

## LETTERS

### Extrapolation warning

I worry that the *CMAJ*'s editorial team erred when it promoted this article in its May 23, 2017 email to the readership. The second headline of that email read: "Research: Fructose sugars and diabetes — There is no evidence to support the hypothesis that fructose sugars particularly drive diabetes risk."

This suggests that for all evidence linking fructose and diabetes, there is sufficient counter-evidence to conclude that there is no causation between the two.

However, the article in question<sup>1</sup> was only a meta-analysis of prospective cohort studies. It did not look at obser-

vational studies, animal or in vitro studies, or interventional trials. Indeed, these were excluded from analysis as part of the study's design (see Figure 1 in the original article). To say that there is no evidence linking fructose and type 2 diabetes is to ignore the potential merit of all the excluded studies (some of which are probably found in this review article).<sup>2</sup>

I will also point out that the authors of this meta-analysis stated directly that they have only "weak" confidence in their conclusion of null causation.

So in future, I would ask that the *CMAJ* editorial team take more care not to oversell an article's conclusions just for the sake of a snappy headline.

### Christina Quinlan MD

Family physician, Kingston Family Health Team, Kingston, Ont.

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### References

1. Tsilas CS, de Souza RJ, Blanco Mejia S, et al. Relation of total sugars, fructose and sucrose with incident type 2 diabetes: a systematic review and meta-analysis of prospective cohort studies. *CMAJ* 2017;189:E711-20.
2. DiNicolantonio JJ, O'Keefe JH, Lucan SC. Added fructose: a principal driver of type 2 diabetes mellitus and its consequences. *Mayo Clin Proc* 2015;90:372-81.

**Competing interests:** Christina Quinlan states, "As a family doctor, I counsel my patients that too much sugar or fructose is bad for their health."