2011 Report (Center for Cancer Control and Information Services, National Cancer Center, 2020)

※39

Tomohiro Matsuda, et al. Population-based survival of cancer patients diagnosed between 1993 and 1999 in Japan: a chronological and international comparative study. Japanese Journal of Clinical Oncology 2011; 41: 40-51

※40

Qiwen Ben, et al. Diabetes mellitus and risk of pancreatic cancer: A meta-analysis of cohort studies. Eur J Cancer. 2011 Sep;47(13):1928-37.

※41

花田敬士ほか. 膀胱癌早期診断の最前線. 特集 消化器がん 診断・治療の進歩 (2). 京府医大誌 2012;121:427-34

※42

Cancer Statistics. Cancer Information Service, National Cancer Center, Japan (National Cancer Registry, Ministry of Health, Labour and Welfare)

※43

Yuquan Lu, et al. Cigarette smoking, alcohol drinking, and oral cavity and pharyngeal cancer in the Japanese: a population-based cohort study in Japan. Eur J Cancer Prev. 2018 Mar;27(2):171-179.

※44

Virginia A Moyer 1, U.S. Preventive Services Task Force. Screening for bladder cancer: U.S. Preventive Services Task Force recommendation statement. Ann Intern Med. 2011 Aug 16;155(4):246-51.

※45

Hiroyuki Masaoka, et al. Cigarette smoking and bladder cancer risk: an evaluation based on a systematic review of epidemiologic evidence in the Japanese population. Jpn J Clin Oncol. 2016 Mar;46(3):273-83.

※46

Kotaro Ozasa, et al. Studies of the mortality of atomic bomb survivors, Report 14, 1950-2003: an overview of cancer and noncancer diseases. Radiat Res. 2012 Mar;177(3):229-43.

※47

Hiroaki Sakane, et al. Biological Effects of Low-Dose Chest CT on Chromosomal DNA. Radiology. 2020 May;295(2):439-445.

※48～51

肺がん

US Preventive Services Task Force. Screening for Lung Cancer: US Preventive Services Task Force Recommendation Statement. JAMA. 2021 Mar 9;325(10):962-970.

大腸がん

US Preventive Services Task Force. Screening for Colorectal Cancer: US Preventive Services Task Force Recommendation Statement. JAMA. 2016 Jun 21;315(23):2564-2575.

乳がん

U.S. Preventive Services Task Force. Screening for Breast Cancer: U.S. Preventive Services Task Force Recommendation Statement. Ann Intern Med. 2016 Feb 16;164(4):279-96.

子宮頸がん

US Preventive Services Task Force. Screening for Cervical Cancer: US Preventive Services Task Force Recommendation Statement. JAMA. 2018 Aug 21;320(7):674-686.

※52

A Fukao, et al. The evaluation of screening for gastric cancer in Miyagi Prefecture, Japan: a population-based case-control study. Int J Cancer. 1995 Jan 3;60(1):45-8.

※53

Y Abe, et al. Epidemiological evaluation of the protective effect for dying of stomach cancer by screening programme for stomach cancer with applying a method of case-control study--a study of a efficient screening programme for stomach cancer. Nihon Shokakibyō Gakkai Zasshi. 1995 May;92(5):836-45.

※54

Chisato Hamashima , et al. A community-based, case-control study evaluating mortality reduction from gastric cancer by endoscopic screening in Japan. PLoS One. 2013 Nov 13;8(11):e79088.

CHAPTER4 健康寿命を延ばす最強の食事術

※1

Lluís Serra-Majem, et al. Does the definition of the Mediterranean diet need to be updated?. *Public Health Nutr.* 2004 Oct;7(7):927-9.

※2

Ramón Estruch, et al. Primary prevention of cardiovascular disease with a Mediterranean diet. *N Engl J Med.* 2013 Apr 4;368(14):1279-90.

※3

Theodora Psaltopoulou, et al. Mediterranean diet, stroke, cognitive impairment, and depression: A meta-analysis. *Ann Neurol.* 2013 Oct;74(4):580-91.

※4

Cécilia Samieri, et al. The association between dietary patterns at midlife and health in aging: an observational study. *Ann Intern Med.* 2013 Nov 5;159(9):584-91.

※5

Jordi Salas-Salvadó, et al. Reduction in the incidence of type 2 diabetes with the Mediterranean diet: results of the PREDIMED-Reus nutrition intervention randomized trial. *Diabetes Care.* 2011 Jan;34(1):14-9.

※6

Iris Shai, et al. Weight loss with a low-carbohydrate, Mediterranean, or low-fat diet. *N Engl J Med.* 2008 Jul 17;359(3):229-41.

※7

Ryoko Katagiri, et al. Association of soy and fermented soy product intake with total and cause specific mortality: prospective cohort study. *BMJ.* 2020 Jan 29;368:m34.

※8

F L Santos, et al. Systematic review and meta-analysis of clinical trials of the effects of low carbohydrate diets on cardiovascular risk factors. *Obes Rev.* 2012 Nov;13(11):1048-66.

※9

Zhilei Shan, et al. Association of Low-Carbohydrate and Low-Fat Diets With Mortality Among US Adults. *JAMA Intern Med.* 2020 Apr 1;180(4):513-523.

※10

Sara B Seidelmann, et al. Dietary carbohydrate intake and mortality: a prospective cohort study and meta-analysis. *Lancet Public Health.* 2018 Sep;3(9):e419-e428.

※11

Marmot, M, et al. Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective. Washington, DC, World Cancer Research Fund/American Institute for Cancer Research, 2007 .

※12

Thun MJ, et al. Alcohol consumption and mortality among middle-aged and elderly U.S. adults. *N Engl J Med* 337: 1705-14, 1997.

※13

GBD 2016 Alcohol Collaborators. Alcohol use and burden for 195 countries and territories, 1990-2016: a systematic analysis for the Global Burden of Disease Study 2016. *Lancet.* 2018 Sep 22;392(10152):1015-1035.

※14

Yokoyama A, Omori T, Yokoyama T, Sato Y, Mizukami T, et al. Risk of squamous cell carcinoma of the upper aerodigestive tract in cancer-free alcoholic Japanese men: an endoscopic follow-up study. *Cancer Epidemiol Biomarkers Prev.* 2006;15:2209-2215.

※15

Sarah J Lewis, et al. Alcohol, ALDH2, and esophageal cancer: a meta-analysis which illustrates the potentials and limitations of a Mendelian randomization approach. *Cancer Epidemiol Biomarkers Prev.* 2005 Aug;14(8):1967-71.

※16

Hiroyuki Masaoka, et al. Alcohol consumption and bladder cancer risk with or without the flushing response: The Japan Public Health Center-based Prospective Study. *Int J Cancer.* 2017 Dec 15;141(12):2480-2488.

※17

Tomomi Marugame, et al. Patterns of alcohol drinking and all-cause mortality: results from a large-scale population-based cohort study in Japan. *Am J Epidemiol.* 2007 May 1;165(9):1039-46.

※18

Kenneth J Mukama, et al. Roles of drinking pattern and type of alcohol consumed in coronary heart disease in men. *N Engl J Med.* 2003 Jan 9;348:109-118

※19

Véronique Bouvard, et al. Carcinogenicity of consumption of red and processed meat. *Lancet Oncol.* 2015 Dec;16(16):1599-600.

※20

C S C Yip, et al. A summary of meat intakes and health burdens. *Eur J Clin Nutr.* 2018 Jan;72(1):18-29.

※21

L-G Zhao, et al. Fish consumption and all-cause mortality: a meta-analysis of cohort studies. *Eur J Clin Nutr.* 2016 Feb;70(2):155-61.

※22

Dariush Mozaffarian, et al. Fish Intake, Contaminants, and Human Health Evaluating the Risks and the Benefits. *JAMA.* 2006;296(15):1885-1899.

※23

Itziar Abete, et al. Association between total, processed, red and white meat consumption and all-cause, CVD and IHD mortality: a meta-analysis of cohort studies. *Br J Nutr.* 2014 Sep 14;112(5):762-75.

※24

Dariush Mozaffarian, et al. Changes in diet and lifestyle and long-term weight gain in women and men. *N Engl J Med.* 2011 Jun 23;364(25):2392-404.

※25

Lukas Schwingshackl, et al. Potatoes and risk of chronic disease: a systematic review and dose-response meta-analysis. *Eur J Nutr.* 2019 Sep;58(6):2243-2251.

※26

Lea Borgi , et al. Potato intake and incidence of hypertension: results from three prospective US cohort studies. *BMJ.* 2016 May 17;353:i2351.

※27

Nicola Veronese, et al. Fried potato consumption is associated with elevated mortality: an 8-y longitudinal cohort study. *Am J Clin Nutr.* 2017 Jul;106(1):162-167.

※28

DeAnn J Liska, et al. Trans fatty acids and cholesterol levels: An evidence map of the available science. *Food Chem Toxicol.* 2016 Dec;98(Pt B):269-281.

※29

Yongjian Zhu, et al. Dietary total fat, fatty acids intake, and risk of cardiovascular disease: a dose-response meta-analysis of cohort studies. *Lipids Health Dis.* 2019 Apr 6;18(1):91.

※30

Fumiaki Imamura, et al. Fatty acid biomarkers of dairy fat consumption and incidence of type 2 diabetes: A pooled analysis of prospective cohort studies. *PLoS Med.* 2018 Oct 10;15(10):e1002670.

※31

Takanori Honda, et al. Serum elaidic acid concentration and risk of dementia: The Hisayama Study. *Neurology*. 2019 Nov 26;93(22):e2053-e2064.

※32

Rachel Huxley, et al. Coffee, decaffeinated coffee, and tea consumption in relation to incident type 2 diabetes mellitus: a systematic review with meta-analysis. *Arch Intern Med*. 2009 Dec 14;169(22):2053-63.

※33

Shino Oba, et al. Consumption of coffee, green tea, oolong tea, black tea, chocolate snacks and the caffeine content in relation to risk of diabetes in Japanese men and women. *Br J Nutr*. 2010 Feb;103(3):453-9.

※34

Youngyo Kim, et al. Coffee consumption and all-cause and cause-specific mortality: a meta-analysis by potential modifiers. *Eur J Epidemiol*. 2019 Aug;34(8):731-752.

※35

Long-Gang Zhao, et al. Coffee drinking and cancer risk: an umbrella review of meta-analyses of observational studies. *BMC Cancer*. 2020 Feb 5;20(1):101.

※36

Ming Ding, et al. Caffeinated and decaffeinated coffee consumption and risk of type 2 diabetes: a systematic review and a dose-response meta-analysis. *Diabetes Care*. 2014 Feb;37(2):569-86.

※37

Susanna C Larsson, et al. Black tea consumption and risk of stroke in women and men. *Ann Epidemiol*. 2013 Mar;23(3):157-60.

※38

Mei Chung, Dose-Response Relation between Tea Consumption and Risk of Cardiovascular Disease and All-Cause Mortality: A Systematic Review and Meta-Analysis of Population-Based Studies. *Adv Nutr*. 2020 Jul 1;11(4):790-814.

※39

Jonathan M Hodgson, et al. Effects of black tea on blood pressure: a randomized controlled trial. *Arch Intern Med.* 2012 Jan 23;172(2):186-8.

※40

Fumiaki Imamura, et al. Consumption of sugar sweetened beverages, artificially sweetened beverages, and fruit juice and incidence of type 2 diabetes: systematic review, meta-analysis, and estimation of population attributable fraction. *BMJ.* 2015 Jul 21;351:h3576.

※41

Fen Yuan, et al. Effects of green tea on lipid metabolism in overweight or obese people: A meta-analysis of randomized controlled trials. *Mol Nutr Food Res* . 2018 Jan;62(1).

※42

Yohei Mineharu, et al. Coffee, green tea, black tea and oolong tea consumption and risk of mortality from cardiovascular disease in Japanese men and women. *J Epidemiol Community Health.* 2011 Mar;65(3):230-40.

※43

Wenbin Liang, et al. Tea consumption and ischemic stroke risk: a case-control study in southern China. *Stroke.* 2009 Jul;40(7):2480-5.

※44

Wan-Shui Yang, et al. Tea consumption and risk of type 2 diabetes: a dose-response meta-analysis of cohort studies. *Br J Nutr.* 2014 Apr 28;111(8):1329-39.

※45

Farhad Islami, et al. Tea drinking habits and oesophageal cancer in a high risk area in northern Iran: population based case-control study. *BMJ.* 2009 Mar 26;338:b929.

※46

Jay H Lubin, et al. Maté drinking and esophageal squamous cell carcinoma in South America: pooled results from two large multicenter case-control studies. *Cancer Epidemiol Biomarkers Prev.* 2014 Jan;23(1):107-16.

※47

Canqing Yu, et al. Hot Tea Consumption and Its Interactions With Alcohol and Tobacco Use on the Risk for Esophageal Cancer: A Population-Based Cohort Study. *Ann Intern Med.* 2018 Apr 3;168(7):489-497.

※48

James J DiNicolantonio, et al. Sugar addiction: is it real? A narrative review. *Br J Sports Med.* 2018 Jul;52(14):910-913.

※49

Vasanti S Malik, et al. Sugar-sweetened beverages and risk of metabolic syndrome and type 2 diabetes: a meta-analysis. *Diabetes Care.* 2010 Nov;33(11):2477-83.

※50

Lawrence de Koning, et al. Sweetened beverage consumption, incident coronary heart disease, and biomarkers of risk in men. *Circulation.* 2012 Apr 10;125(14):1735-41, S1.

※51

C Alford, et al. The effects of red bull energy drink on human performance and mood. *Amino Acids.* 2001;21(2):139-50.

※52

Lee Hooper, et al. Effects of chocolate, cocoa, and flavan-3-ols on cardiovascular health: a systematic review and meta-analysis of randomized trials. *Am J Clin Nutr.* 2012 Mar;95(3):740-51.

※53

Larsson S.C., Åkesson A., Gigante B., Wolk A. Chocolate consumption and risk of myocardial infarction: a prospective study and meta-analysis. *Heart.* 2016;102:1017-1022.

※54

Nehlig A. The neuroprotective effects of cocoa flavanol and its influence on cognitive performance. *Br J Clin Pharmacol.* 2013;75:716-727.

※55

Dirk Taubert, et al. Effects of low habitual cocoa intake on blood pressure and bioactive nitric oxide: a randomized controlled trial. *JAMA.* 2007 Jul 4;298(1):49-60.

※56

Ronald P Mensink, et al. Effects of dietary fatty acids and carbohydrates on the ratio of serum total to HDL cholesterol and on serum lipids and apolipoproteins: a meta-analysis of 60 controlled trials. *Am J Clin Nutr.* 2003 May;77(5):1146-55.

※57

Joan Sabaté , Yen Ang. Nuts and health outcomes: new epidemiologic evidence. *Am J Clin Nutr.* 2009 May;89(5):1643S-1648S.

※58

Joan Sabaté , Yen Ang. Nuts and health outcomes: new epidemiologic evidence. *Am J Clin Nutr.* 2009 May;89(5):1643S-1648S.

※59

Kai Liu, et al. Comparative effects of different types of tree nut consumption on blood lipids: a network meta-analysis of clinical trials. *Am J Clin Nutr.* 2020 Jan 1;111(1):219-227.

※60

Robert E Steinert, et al. Effects of carbohydrate sugars and artificial sweeteners on appetite and the secretion of gastrointestinal satiety peptides. *Br J Nutr.* 2011 May;105(9):1320-8.

※61

Hugo Laviada-Molina, et al. Effects of nonnutritive sweeteners on body weight and BMI in diverse clinical contexts: Systematic review and meta-analysis. *Obes Rev.* 2020 Jul;21(7):e13020.

※62

M Sakurai ,et al. Sugar-sweetened beverage and diet soda consumption and the 7-year risk for type 2 diabetes mellitus in middle-aged Japanese men. *Eur J Nutr.* 2014 Feb;53(1):251-8.

※63

Victor W Zhong,et al. Associations of Dietary Cholesterol or Egg Consumption With Incident Cardiovascular Disease and Mortality. *JAMA.* 2019 Mar 19;321(11):1081-1095.

※64

Nakamura Y, et al. NIPPON DATA80 Research Group. Egg consumption, serum cholesterol, and cause-specific and all-cause mortality: the National Integrated Project for Prospective Observation of Non-communicable Disease and Its Trends in the Aged, 1980 (NIPPON DATA80). *Am J Clin Nutr.* 2004; 80: 58-63.

※65

Justyna Godos,et al. Egg consumption and cardiovascular risk: a dose-response meta-analysis of prospective cohort studies. *Eur J Nutr.* 2021 Jun;60(4):1833-1862.

※66

Melissa J Vincent,et al. Meta-regression analysis of the effects of dietary cholesterol intake on LDL and HDL cholesterol. *Am J Clin Nutr.* 2019 Jan 1;109(1):7-16.

※67

Davaasambuu Ganmaa,et al. Incidence and mortality of testicular and prostatic cancers in relation to world dietary practices. *Int J Cancer.* 2002 Mar 10;98(2):262-7.

※68

Dagfinn Aune,et al. Dairy products, calcium, and prostate cancer risk: a systematic review and meta-analysis of cohort studies. *Am J Clin Nutr.* 2015 Jan;101(1):87-117.

※69

D'Aune, et al. Dairy products and colorectal cancer risk: a systematic review and meta-analysis of cohort studies. *Ann Oncol.* 2012 Jan;23(1):37-45.

※70

Dong JY, Zhang L, He K, Qin LQ. Dairy consumption and risk of breast cancer: a meta-analysis of prospective cohort studies. *Breast Cancer Res Treat* 2011;127:23-31.

※71

Rosen R, Altwein J, Boyle P, Kirby RS, Lukacs B, Meuleman E, O'Leary MP, Poppo P, Robertson C, Giuliano F. Lower urinary tract symptoms and male sexual dysfunction: the multinational survey of the aging male (MSAM-7). *Eur Urol* 2003; 44: 637- 649

※72

Turkes A, Griffiths K. Molecular control of prostatic growth. In: Kirby RS, McConnell JD, Fitzpatrick JM, Roehrborn CG, Boyle P eds. *Textbook of Benign Prostatic Hyperplasia*. UK: Taylor and Francis, 2005: 29 - 68

※73

Norie Sawada, et al. Soy and isoflavone consumption and subsequent risk of prostate cancer mortality: the Japan Public Health Center-based Prospective Study. *Int J Epidemiol.* 2020 Oct 1;49(5):1553-1561.

※74

Bravi F, Bosetti C, Dal Maso L, Talamini R, Montella M, Negri E, Ramazzotti V, Franceschi S, La Vecchia C. Food groups and risk of benign prostatic hyperplasia. *Urology* 2006; 67: 73 - 79

※75

Galeone C, Pelucchi C, Talamini R, Negri E, Dal Maso L, Montella M, Ramazzotti V, Franceschi S, La Vecchia C. Onion and garlic intake and the odds of benign prostatic hyperplasia. *Urology* 2007; 70: 672 - 676

※76

McVary K. Lower urinary tract symptoms and sexual dysfunction: epidemiology and pathophysiology. *BJU Int* 2006; 97 (Suppl 2) : 23 - 28

※77

Safi U Khan, et al. Effects of Nutritional Supplements and Dietary Interventions on Cardiovascular Outcomes: An Umbrella Review and Evidence Map. *Ann Intern Med.* 2019 Aug 6;171(3):190-198.

※78

Edgar R Miller 3rd, et al. Meta-analysis: high-dosage vitamin E supplementation may increase all-cause mortality. *Ann Intern Med.* 2005 Jan 4;142(1):37-46.

※79

Safi U Khan, et al. Effects of Nutritional Supplements and Dietary Interventions on Cardiovascular Outcomes: An Umbrella Review and Evidence Map. *Ann Intern Med.* 2019 Aug 6;171(3):190-198.

※80

Safi U Khan, et al. Effects of Nutritional Supplements and Dietary Interventions on Cardiovascular Outcomes: An Umbrella Review and Evidence Map. *Ann Intern Med.* 2019 Aug 6;171(3):190-198.

CHAPTER5 病気を遠ざける科学的な生活習慣

※1

Minoru Satoh, et al. NAD(P)H oxidase and uncoupled nitric oxide synthase are major sources of glomerular superoxide in rats with experimental diabetic nephropathy. *Am J Physiol Renal Physiol.* 2005 Jun;288(6):F1144-52.

※2

I Fridovich. Superoxide anion radical (O₂⁻), superoxide dismutases, and related matters. *J Biol Chem.* 1997 Jul 25;272(30):18515-7.

※3

DECODE Study Group, the European Diabetes Epidemiology Group. Glucose tolerance and cardiovascular mortality: comparison of fasting and 2-hour diagnostic criteria. *Arch Intern Med.* 2001 Feb 12;161(3):397-405.

※4

Tominaga M, Eguchi H, Manaka H, Igarashi K, Kato T, Sekikawa A. Impaired glucose tolerance is a risk factor for cardiovascular disease, but not impaired fasting glucose. The Funagata Diabetes Study. *Diabetes Care* 1999; 22: 920-924.

※5

Jie Li, et al. Improvement in chewing activity reduces energy intake in one meal and modulates plasma gut hormone concentrations in obese and lean young Chinese men. *Am J Clin Nutr.* 2011 Sep;94(3):709-16.

※6

Satsue Nagahama, et al. Self-reported eating rate and metabolic syndrome in Japanese people: cross-sectional study. *BMJ Open.* 2014 Sep 5;4(9):e005241.

※7

Imai S, et al. Effect of eating vegetables before carbohydrates on glucose excursions in patients with type 2 diabetes. *J Clin Biochem Nutr.* 2014;54: 7-11.

※8

Noriko Kameyama, et al. Effects of consumption of main and side dishes with white rice on postprandial glucose, insulin, glucose-dependent insulintropic polypeptide and glucagon-like peptide-1 responses in healthy Japanese men. *Br J Nutr.* 2014 May;111(9):1632-40.

※9

厚生労働省 歯科疾患実態調査 2016年版

※10

Amol Ashok Bahekar, et al. The prevalence and incidence of coronary heart disease is significantly increased in periodontitis: a meta-analysis. *Am Heart J.* 2007 Nov;154(5):830-7.

※11

Ryan T. Demmer, et al. Periodontal Infection, Systemic Inflammation, and Insulin Resistance. *Diabetes Care* 2012 Nov; 35(11): 2235-2242.

※12

Munenaga Y, The Hiroshima Study Group, Yamashina T, Tanaka J, Nishimura F. Improvement of glycated hemoglobin in Japanese subjects with type 2 diabetes by resolution of periodontal inflammation using adjunct topical antibiotics : results from the Hiroshima Study. *Diabetes Res Clin Pract.* 100 : 53-60, 2013.

※13

C Holmes. Review: systemic inflammation and Alzheimer's disease. *Neuropathol Appl Neurobiol.* 2013 Feb;39(1):51-68.

※14

Morris JN, et al. Coronary heart-disease and physical activity of work. *Lancet.* 262 :1053-1057, 1953.

※15

Ekelund U, et al. Does physical activity attenuate, or even eliminate, the detrimental association of sitting time with mortality ? A harmonised meta-analysis of data from more than 1 million men and women. *Lancet* 388:1302-1310, 2016.

※16

Ulf Ekelund, et al. Dose-response associations between accelerometry measured physical activity and sedentary time and all cause mortality: systematic review and harmonised meta-analysis. *BMJ*. 2019 Aug 21;366:14570.

※17

Hagger-Johnson G, et al. Sitting Time, Fidgeting, and All-Cause Mortality in the UK Women's Cohort Study. *Am J Prev Med*. 2016;50:154-60.

※18

Ekelund U, et al. Does physical activity attenuate, or even eliminate, the detrimental association of sitting time with mortality? A harmonised meta-analysis of data from more than 1 million men and women. *Lancet* 388:1302-1310, 2016.

※19

Wen CP, et al. Minimum amount of physical activity for reduced mortality and extended life expectancy: a prospective cohort study. *Lancet* 2011 Oct. 1;378(9798):1244-53.

※20

I-Min Lee, et al. Association of Step Volume and Intensity With All-Cause Mortality in Older Women. *JAMA Intern Med*. 2019 Aug 1;179(8):1105-1112.

※21

R Belardinelli, et al. Randomized, controlled trial of long-term moderate exercise training in chronic heart failure: effects on functional capacity, quality of life, and clinical outcome. *Circulation*. 1999 Mar 9;99(9):1173-82.

※22

Aoyagi Y, et al. Walking velocity measured over 5 m as a basis of exercise prescription for the elderly: preliminary data from the Nakanojo Study. *Eur J Appl Physiol*, 93(1-2) : 217-23, 2004.

※23

Thomas Yates ,et al. Obesity, walking pace and risk of severe COVID-19 and mortality: analysis of UK Biobank. *Int J Obes (Lond)*. 2021 May;45(5):1155-1159.

※24

Cassandra N Spracklen, et al. Identification of type 2 diabetes loci in 433,540 East Asian individuals. *Nature*. 2020 Jun;582(7811):240-245.

※25

The American College of Obstetricians and Gynecologists' Committee on Genetics. Consumer Testing for Diseases Risk. *Obstet Gynecol*. 2021 Jan 1;137(1):e1-e6.

※26

Keith A Johnson, et al. The association of insomnia disorder characterised by objective short sleep duration with hypertension, diabetes and body mass index: A systematic review and meta-analysis. *Sleep Med Rev*. 2021 Jan 23;59:101456.

※27

Julio Fernandez-Mendoza, et al. Interplay of Objective Sleep Duration and Cardiovascular and Cerebrovascular Diseases on Cause-Specific Mortality. *J Am Heart Assoc*. 2019 Oct 15;8(20):e013043.

※28

Shahrad Taheri, et al. Short Sleep Duration Is Associated with Reduced Leptin, Elevated Ghrelin, and Increased Body Mass Index., *PLoS Med*. 2004 Dec;1(3):e62.

※29

He Y, Jones CR, Fujiki N, Xu Y, Guo B, Holder JL Jr, et al. The transcriptional repressor DEC2 regulates sleep length in mammals. *Science*. 2009;325(5942):866-70.

※30

Shi G, Xing L, Wu D, Bhattacharyya BJ, Jones CR, McMahon T, et al. A Rare Mutation of β 1-Adrenergic Receptor Affects Sleep/Wake Behaviors. *Neuron*. 2019 Sep 25;103(6):1044-1055. e7.

※31

Akiko Tamakoshi, et al. Self-reported sleep duration as a predictor of all-cause mortality: results from the JACC study, Japan. *Sleep*. 2004 Feb 1;27(1):51-4.

※32

Thomas Svensson, et al. The Association Between Habitual Sleep Duration and Mortality According to Sex and Age: The Japan Public Health Center-based Prospective Study. *J Epidemiol.* 2021 Feb 5;31(2):109-118.

※33

Risk reduction of cognitive decline and dementia: WHO guidelines. Geneva: World Health Organization; 2019

※34

Stephen Todd, et al. Survival in dementia and predictors of mortality: a review. *Int J Geriatr Psychiatry.* 2013 Nov;28(11):1109-24.

※35

Gill Livingston, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *Lancet.* 2020 Aug 8;396(10248):413-446.

※36

Nicole M Armstrong, et al. Association of Midlife Hearing Impairment With Late-Life Temporal Lobe Volume Loss. *JAMA Otolaryngol Head Neck Surg.* 2019 Sep 1;145(9):794-802.

※37

Asri Maharani, et al. Longitudinal Relationship Between Hearing Aid Use and Cognitive Function in Older Americans. *J Am Geriatr Soc.* 2018 Jul;66(6):1130-1136.

※38

Andrew Sommerlad, et al. Marriage and risk of dementia: systematic review and meta-analysis of observational studies. *J Neurol Neurosurg Psychiatry.* 2018 Mar;89(3):231-238.

※39

Andrew Sommerlad, et al. Association of social contact with dementia and cognition: 28-year follow-up of the Whitehall II cohort study. *PLoS Med.* 2019 Aug 2;16(8):e1002862.

※40

Shireen Sindi, et al. Sleep disturbances and dementia risk: A multicenter study. *Alzheimers Dement.* 2018 Oct;14(10):1235-1242.

※41

Tomoyuki Ohara, et al. Association Between Daily Sleep Duration and Risk of Dementia and Mortality in a Japanese Community. *J Am Geriatr Soc.* 2018 Oct;66(10):1911-1918.

※42

T Asada, et al. Associations between retrospectively recalled napping behavior and later development of Alzheimer's disease: association with APOE genotypes. *Sleep.* 2000 Aug 1;23(5):629-34.

※43

Jocelynn T Owusu, et al. Napping characteristics and cognitive performance in older adults. *Int J Geriatr Psychiatry.* 2019 Jan;34(1):87-96.

※44

Mary Butler, et al. Does Cognitive Training Prevent Cognitive Decline?: A Systematic Review. *Ann Intern Med.* 2018 Jan 2;168(1):63-68.

※45

Knekt P, et al. Does sauna bathing protect against dementia?. *Prev Med Rep.* 2020;20:101221.

※46

Tanjaniina Laukkanen, et al. Sauna bathing is inversely associated with dementia and Alzheimer's disease in middle-aged Finnish men. *Age Ageing.* 2017 Mar 1;46(2):245-249.

※47

Francesco Zaccardi, et al. Sauna Bathing and Incident Hypertension: A Prospective Cohort Study. *Am J Hypertens.* 2017 Nov 1;30(11):1120-1125.

※48

Tanjaniina Laukkanen, et al. Association between sauna bathing and fatal cardiovascular and all-cause mortality events. JAMA Intern Med. 2015 Apr;175(4):542-8.

※49

Doi K, et al. Mild elevation of urinary biomarkers in prerenal acute kidney injury. Kidney Int 2012 ; 82 : 1114-1120.

※50

厚生労働省 国民健康・栄養調査 2019年版

※51

Royal College of Physicians. Nicotine Addiction in Britain: A Report of the Tobacco Advisory Group of the Royal College of Physicians. 2000

※52

Katsunori Masaki, Hiroki Tateno, Akihiro Nomura, Tomoyasu Muto, Shin Suzuki, Kohta Satake, Eisuke Hida, Koichi Fukunaga. A randomized controlled trial of a smoking cessation smartphone application with a carbon monoxide checker. npj Digital Medicine 2020;3:35.

※53

Frank Lüdicke, et al. Effects of Switching to a Heat-Not-Burn Tobacco Product on Biologically Relevant Biomarkers to Assess a Candidate Modified Risk Tobacco Product: A Randomized Trial. Cancer Epidemiol Biomarkers Prev. 2019 Nov;28(11):1934-1943.

※54

Jennifer E Layden, et al. Pulmonary Illness Related to E-Cigarette Use in Illinois and Wisconsin - Final Report. N Engl J Med. 2020 Mar 5;382(10):903-916.

※55

厚生労働省 国民生活基礎調査 2019年版

※56

Arash Hossein-nezhad, et al. Vitamin D for health: a global perspective. *Mayo Clin Proc.* 2013 Jul;88(7):720-55.

※57

Vitaly Terushkin, et al. Estimated equivalency of vitamin D production from natural sun exposure versus oral vitamin D supplementation across seasons at two US latitudes. *J Am Acad Dermatol.* 2010 Jun;62(6):929. e1-9.

※58

F Cosman, et al. Clinician's Guide to Prevention and Treatment of Osteoporosis. *Osteoporos Int.* 2014 Oct;25(10):2359-81.

※59

Catherine A Lexau, et al. Changing epidemiology of invasive pneumococcal disease among older adults in the era of pediatric pneumococcal conjugate vaccine. *JAMA.* 2005 Oct 26;294(16):2043-51.

※60

M N Oxman, et al. A vaccine to prevent herpes zoster and postherpetic neuralgia in older adults. *N Engl J Med.* 2005 Jun 2;352(22):2271-84.

※61

Hemilä H, et al.: Vitamin C for preventing and treating the common cold. *Cochrane Database Syst Rev.* 2013 Jan 31;(1):CD000980.

※62

Antimicrobial Resistance in G7 Countries and Beyond, G7 OECD report, Sept. 2015

CHAPTER6 太く長く生きるためのメンタルケア

※1

川上憲人. こころの健康についての疫学調査に関する研究. こころの健康科学研究事業 12, 16, 2007

※2

G E Simon, et al. Recognition, management, and outcomes of depression in primary care. Arch Fam Med. 1995 Feb;4(2):99-105.

※3

John W Williams Jr, et al. Is this patient clinically depressed?. JAMA. 2002 Mar 6;287(9):1160-70.

※4

David L. Simel, Drummond Rennie. The Rational Clinical Examination: Evidence-Based Clinical Diagnosis

※5

Mika Kivimäki, et al. Long working hours and risk of coronary heart disease and stroke: a systematic review and meta-analysis of published and unpublished data for 603,838 individuals. Lancet. 2015 Oct 31;386(10005):1739-46.

※6

James J Collins, et al. The assessment of chronic health conditions on work performance, absence, and total economic impact for employers. J Occup Environ Med. 2005 Jun;47(6):547-57.

※7

Tomoko Suzuki, et al. Relationship between sickness presenteeism (WHO-HPQ) with depression and sickness absence due to mental disease in a cohort of Japanese workers. J Affect Disord. 2015 Jul 15;180:14-20.

※8

Jacob Piet, et al. The effect of mindfulness-based cognitive therapy for prevention of relapse in recurrent major depressive disorder: a systematic review and meta-analysis. *Clin Psychol Rev.* 2011 Aug;31(6):1032-40.

※9

Alberto Chiesa, et al. Mindfulness-based stress reduction for stress management in healthy people: a review and meta-analysis. *J Altern Complement Med.* 2009 May;15(5):593-600.

※10

Z Bai, et al. Investigating the effect of transcendental meditation on blood pressure: a systematic review and meta-analysis. *J Hum Hypertens.* 2015 Nov;29(11):653-62.

※11

Cherkin DC , et al. Effect of Mindfulness-Based Stress Reduction vs Cognitive Behavioral Therapy or Usual Care on Back Pain and Functional Limitations in Adults with Chronic Low Back Pain: A Randomized Clinical Trial. *JAMA.* 315:1240-1249, 2016.

CHAPTER7 病気になってからの予防医学

※1

厚生労働省 国民生活基礎調査 2010年版

※2

Kitamura A, Seino S, Abe T, Nofuji Y, Yokoyama Y, Amano H, Nishi M, Taniguchi Y, Narita M, Fujiwara Y, Shinkai S. Sarcopenia: prevalence, associated factors, and the risk of mortality and disability in Japanese older adults. *J Cachexia Sarcopenia Muscle*. 2020 Nov 25.

※3

Anna Maria Martone, et al. The incidence of sarcopenia among hospitalized older patients: results from the Glisten study. *J Cachexia Sarcopenia Muscle*. 2017 Dec;8(6):907-914.

※4

Pedro Acosta-Manzano, et al. Beyond general resistance training. Hypertrophy versus muscular endurance training as therapeutic interventions in adults with type 2 diabetes mellitus: A systematic review and meta-analysis. *Obes Rev*. 2020 Jun;21(6):e13007.

※5

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

※6

Lukas Schwingshackl, et al. Impact of different training modalities on glycaemic control and blood lipids in patients with type 2 diabetes: a systematic review and network meta-analysis. *Diabetologia*. 2014 Sep;57(9):1789-97.

※7

Kazushige Goto, et al. Effects of resistance exercise on lipolysis during subsequent submaximal exercise. *Med Sci Sports Exerc*. 2007 Feb;39(2):308-15.

※8

日本高血圧学会. 日本高血圧学会減塩委員会よりの提言

※9

厚生労働省 国民健康・栄養調査 2019年版

※10

S Tsugane, et al. Salt and salted food intake and subsequent risk of gastric cancer among middle-aged Japanese men and women. Br J Cancer. 2004 Jan 12;90(1):128-34.

※11

J Uribarri, et al. The first kidney stone. Ann Intern Med. 1989 Dec 15;111(12):1006-9.

※12

G C Curhan, et al. Comparison of dietary calcium with supplemental calcium and other nutrients as factors affecting the risk for kidney stones in women. Ann Intern Med. 1997 Apr 1;126(7):497-504.

※13

厚生労働省 国民健康・栄養調査 2019年版

※14

尿路結石症診療ガイドライン 2013年版

※15

Borghi L, Meschi T, Amato F, et al. Urinary volume, water and recurrences in idiopathic calcium nephrolithiasis: a 5-year randomized prospective study. J Urol. 1996; 155: 839-43.