

Mediterranean diet adherence and risk of esophageal and gastric cancer subtypes in the Netherlands Cohort Study

Gastric Cancer

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Online Resource 1 Age-adjusted associations of aMEDr and mMEDr with the risk of esophageal and gastric cancer subtypes in male and female NLCS participants

	PY _{subcohort}	ESCC		EAC		GCA		GNCA		
		Cases	HR (95% CI) ^a	Cases	HR (95% CI) ^a	Cases	HR (95% CI) ^a	Cases	HR (95% CI) ^a	
Men										
aMEDr										
0-3	11889	46	1.00	59	1.00	71	1.00	190	1.00	
4-5	12569	25	0.52 (0.31 - 0.85)	70	1.12 (0.78 - 1.61)	74	0.99 (0.70 - 1.39)	155	0.78 (0.61 - 0.99)	
6-8	4792	5	0.26 (0.10 - 0.67)	28	1.14 (0.71 - 1.83)	13	0.45 (0.24 - 0.82)	45	0.57 (0.40 - 0.81)	
P _{trend}			0.002		0.575		0.008		0.001	
Continuous, per 2 pts	29250	76	0.54 (0.40 - 0.72)	157	1.10 (0.89 - 1.35)	158	0.83 (0.68 - 1.02)	390	0.79 (0.69 - 0.90)	
mMEDr										
0-3	10920	39	1.00	61	1.00	66	1.00	156	1.00	
4-5	13549	29	0.58 (0.36 - 0.96)	68	0.88 (0.61 - 1.27)	75	0.90 (0.64 - 1.28)	182	0.91 (0.71 - 1.16)	
6-8	4782	8	0.45 (0.21 - 0.99)	28	1.03 (0.64 - 1.65)	17	0.58 (0.33 - 1.01)	52	0.73 (0.52 - 1.03)	
P _{trend}			0.039		0.930		0.049		0.075	
Continuous, per 2 pts	29250	76	0.65 (0.49 - 0.85)	157	0.99 (0.79 - 1.24)	158	0.82 (0.66 - 1.01)	390	0.91 (0.79 - 1.05)	
Women										
aMEDr										
0-3	12254	21	1.00	19	1.00	15	1.00	92	1.00	
4-5	15123	27	1.07 (0.60 - 1.93)	18	0.78 (0.40 - 1.50)	12	0.65 (0.30 - 1.39)	71	0.64 (0.46 - 0.89)	
6-8	6278	9	0.89 (0.40 - 1.99)	6	0.64 (0.25 - 1.62)	6	0.80 (0.31 - 2.04)	33	0.74 (0.48 - 1.13)	
P _{trend}			0.789		0.340		0.638		0.153	
Continuous, per 2 pts	33655	57	0.98 (0.70 - 1.36)	43	0.94 (0.65 - 1.36)	33	0.81 (0.50 - 1.31)	196	0.77 (0.63 - 0.94)	
mMEDr										
0-3	11675	17	1.00	17	1.00	9	1.00	75	1.00	
4-5	16510	31	1.32 (0.72 - 2.41)	19	0.80 (0.41 - 1.56)	18	1.42 (0.64 - 3.19)	91	0.88 (0.63 - 1.21)	
6-8	5470	9	1.19 (0.52 - 2.72)	7	0.90 (0.37 - 2.21)	6	1.45 (0.51 - 4.09)	30	0.89 (0.57 - 1.40)	
P _{trend}			0.659		0.812		0.477		0.597	
Continuous, per 2 pts	33655	57	1.17 (0.81 - 1.67)	43	0.92 (0.62 - 1.37)	33	1.03 (0.67 - 1.58)	196	0.95 (0.78 - 1.16)	

aMEDr alternate Mediterranean diet score without the alcohol component, mMEDr modified Mediterranean diet score without the alcohol component, NLCS Netherlands Cohort Study, ESCC esophageal squamous cell carcinoma, EAC esophageal adenocarcinoma, GCA gastric cardia adenocarcinoma, GNCA gastric non-cardia adenocarcinoma, PY_{subcohort} person-years in the subcohort, HR hazard ratio, CI confidence interval, pts points

^a Adjusted for age at baseline (years).