

The Reply



We thank Dr Bubb for interest in our systematic review and meta-analysis.¹ Indeed, Dr Bubb points out an important challenge for this systematic review: causality between egg consumption and cardiovascular death (CVD). Ideally, well-conducted randomized controlled trials (RCTs) may definitely resolve this problem. However, because RCTs do not exist, clinical recommendation has to proceed based on the available evidence. Our findings only suggest the association, and not causality, and we further acknowledge this as a main limitation. Another challenge is inconsistent reporting across studies and potential overlaps of study populations. We conducted sensitivity analyses by excluding Djousse et al (2008) and Qin et al (2018) and found no significant changes in the results (pooled hazard ratios, 0.98; 95% confidence interval, 0.93-1.04; $I^2 = 73.9\%$ and pooled hazard ratios, 1.02; 95% confidence interval 0.96-1.09; $I^2 = 56.1\%$, respectively). We recently published a follow-up critical review addressing several problematic issues related nutrition observational data.²

Chayakrit Krittanawong, MD^{a,b,c}
 Bharat Narasimhan, MD^c
 Zhen Wang, PhD^{d,e}
 Hafeez Ul Hassan Virk, MD^f
 Ann M. Farrell, MLIS^g

HongJu Zhang, PhD^g

W.H. Wilson Tang, MD^h

^aThe Michael E. DeBakey VA Medical Center,
Houston, Tex

^bSection of Cardiology, Baylor College of Medicine,
Houston, Tex

^cThe Cardiovascular Institute, Icahn School of Medicine
at Mount Sinai, Mount Sinai Heart, New York, NY

^dRobert D. and Patricia E. Kern Center for the Science
of Health Care Delivery, Mayo Clinic, Rochester, Minn

^eDivision of Health Care Policy and Research,
Department of Health Sciences Research, Mayo Clinic,
Rochester, Minn

^fDepartment of Cardiovascular Diseases,
Einstein Medical Center, Philadelphia, Penn

^gMayo Clinic Libraries, Mayo Clinic, Rochester, Minn

^hDepartment of Cardiovascular Medicine, Heart and
Vascular Institute, Cleveland Clinic, Cleveland, Ohio

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Requests for reprints should be addressed to Chayakrit Krittanawong, MD, Baylor College of Medicine, Section of Cardiology, 1 Baylor Plaza, Houston, TX, 77030.

E-mail address: Chayakrit.Krittanawong@bcm.edu