Study or Subgroup | Lifestyle advice | Standard care | Odds Ratio M-H, Fixed, 95% CI | Year
--- | --- | --- | --- | ---
Gray-Donald 2000 | 15 | 10 | 1.48 [0.63, 3.49] | 2000
Shirazian 2009 | 6 | 4 | 1.60 [0.38, 6.81] | 2009
Total (95% CI) | 120 | 113 | 1.51 [0.72, 3.16] |

Total events: 21

Heterogeneity: $\chi^2 = 0.01$, df = 1 (P = 0.93); $I^2 = 0$

Test for overall effect: $Z = 1.10$ (P = 0.27)