3907 records identified from database searches

8 additional records identified from the reference lists database searches

3915 articles screened

3791 articles were excluded (reading abstracts and title)

124 full-text articles assessed for eligibility

73 full-text articles excluded
35 did not report HR
8 without type 2 diabetes data
18 did not report gender differences
7 were duplicate articles
5 articles without mortality

51 articles were finally included in this meta-analysis