

Appendix 3 Risk factors for mortality and loss of median life-time in years at age 50 [posted as supplied by author]

	All-cause mortality HR [95% CI]	Loss of median life-time in years
Men		
smoking \geq 15 cig. /day*	3.1 (2.5 to 3.8)	13
smoking <15 cig. /day*	2.4 (1.9 to 3.1)	9
T2DM†	1.6 (1.4 to 1.9)	5
SBP \geq 160 vs. SBP<130‡	1.5 (1.4 to 1.7)	5
Non-migraine headache§	1.0 (0.9 to 1.1)	0.3
Migraine	1.1 (1.0 to 1.2)	1.0
Migraine without aura	0.9 (0.7 to 1.1)	-1.2
Migraine with aura ¶	1.2 (1.0 to 1.3)	1.5
Women		
smoking \geq 15 cig. /day*	3.7 (3.0 to 4.4)	9
smoking <15 cig. /day*	2.3 (1.9 to 2.8)	6
T2DM†	1.6 (1.4 to 1.9)	3
SBP \geq 160 vs. SBP<130‡	1.5 (1.4 to 1.6)	3
Non-migraine headache§	1.0 (0.9 to 1.1)	-0.1
Migraine	1.1 (1.0 to 1.2)	0.9
Migraine without aura	1.0 (0.8 to 1.1)	-0.4
Migraine with aura ¶	1.2 (1.1 to 1.3)	1.4

Values are age adjusted unless otherwise indicated.

* cig.: cigarettes, estimates of HR and median life-time for smoking: 2930 men and 3084 women, age 34-61 years, from the Reykjavik Study with a median follow-up of 26 years.³⁷

† T2DM: type two diabetes mellitus, estimates of HR and median life-time for type two diabetes: combined values from the Reykjavik Study and Reykjavik AGES Study. Follow-up in the Reykjavik Study was 20 years and 3.5 years in Reykjavik AGES Study.³⁶

‡ Subjects on antihypertensive medication omitted, adjusted for smoking status.

§ Headache without or with one migrainous symptom twelve times or more per year.

|| 2-3 of unilateral, photophobia, nausea symptoms.

¶ Migraine with visual or sensory symptoms, or both. Participants with symptoms of migraine without aura and migraine with aura were classified as migraine with aura.

Bolded values are statistically significant (p<0.05)