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• FHHI-OI-Camelot; Oklahoma University Health Science Center; Eastern Virginia Medical School **eLetter to Editor on Ann Intern Med 2019;171(10):711-720**

• February 23, 2020 • **Conflict of Interest:** *FMTVDM issued to first author.*

Using Qualitative Observational Studies with a Relative GRADED Scale to declare that there is only a small risk of cancer from Red and Processed Meat Consumption - is a Very Premature Statement.

The paper in Annals – as with the other papers included in this series discussing Red and Processed Meats – with its comment made by Mi Ah Han, et al [1] that "red meat's effect on cancer over a lifetime of exposure was, however, very small, and the overall certainty of evidence was low or very low" represents a premature statement.

The observational methods used by the authors, looking at a collection of studies, which looked for the qualitative presence or absence of disease – in this instance CANCER - and a "graded" system of comparisons, severely limits the conclusions the authors can scientifically make regarding the impact of Red and Processed meat consumption.

As already established, the use of qualitative and semi-quantitative information – while acceptable in horseshoes – is woefully inadequate in medicine [2-4] and even more inadequate when making generalized statements regarding the effect of any treatment including dietary.

FULL ARTICLE

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Figures

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We would encourage the authors and readers of Annals to cautiously consider such statements and the need to quantitatively measure [4] tissue changes associated with any treatment group including considerations of specific foods.

References:

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