

Supplementary Table S1. Quality assessment of ten retrospective studies using the modified Newcastle-Ottawa scale

First author/ year	Selection			Comparability		Outcome		Quality score
	Assignment	Representative	Representative	Comparable for	Comparable for	Assessment of	Follow-up	
	for treatment	treatment group	reference group	primary items	secondary items	outcomes	≥ 5 years	
Guo/2016 [14]	U/U	Y/Y	Y/Y	N/N	N/N	Y/Y	Y/Y	5/5
Zhang/2015 [16]	U/U	Y/Y	Y/Y	Y/Y	Y/Y	Y/Y	N/N	6/6
Xu/2015 [15]	Y/Y	Y/Y	Y/Y	Y/Y	Y/Y	Y/Y	N/N	8/8
Su/2015 [17]	U/U	Y/Y	Y/Y	Y/Y	Y/N	Y/Y	Y/Y	7/6
Kang/2015 [12]	U/U	N/N	N/N	Y/Y	N/N	Y/Y	Y/Y	4/4
Luo/2014 [13]	U/U	Y/Y	Y/Y	N/N	N/N	Y/Y	N/N	4/4
Xu/2011 [6]	U/U	Y/Y	Y/Y	Y/Y	Y/Y	Y/Y	Y/Y	7/7
Song/2008 [5]	U/U	Y/Y	N/N	Y/Y	N/N	Y/Y	Y/Y	5/5
Chua/2006 [28]	U/Y	Y/Y	Y/Y	Y/Y	N/N	Y/Y	Y/Y	6/8
Chen/2015 [27]	U/U	Y/Y	N/Y	Y/Y	Y/Y	Y/Y	Y/Y	6/7

Y: yes; N: no; U: unclear.

Supplementary Table S2. Quality assessment of one randomized controlled trial

First author/ year	Adequate random sequence generation	Allocation concealment	Double blinding method	Adequate assessment of each outcome	Selective outcome reporting avoid	Handing of missing data
Chen/2011 [4]	Y/Y	Y/Y	U/N	Y/Y	Y/Y	Y/Y

Y: yes; N: no; U: unclear.