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**2** Red meat intake and the risk of endometrial cancer: Meta-analysis of observational studies

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#### Abstract

**32** AIM: The aim of this study was to evaluate whether red meat intake is related to the risk of EC **14** using meta-analysis.


**METHODS:** We searched PubMed, EMBASE, and the Cochrane Library **4** up to June 2013, using common keywords related to red meat and EC. Case-control studies **2** and cohort studies **4** comparing the risk of endometrial cancer among categories by the amount of intake were included. Eleven case-control studies and five cohort studies **6** met our criteria. We performed a conventional and a dose-response meta-analysis of case-control studies **23** using the DerSimonian-Laird method for random-effects. For cohort studies we performed a conventional meta-analysis. Publication bias was evaluated using Egger's test.

**31** **RESULTS:** In the meta-analysis of 11 case-control studies including 5,419 cases and 12,654 controls, higher red meat consumption was associated with an increased risk of EC (summary relative risk [SRR], 1.43; 95% confidence interval [CI], 1.15-1.79;  $I^2 = 73.3\%$  comparing extreme intake categories). In a dose-response analysis, for red meat intake of **30** 100 g/day, SRR was

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