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Correspondence

Letter by Colquhoun et al Regarding Article “Effect Size Estimates of Lifestyle and Dietary Changes on All-Cause Mortality in Coronary Artery Disease Patients: A Systematic Review”

To the Editor:

The recent paper by Iestra et al in *Circulation*¹ was an excellent review of various lifestyle measures that have been assessed with regard to decreased cardiovascular end points and mortality rates. The review by Iestra et al was based on a PubMed search of relevant research published between 1966 and May 2004. Unfortunately, the only weight loss trial found was one from R.B. Singh published in 1992.² Additionally, in Table 2, “Studies on Lifestyle and Dietary Factors and All-Causes Mortality in Coronary Artery Disease Patients,” under “Combined Lifestyle Factor Studies,” only 2 Singh trials^{2,3} are presented of the 4 studies that were analyzed. This is highly problematic as recent material has suggested Singh’s research may be fraudulent, with his work being the subject of critical editorials in *The Lancet*^{4,5} and *British Medical Journal*⁶ last year. Clearly, lifestyle intervention has enormous potential in preventing vascular disease; however, in this case the clinical trial database is less than optimal. Rigorous, randomized, controlled trials that are monitored according to US Food and Drug Administration standards are needed, as exemplified by the modern era of drug outcome trials, so the wider community can be reassured of the validity of the results and their subsequent utilization in systematic reviews and meta-analyses.

Disclosures

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