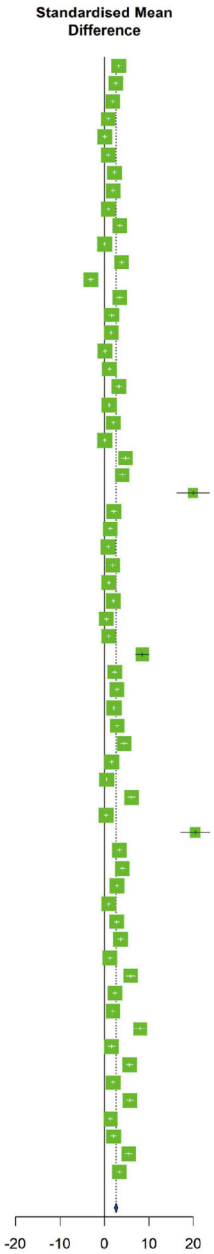
Supplementary Material 2

Study	Baseline Total	Baseline Mean	Baseline SD	Follow-up Total	Follow-up Mean	Follow-up SD	SMD	95%-CI	Weight
Wang,S.M. et al 2006	40	136.40	22.8000	40	82.20	6.8200	3.19	[2.52; 3.86]	1.6%
Huang,G.D. et al 2006	40	47.32	7.5500	40	29.62	6.0800	2.56	[1.96; 3.16]	1.6%
Li,S.W. 2006	31	71.96	34.6100	31	26.17	0.9400	1.85	[1.25; 2.45]	1.6%
Liu,B. et al 2007	30	196.16	205.1900	30	63.23	54.2300	0.87	[0.34; 1.41]	1.6%
Shen,Y.P. et al 2008	30	143.00	150.0000	30	130.40	128.6000	0.09	[-0.42; 0.60]	1.6%
Luo,Y.H. 2008	32	206.26	176.6300	32	86.68	72.0600	0.88	[0.36; 1.39]	1.6%
Xiang,C.C. et al 2009	40	186.32	78.6400	40	56.64	21.1400	2.23	[1.67; 2.79]	1.6%
Ma,W.K. et al 2009	34	196.73	63.5600	34	93.61	35.1500	1.98	[1.40; 2.57]	1.6%
Li,A.M. 2009	82	195.14	203.1900	82	58.22	52.6500	0.92	[0.60; 1.24]	1.7%
Liu,X.D. et al 2009	50	115.02	25.8200	50	45.36	11.3200	3.47	[2.84; 4.10]	1.6%
Zhou,C.Y. et al 2010	60	77.84	47.4500	60	76.19	48.6600	0.03	[-0.32; 0.39]	1.7%
Yao,J.H. 2010	58	65.25	11.6400	58	25.22	8.8000	3.85	[3.23; 4.48]	1.6%
Chen,Z.W. et al 2010	45	47.02	21.9100	45	99.12	10.1300	-3.03	[-3.64; -2.41]	1.6%
Han,S.L. et al 2011	35	115.02	25.8200	35	45.36	11.3200	3.46	[2.70; 4.21]	1.6%
Yang,B. et al 2011	20	95.80	20.2500	20	65.40	16.3500	1.62	[0.90; 2.34]	1.6%
Shen, H.B. et al 2011	40	129.22	82.9900	40	37.43	17.5100	1.52	[1.02; 2.02]	1.6%
Li,Z.L. et al 2012	30	160.65	254.6400	30	133.88	208.8000	0.11	[-0.39; 0.62]	1.6%
Li,J.P. 2013	40	168.52	111.2600	40	71.25	45.2600	1.13	[0.66; 1.61]	1.6%
Yang,Y.J. 2013	42	122.56	37.5800	42	26.98	17.5600	3.23	[2.57; 3.89]	1.6%
Wei,Y. et al 2013	50	168.62	118.2800	50	70.24	46.2500	1.09	[0.67; 1.51]	1.7%
Wei,W. et al 2013	45	49.60	15.2000	45	23.20	10.1000	2.03	[1.52; 2.54]	1.6%
Liu,E.C. et al 2013	50	78.92	43.2600	50	76.31	42.1200	0.06	[-0.33; 0.45]	1.7%
Cao,Y.H. et al 2014	31	91.87	15.7400	31	33.03	6.9800	4.77	[3.77; 5.77]	1.5%
Yu,M. et al 2014	32	92.30	14.4000	32	38.70	11.9000	4.01	[3.14; 4.88]	1.6%
Niu,J.H. 2014	31	112.00	2.0100	31	70.00	2.1500	19.93	[16.27; 23.59]	0.7%
Zhang,H.J. et al 2014	30	456.90	233.5000	30	78.70	84.3000	2.13	[1.49; 2.77]	1.6%
He,D.C. et al 2014	30	208.67	62.4500	30	140.58	40.4500	1.28	[0.72; 1.84]	1.6%
Wang,Z. et al 2014	47	234.25	260.5200	47	66.87	72.4800	0.87	[0.44; 1.29]	1.7%
Li,Y. et al 2015	29	288.83	212.2500	29	9.45	7.1000	1.84	[1.22; 2.46]	1.6%
Zhao,F.C. 2015	55	159.80	98.7800	55	85.67	31.9800	1.00	[0.61; 1.40]	1.7%
Zheng,X.B. et al 2015	80	97.05	30.2400	80	45.18	20.2200	2.01	[1.63; 2.39]	1.7%
Shu,C. et al 2015	22	205.95	126.4800	22	149.05	104.5000	0.48	[-0.12; 1.08]	1.6%
Su,S.Z. et al 2015	34	122.20	86.0000	34	57.30	37.1000	0.97	[0.46; 1.47]	1.6%
Liu,Y. et al 2016	35	73.74	7.4600	35	20.20	4.6800	8.50	[6.98; 10.03]	1.3%
Jiang,D. et al 2016	44	445.30	212.1000	44	76.40	75.6000	2.30	[1.75; 2.84]	1.6%
Jia,F.Y. et al 2016	62	201.15	59.4200	62	72.48	25.1100	2.80	[2.30; 3.30]	1.6%
Han,L. et al 2016	96	34.32	13.6400	96	12.34	4.4500	2.16	[1.80; 2.52]	1.7%
Qian,X. et al 2016	47	354.60	132.5000	47	67.60	47.2000	2.86	[2.28; 3.44]	1.6%
You,B.R. et al 2016	43	47.69	9.4300	43	13.89	4.8700	4.46	[3.66; 5.27]	1.6%
Chen,F. et al 2016	35	85.18	29.5400	35	43.31	20.8700	1.62	[1.08; 2.16]	1.6%
Guo,H.M. et al 2017	340	294.00	170.0000	340	219.00	97.0000	0.54	[0.39; 0.69]	1.7%
Li,J. et al 2017	67	247.80	25.6000	67	125.20	11.9000	6.11	[5.29; 6.92]	1.6%
Pang,A.M. et al 2017	39	336.70	660.2600	39	122.58	350.7700	0.40	[-0.05; 0.85]	1.7%
Wang,H.T. 2017	40	753.64	15.0500	40	461.36	13.1900	20.46	[17.18; 23.74]	0.8%
Wang,Y. et al 2017	52	239.20	74.7000	52	50.10	25.8000	3.36	[2.76; 3.96]	1.6%
Gao,D. et al 2017	60	50.11	10.1200	60	16.12	6.0200	4.06	[3.42; 4.69]	1.6%
Bian,Z.Q. et al 2018	84	264.92	93.6200	84	60.87	39.5600	2.83	[2.40; 3.26]	1.7%
Shi,L. et al 2018	40	54.94	23.3300	40	35.28	15.4100	0.98	[0.52; 1.45]	1.7%
Ge,S. 2018	46	81.50	30.5000	46	20.30	5.6000	2.77	[2.19; 3.35]	1.6%
Hu,H. 2018	43	398.64	18.3600	43	65.34	126.3400	3.66	[2.96; 4.36]	1.6%
Mang,Z.L. et al 2018	25	3.36	1.1200	25	1.99	1.0300	1.25	[0.64; 1.86]	1.6%
Xu,G.S. et al 2018	38	333.56	37.0600	38	149.44	23.5500	5.87	[4.81; 6.93]	1.5%
Zeng,J.Y. et al 2018	40	441.38	213.0600	40	72.83	41.0700	2.38	[1.80; 2.96]	1.6%
Guo,H.L. et al 2018	40	122.72	65.5800	40	30.02	13.3200	1.94	[1.40; 2.48]	1.6%
Li,J.H. et al 2019	40	225.11	24.7800	40	65.32	13.0100	8.00	[6.65; 9.34]	1.4%
Yuan,L. et al 2019	15	226.57	102.3200	15	94.95	52.7300	1.57	[0.74; 2.41]	1.6%
Song,W.H. et al 2019	66	143.18	15.2000	66	73.25	8.3400	5.67	[4.90; 6.44]	1.6%
Fang,X.G. et al 2019	57	56.24	15.3200	57	28.34	12.4400	1.99	[1.53; 2.44]	1.7%
Zhang,K.L. 2019	47	62.50	7.2000	47	22.80	6.5000	5.74	[4.81; 6.67]	1.5%
Pang,J. et al 2019	31	171.77	79.0800	31	84.00	40.0000	1.38	[0.83; 1.94]	1.6%
Zhao,L. 2019	30	284.61	81.7200	30	135.61	59.3000	2.06	[1.43; 2.69]	1.6%
Jiang,P. et al 2020	55	476.89	89.4500	55	110.21	28.7600	5.48	[4.65; 6.31]	1.6%
Cao,M.Z. et al 2020	41	346.87	113.8300	41	62.28	36.0700	3.34	[2.66; 4.02]	1.6%
Random effects model	**3043**			**3043**			**2.64**	**[2.25; 3.02]**	**100.0%**

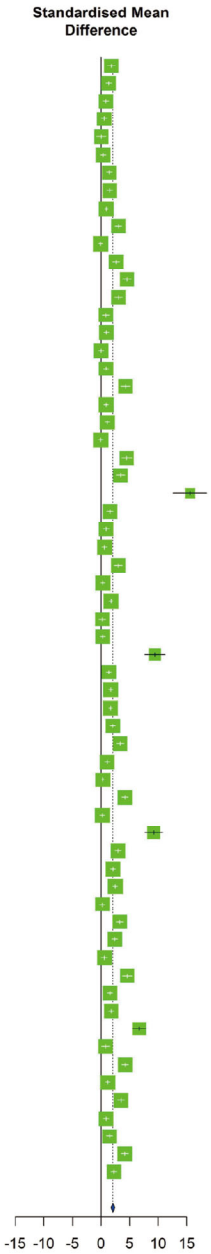
Heterogeneity: I^2 = 97%, τ^2 = 2.3103, p = 0



Serum level of RF level in treatment group(Baseline VS Follow-up)

Study	Baseline Total	Baseline Mean	Baseline SD	Follow-up Total	Follow-up Mean	Follow-up SD	SMD	95%-CI	Weight
Wang,S.M. et al 2006	20	124.22	8.6800	20	106.80	10.2600	1.80	[1.05; 2.54]	1.6%
Huang,G.D. et al 2006	36	52.85	6.9100	36	43.30	7.2700	1.33	[0.82; 1.85]	1.6%
Li,S.W. 2006	30	71.82	35.1900	30	42.88	31.2600	0.86	[0.33; 1.39]	1.6%
Liu,B. et al 2007	30	198.27	200.0500	30	98.64	155.5300	0.55	[0.03; 1.06]	1.6%
Shen,Y.P. et al 2008	10	138.50	134.7000	10	133.20	112.8000	0.04	[-0.84; 0.92]	1.5%
Luo,Y.H. 2008	28	182.54	134.1600	28	135.48	124.0200	0.36	[-0.17; 0.89]	1.6%
Xiang,C.C. et al 2009	40	182.54	65.7800	40	86.25	68.2000	1.42	[0.93; 1.92]	1.6%
Ma,W.K. et al 2009	34	190.65	61.7800	34	111.91	38.7100	1.51	[0.97; 2.05]	1.6%
Li,A.M. 2009	78	194.87	205.0800	78	57.84	52.3200	0.91	[0.58; 1.24]	1.7%
Liu,X.D. et al 2009	50	114.61	26.8000	50	52.30	10.2200	3.05	[2.47; 3.63]	1.6%
Zhou,C.Y. et al 2010	60	78.49	48.5200	60	82.15	55.5600	-0.07	[-0.43; 0.29]	1.7%
Yao,J.H. 2010	38	64.31	10.9900	38	36.49	9.8900	2.63	[2.01; 3.26]	1.6%
Chen,Z.W. et al 2010	45	155.01	12.2100	45	97.01	13.1200	4.54	[3.74; 5.33]	1.5%
Han,S.L. et al 2011	35	114.61	26.8000	35	52.30	10.2200	3.04	[2.34; 3.74]	1.6%
Yang,B. et al 2011	20	98.10	18.4000	20	82.10	18.5000	0.85	[0.20; 1.50]	1.6%
Shen, H.B. et al 2011	40	118.66	109.5300	40	43.41	23.4700	0.94	[0.48; 1.40]	1.6%
Li,Z.L. et al 2012	31	180.61	398.8300	31	176.69	371.0400	0.01	[-0.49; 0.51]	1.6%
Li,J.P. 2013	40	169.15	116.9500	40	88.74	52.1100	0.88	[0.42; 1.34]	1.6%
Yang,Y.J. 2013	38	123.23	16.9200	38	42.56	20.3400	4.27	[3.44; 5.10]	1.5%
Wei,Y. et al 2013	50	169.11	116.9300	50	88.79	55.1100	0.87	[0.46; 1.28]	1.7%
Wei,W. et al 2013	45	50.10	16.2000	45	34.20	12.5000	1.09	[0.65; 1.53]	1.7%
Liu,E.C. et al 2013	50	77.80	46.5200	50	79.86	53.6200	-0.04	[-0.43; 0.35]	1.7%
Cao,Y.H. et al 2014	31	90.10	12.9300	31	42.19	7.4700	4.48	[3.53; 5.44]	1.5%
Yu,M. et al 2014	32	90.80	13.9000	32	43.70	13.6000	3.38	[2.61; 4.16]	1.6%
Niu,J.H. 2014	30	113.00	2.1200	30	78.00	2.3200	15.55	[12.62; 18.47]	0.7%
Zhang,H.J. et al 2014	30	451.50	221.7000	30	155.80	143.9000	1.56	[0.98; 2.14]	1.6%
He,D.C. et al 2014	30	219.14	63.5000	30	169.14	45.6100	0.89	[0.36; 1.43]	1.6%
Wang,Z. et al 2014	41	255.39	276.9700	41	124.65	134.7800	0.59	[0.15; 1.04]	1.7%
Li,Y. et al 2015	30	238.23	107.8400	30	5.47	4.4800	3.01	[2.26; 3.76]	1.6%
Zhao,F.C. 2015	55	163.35	102.4500	55	132.68	96.3600	0.31	[-0.07; 0.68]	1.7%
Zheng,X.B. et al 2015	80	96.86	32.0900	80	47.71	23.5000	1.74	[1.37; 2.10]	1.7%
Shu,C. et al 2015	20	195.75	153.4500	20	165.16	131.4200	0.21	[-0.41; 0.83]	1.6%
Su,S.Z. et al 2015	36	115.90	80.6000	36	95.80	58.3000	0.28	[-0.18; 0.75]	1.6%
Liu,Y. et al 2016	30	75.97	6.4900	30	24.17	4.1100	9.41	[7.60; 11.23]	1.1%
Jiang,D. et al 2016	44	446.20	216.3000	44	213.50	111.4000	1.34	[0.88; 1.81]	1.6%
Jia,F.Y. et al 2016	58	189.03	55.8000	58	108.16	37.4900	1.69	[1.26; 2.12]	1.7%
Han,L. et al 2016	90	35.85	12.8500	90	18.43	7.4700	1.65	[1.31; 1.99]	1.7%
Qian,X. et al 2016	45	346.10	121.3000	45	124.60	92.5000	2.04	[1.52; 2.55]	1.6%
You,B.R. et al 2016	43	48.13	9.1200	43	22.03	6.0800	3.34	[2.67; 4.00]	1.6%
Chen,F. et al 2016	35	84.85	30.7100	35	55.57	23.4300	1.06	[0.56; 1.56]	1.6%
Guo,H.M. et al 2017	300	295.00	175.0000	300	249.00	95.0000	0.33	[0.17; 0.49]	1.7%
Li,J. et al 2017	67	251.30	24.5000	67	164.80	15.6000	4.19	[3.58; 4.80]	1.6%
Pang,A.M. et al 2017	39	357.21	516.2200	39	258.26	371.0900	0.22	[-0.23; 0.66]	1.7%
Wang,H.T. 2017	40	755.49	12.5400	40	634.61	13.4700	9.20	[7.67; 10.73]	1.2%
Wang,Y. et al 2017	52	242.10	68.2000	52	87.30	26.9000	2.96	[2.40; 3.53]	1.6%
Gao,D. et al 2017	60	49.89	11.3000	60	29.33	8.0800	2.08	[1.63; 2.53]	1.7%
Bian,Z.Q. et al 2018	79	257.92	89.6600	79	80.75	44.2700	2.49	[2.08; 2.91]	1.7%
Shi,L. et al 2018	38	56.43	23.5300	38	51.47	21.5500	0.22	[-0.23; 0.67]	1.6%
Ge,S. 2018	46	81.40	28.6000	46	14.30	3.5000	3.27	[2.63; 3.90]	1.6%
Hu,H. 2018	43	402.51	19.4500	43	134.58	156.2700	2.38	[1.83; 2.94]	1.6%
Mang,Z.L. et al 2018	25	3.21	1.2400	25	2.45	1.3200	0.58	[0.02; 1.15]	1.6%
Xu,G.S. et al 2018	38	337.37	41.6200	38	169.03	30.8800	4.56	[3.69; 5.43]	1.5%
Zeng,J.Y. et al 2018	40	443.43	200.0500	40	180.71	125.0500	1.56	[1.06; 2.06]	1.6%
Guo,H.L. et al 2018	40	112.60	55.8500	40	38.60	17.6200	1.77	[1.25; 2.29]	1.6%
Li,J.H. et al 2019	39	223.92	25.2100	39	82.20	15.8900	6.66	[5.50; 7.82]	1.4%
Yuan,L. et al 2019	15	227.91	124.7200	15	143.46	73.2500	0.80	[0.06; 1.55]	1.6%
Song,W.H. et al 2019	66	139.62	15.0800	66	84.37	10.6100	4.21	[3.59; 4.83]	1.6%
Fang,X.G. et al 2019	57	55.29	14.7800	57	39.47	11.5900	1.18	[0.78; 1.58]	1.7%
Zhang,K.L. 2019	47	60.50	6.8000	47	38.50	5.7000	3.48	[2.83; 4.13]	1.6%
Pang,J. et al 2019	31	175.73	80.6400	31	112.00	63.0000	0.87	[0.35; 1.39]	1.6%
Zhao,L. 2019	30	270.37	71.4100	30	176.41	53.5500	1.47	[0.89; 2.04]	1.6%
Jiang,P. et al 2020	55	477.12	89.7700	55	186.57	40.2700	4.15	[3.48; 4.82]	1.6%
Cao,M.Z. et al 2020	41	348.08	112.2600	41	117.59	89.4300	2.25	[1.69; 2.81]	1.6%
Random effects model	**2896**			**2896**			**2.08**	**[1.75; 2.40]**	**100.0%**

Heterogeneity: I^2 = 96%, τ^2 = 1.5984, p < 0.01



Serum level of RF level in control group(Baseline VS Follow-up)