

2015

DIET, NUTRITION, PHYSICAL ACTIVITY AND GALLBLADDER CANCER

DECREASES RISK

INCREASES RISK

STRONG
EVIDENCE

Convincing

Probable

Body fatness¹LIMITED
EVIDENCELimited –
suggestiveLimited –
no conclusion

Peppers (capsicums), fish, coffee, tea, alcohol,
sugar, vitamin C, calcium and vitamin D supplements,
low fat diets, height

STRONG
EVIDENCESubstantial
effect on risk
unlikely

1 Directly and indirectly through the formation of gallstones. Body fatness is marked by body mass index (BMI).

Summary of CUP 2014 stratified dose-response meta-analyses – BMI

Analysis	Increment	RR (95% CI)	I ²	No. Studies	No. Cases
Incidence	Per 5 kg/m ²	1.23 (1.10-1.39)	64%	6	5,364
Mortality	Per 5 kg/m ²	1.31 (1.18-1.46)	0%	2	640
Men	Per 5 kg/m ²	1.23 (1.13-1.33)	0%	6	3,298
Women	Per 5 kg/m ²	1.25 (1.07-1.46)	69%	6	2,630
Europe	Per 5 kg/m ²	1.32 (1.24-1.14)	0%	3	1,900
Asia	Per 5 kg/m ²	1.22 (0.98-1.52)	56%	4	3,620

Summary of CUP 2014 meta-analysis and published pooled analyses – BMI

Analysis	Increment	RR (95% CI)	I ²	No. Studies	No. Cases	Factors adjusted for
CUP Gallbladder SLR 2014	Per 5 kg/m ²	1.25 (1.15-1.37)	52%	8	6,004	-
Prospective Studies Collaboration [13]	Per 5 kg/m ²	1.12 (0.90-1.38)	-	57	222 deaths	Age, smoking