Appendix 3 (as supplied by the authors): Changes in PROCAM Score and continuous metabolic syndrome score and criteria and weight

Month	Raw values (n*) mean±std	Maximum likelihood estimate (n†) mean±SE	Maximum likelihood change from baseline mean (95% CI)	p-value
PROCAM 10-year risk myocardial infarction or acute coronary death				
0	(288) 8.2±6.4	(293) 8.4±0.3		
3	(237) 6.9±5.4	(263) 7.2±0.3	-1.3 (-1.8 to -0.8)	<0.0001
6	(205) 6.8±5.2	(244) 6.9±0.3	-1.6 (-2.2 to -1.0)	<0.0001
9	(184) 7.0±5.1	(227) 6.9±0.3	-1.6 (-2.2 to -1.0)	<0.0001
12	(206) 7.3±5.1	(253) 7.0±0.3	-1.4 (-2.0 to -0.9)	<0.0001
Continuous metabolic syndrome score				
0	(293) 2.6±1.1	(293) 2.6±0.1		
3	(236) 2.0±1.1	(263) 2.0±0.1	-0.6 (-0.7 to -0.5)	<0.0001
6	(193) 1.9±1.1	(244) 2.1±0.1	-0.5 (-0.6 to -0.4)	<0.0001
9	(175) 2.0±1.1	(227) 2.1±0.1	-0.4 (-0.6 to -0.3)	<0.0001
12	(189) 2.0±1.1	(253) 2.2±0.1	-0.4 (-0.5 to -0.3)	<0.0001
Systolic blood pressure (mmHg))				
0	(293) 133.5±14.5	(293) 133.5±0.9		
3	(256) 127.1±12.7	(263) 127.0±0.8	-6.5 (-8.1 to -4.9)	<0.0001
6	(229) 129.7±13.5	(244) 129.5±0.8	-4.0 (-5.8 to -2.2)	<0.0001
9	(210) 130.3±13.6	(227) 129.9±0.8	-3.6 (-5.5 to -1.8)	0.0002
12	(230) 130.1±12.5	(253) 130.3±0.7	-3.3 (-5.1 to -1.4)	0.0005
Diastolic blood pressure (mmHg)				
0	(293) 80.6±9.1	(293) 80.3±0.5		
3	(256) 76.9±8.8	(263) 76.8±0.5	-3.5 (-4.5 to -2.5)	<0.0001
6	(229) 77.6±8.3	(244) 77.8±0.5	-2.5 (-3.5 to -1.5)	<0.0001
9	(210) 78.0±7.7	(227) 78.2±0.5	-2.1 (-3.1 to -1.1)	<0.0001
12	(230) 77.2±8.3	(253) 77.6±0.5	-2.7 (-3.8 to -1.6)	<0.0001
Fasting glucose (mmol/L)				
0	(293) 6.6±1.4	(293) 6.6±0.1		
3	(247) 6.4±1.3	(263) 6.4±0.1	-0.2 (-0.3 to -0.1)	0.006
6	(227) 6.4±1.3	(244) 6.4±0.1	-0.2 (-0.3 to -0.0)	0.0055
9	(202) 6.5±1.6	(227) 6.5±0.1	-0.0 (-0.2 to 0.1)	0.5627
12	(225) 6.6±1.5	(253) 6.6±0.1	-0.0 (-0.2 to 0.1)	0.5776
LDL-C (mmol/L)				
0	(288) 2.6±1.1	(293) 2.6±0.1		
3	(250) 2.6±1.1	(263) 2.5±0.1	-0.1 (-0.2 to -0.0)	0.0167
6	(223) 2.5±1.1	(244) 2.5±0.1	-0.1 (-0.2 to 0.0)	0.0566
9	(206) 2.6±1.1	(227) 2.5±0.1	-0.1 (-0.2 to 0.0)	0.1259
12	(236) 2.6±1.0	(253) 2.6±0.1	-0.1 (-0.1 to 0.0)	0.2194

HDL-C (mmol/L)				
0	(291) 1.2±0.3	(293) 1.2±0.0		
3	(251) 1.2±0.3	(263) 1.2±0.0	-0.0 (-0.0 to 0.0)	0.6208
6	(226) 1.2±0.3	(244) 1.2±0.0	0.0 (0.0 to 0.0)	0.0137‡
9	(208) 1.2±0.3	(227) 1.2±0.0	0.0 (0.0 to 0.1)	0.0019‡
12	(241) 1.3±0.3	(253) 1.2±0.0	0.1 (0.0 to 0.1)	<0.0001
Triglycerides (mmol/L)				
0	(293) 2.2±1.7	(293) 2.2±0.1		
3	(252) 1.8±1.1	(263) 1.8±0.1	-0.4 (-0.5 to -0.2)	<0.0001
6	(226) 1.9±1.0	(244) 1.8±0.1	-0.3 (-0.5 to -0.2)	<0.0001
9	(208) 1.9±0.9	(227) 1.8±0.1	-0.4 (-0.5 to -0.2)	<0.0001
12	(240) 1.9±0.9	(253) 1.9±0.1	-0.3 (-0.4 to -0.1)	0.0003
Waist circumference (cm)				
0	(293) 108.1±9.4	(293) 108.1±0.5		
3	(249) 105.2±9.0	(263) 105.4±0.5	-2.7 (-3.1 to -2.3)	<0.0001
6	(215) 103.3±9.5	(244) 104.5±0.6	-3.6 (-4.2 to -3.0)	<0.0001
9	(193) 103.2±9.6	(227) 104.5±0.6	-3.5 (-4.1 to -2.9)	<0.0001
12	(204) 103.0±10.2	(253) 104.4±0.6	-3.7 (-4.3 to -3.0)	<0.0001
Weight (kg)				
0	(293) 91.0±15.2	(293) 90.7±0.8		
3	(251) 88.5±14.2	(263) 88.9±0.8	-1.8 (-2.2 to -1.5)	<0.0001
6	(220) 86.9±14.1	(244) 88.5±0.8	-2.3 (-2.7 to -1.9)	<0.0001
9	(199) 87.1±14.6	(227) 88.4±0.8	-2.3 (-2.8 to -1.8)	<0.0001
12	(206) 86.5±14.8	(253) 88.3±0.8	-2.5 (-3.0 to -2.0)	<0.0001

STD=Standard deviation; SE=standard error; CI=Confidence interval; LDL-C= Low-density lipoprotein cholesterol, HDL-C=High density lipoprotein-cholesterol , kg-kilogram

* Number of patients where the variable was known.

† Number of patients with any lab assessment so missing values could be imputed based on the correlation with the available lab values.

‡ Although the change rounds to 0.0, the actual differences are non-zero and statistically but not clinically significant.

The maximum likelihood mean and estimated change use all available data to estimate the expected values utilizing within patient correlations between lab values and time points. The maximum likelihood mean is estimated for a 60-year-old assuming even numbers of males and females.