**Supplement Table 1: Newcastle-Ottawa quality assessment scale of included studies in meta-analysis**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Study | Selection | | | | Comparability | Outcome | | | Total |
| Represen-tative of exposed cohort | Selection of the non-exposed cohort | Ascertain-ment of exposure | Endpoint not present at start | Comparability (Confounding) | Assessment of outcome | Follow-up duration | Adequacy follow-up |
| Nishikawa, 2017 |  |  |  |  |  |  |  |  | 8 |
| Nombela, 2012 |  |  |  |  |  |  |  |  | 8 |
| Nombela, 2017 |  |  |  |  |  |  |  |  | 8 |
| Raja, 2015 |  |  |  |  |  |  |  |  | 7 |
| Yap, 2018 |  |  |  |  |  |  |  |  | 8 |

Notes: The Newcastle-Ottawa scale uses a star system (0 to 9) to evaluate included studies on 3 domains: selection, comparability, and outcomes. Each color boxes represent one score. Maximum 1 score for selection and outcome components and 2 scores for comparability components. Higher scores represent higher study quality.