

---

We found a total of 396 articles on PubMed.

We excluded 359 articles: 326 were duplicates; 34 did not meet the inclusion criteria:

- They have an average age of 40 to 70 years old.
- They are within JCR (Q1,Q2,Q3) and SJR (Q1,Q2) magazines.

31 articles were considered for detailed evaluation.

---