

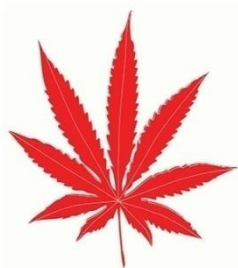


Conference Abstract

5th The Holy Quran & Science Conference and Exhibition – 2018

Sunday November 25, 2018

1194 Matheson Blvd E Mississauga, ON L4W 1Y2 Canada



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Conference Abstract

Low Risk Lifestyle Behaviors and Risk of Cardiovascular Disease: A Systematic Review and Meta-analysis of Prospective Cohort Studies

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Working as a research assistant at the Department of Nutrition, University of Toronto.

Ethics approval and consent to participate: No ethical approval needed for this research work.

Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

Key words: Risk, Lifestyle, Behaviours, Cardiovascular, Disease, Systematic, Review, Meta-analysis, Prospective, Cohort.

Speakers Profile

Suleman Ahmad is in the final year of medical school with an avid interest in clinical research. He is currently working as a research assistant at the Department of Nutrition, University of Toronto where is exploring the association between lifestyle behaviors and risk of cardiovascular disease.

Abstract

OBJECTIVE: Holy Qur'an recommends physical activity, eating healthy, and avoiding addictive substances. All these recommendations are part of what is known as low-risk lifestyle behaviors in modern medicine and have been associated with reduced risk of cardiovascular mortality in individual studies. We conducted a systematic review and meta-analysis to quantify the association of all-cause mortality with adherence to multiple low-risk lifestyle behaviors.

METHODS: Searches in Medline, EMBASE, and Cochrane (through June 14, 2017) were conducted. Prospective cohort studies reporting association between multiple-lifestyle behaviors (at least three low-risk lifestyle behaviors including healthy diet) with risk of all-

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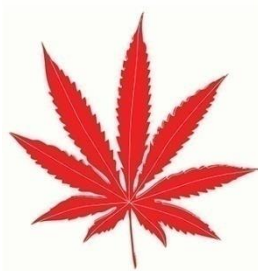
Competing Interests:

The authors declare no competing interests

Additional information is available at the end of the article.

cause mortality were included. Low-risk lifestyle behaviors were defined as healthy body weight (minimum BMI $<25\text{kg/m}^2$), healthy diet (minimum daily intake of vegetables), regular physical activity (minimum $\geq 20\text{min/day}$, 3 times/week), smoking cessation (minimum $>12\text{months}$), and moderate alcohol consumption (up to 30g/day). Two independent reviewers extracted the data and assessed study quality (Newcastle-Ottawa Scale). Risk estimates of extreme comparisons were pooled using inverse variance random effects models. Inter-study heterogeneity was assessed (Cochran Q statistic) and quantified (I² statistic). The overall certainty of evidence was assessed using the Grading of Recommendations, Assessment, Development, and Evaluation (GRADE) approach. RESULTS: 21 cohort comparisons (696,476 participants, 69,679 all-cause mortality cases) were eligible. Adherence to all possible low-risk lifestyle behaviors compared to none was associated with a 55% lower incidence of cardiovascular disease (risk ratio, 0.45 [95% confidence interval, 0.37 to 0.55]). The overall certainty of the evidence was graded as “high” using the GRADE system owing to upgrades for a large magnitude of effect and significant dose-response gradient in the absence of any downgrades.

CONCLUSIONS: Pooled analyses showed that the combination of low-risk lifestyle behaviors that include achieving and maintaining a healthy body weight, healthy diet, regular physical activity, smoking cessation, and moderate alcohol consumption are associated with significantly lower incidence of all-cause mortality. (Note: Islam prohibits the consumption of alcohol) Further research is unlikely to change our confidence in the risk estimates. Protocol registration: ClinicalTrials.Gov identifier NCT03234101.



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