

## Questionnaire

### Evaluation of demographic and lifestyle parameters.

1. Race  
(0: Caucasian, 1: Non-Caucasian)
2. Ethnicity  
(0: Greek, 1: Other)
3. Type of surgery  
(0: Roux-En-Y-Gastric Bypass, 1: Sleeve Gastrectomy)
4. Gender (0: male, 1: female)
5. Date of birth
6. Marital status  
(0: married, 1: single/divorced/widowed)
7. Highest degree obtained  
(0: no education, 1: primary education, 2: secondary education, 3: university degree)
8. Physical exercise  
(0: not at all, 1:  $\leq$  1 hour weekly, 2: 1 – 4 hours weekly, 3:  $>$  3 hours per week)
9. Alcohol consumption  
(0: never, 1: occasionally, 2: daily)
10. Smoking habits  
(0: never or past smoker, 1: current smoker)
11. Medical history:  
(0: no, 1: yes)
  - Diabetes mellitus?
  - Hypertension?
  - Coronary heart disease?
  - Dyslipidaemia

- Arterial thrombosis
- Thromboembolism
- Thyroid dysfunction
- Other (specify)

12. Medication administration (0: no, 1: yes)

- Oral hypoglycemic drugs (metformin, sulfonylureas,  $\alpha$ -glycosidase inhibitors, DPP4, GLP-1)
- Insulin (glargine, levemir or human isophane insulin)
- Angiotensin II receptor antagonist
- Calcium channel blocker
- Diuretic
- B-Blocker
- Digoxin
- Hypolipidemic drugs: statins, fibrates, nicotinic acid
- Acenocoumarol
- Heparin
- Levothyroxin
- Antithyroid drugs: carbimazole, thiamazole
- NSAIDs

13. vitamin and micronutrient supplementation (0: no, 1: yes)

- Calcium and vitamin D
- Ferrum
- Folic acid
- Vitamin B12
- Multivitamins

14. Menopausal status (for women)

(0: premenopausal, 1: postmenopausal)

15. For women: Years since menopause