	Lifestyle advice		Standard care			Odds Ratio	Odds Ratio
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% CI Yea	r M-H, Fixed, 95% Cl
Gray-Donald 2000	15	106	13	103	21.7%	1.14 [0.51, 2.53] 200	0
Claesson 2008	35	295	39	376	57.9%	1.16 [0.72, 1.89] 200	8
Shirazian 2009	10	21	7	20	7.2%	1.69 [0.48, 5.93] 200	9
Mottola 2010	3	65	18	260	13.2%	0.65 [0.19, 2.28] 201	0
Total (95% CI)		487		759	100.0%	1.13 [0.78, 1.64]	
Total events	63		77				
Heterogeneity: Chi ² = 1.15, df = 3 (P = 0.76); $I^2 = 0\%$							
Test for overall effect: Z = 0.64 (P = 0.52)						0.2 0.5 1 2 5 Favours experimental Favours control	