APPENDIX 1

The ratio of cortical/total bone may be considered an index of bone remodeling because it reflects the age-related imbalance between endosteal resorption and periosteal apposition in a better way than bone mass density (BMD) does. At any rate, the results of the study do not change taking into account BMD, as shown in the tables below.

Table 1. Association between trabecular BMD and carotideal plaques, adjusted for potential confounders.

	Odds ratio	Lower 95% CI	Upper 95% CI
Trabecular BMD, Worst qtl vs. Best	0.65	0.32	1.27
Trabecular BMD, II qtl vs. Best	0.81	0.42	1.58
Trabecular BMD, III qtl vs. Best	0.88	0.45	1.69
Years since menopause (1 year increments)	1.07	1.03	1.1
BMI (unit increments)	1	0.93	1.08
Log PTH (unit)	0.85	0.48	1.47
Log Vitamin D (unit)	0.76	0.48	1.18
Log Leptin (unit)	0.91	0.65	1.27
Log DHEAS (unit)	0.98	0.73	1.3
Log free testosteron (unit)	0.82	0.63	1.07
MUFA intake (unit)	1.01	0.99	1.04
Low physical activity in the last year (Y vs. N)	0.67	0.4	1.13
Diabetes mellitus	0.9	0.41	1.95
Chronic obstructive pulmonary disease	0.51	0.12	1.84
Creatinine clearance < 60 ml/min	1.02	0.58	1.81

Table 2. Association between cortical BMD and carotideal plaques, adjusted for potential confounders.

	Odds ratio	Lower 95% CI	Upper 95% CI
Cortical BMD, Worst qtl vs. Best	0.97	0.48	1.95
Cortical BMD, II qtl vs. Best	0.91	0.46	1.79
Cortical BMD, III qtl vs. Best	0.9	0.47	1.72
Years since menopause (1 year increments)	1.06	1.03	1.1
BMI (unit increments)	1.01	0.94	1.08
Log PTH (unit)	0.9	0.51	1.57
Log Vitamin D (unit)	0.77	0.49	1.21
Log Leptin (unit)	0.92	0.66	1.28
Log DHEAS (unit)	0.97	0.73	1.29
Log free testosteron (unit)	0.79	0.6	1.04
MUFA intake (unit)	1.01	0.99	1.04
Low physical activity in the last year (Y vs. N)	0.63	0.37	1.06
Diabetes mellitus	1.04	0.47	2.31
Chronic obstructive pulmonary disease	0.56	0.14	1.93
Creatinine clearance < 60 ml/min	1.02	0.58	1.82

Table 3. Association between trabecular BMD and PAD, adjusted for potential confounders.

	Odds ratio	Lower 95% CI	Upper 95% CI
Trabecular BMD, Worst qtl vs. Best	1.52	0.57	4.21
Trabecular BMD, II qtl vs. Best	1.16	0.41	3.3
Trabecular BMD, III qtl vs. Best	1.66	0.62	4.62
Years since menopause (1 year increments)	1.02	0.97	1.06
BMI (unit increments)	1.07	0.97	1.18
Log PTH (unit)	0.43	0.19	0.96
Log Vitamin D (unit)	0.75	0.39	1.44
Log Leptin (unit)	0.92	0.58	1.47
Log DHEAS (unit)	0.83	0.56	1.22
Log free testosteron (unit)	0.63	0.45	0.87
MUFA intake (unit)	1.03	1	1.07
Low physical activity in the last year (Y vs. N)	1.41	0.65	3.28
Diabetes mellitus	0.88	0.23	2.63
Chronic obstructive pulmonary disease	1.51	0.3	5.67
Creatinine clearance < 60 ml/min	1.51	0.64	3.63

Table 4. Association between cortical BMD and PAD, adjusted for potential confounders.

	Odds ratio	Lower 95% CI	Upper 95% CI
Cortical BMD, Worst qtl vs. Best	2.46	0.86	7.62
Cortical BMD, II qtl vs. Best	1.29	0.42	4.12
Cortical BMD, III qtl vs. Best	2.18	0.79	6.5
Years since menopause (1 year increments)	1.02	0.98	1.07
BMI (unit increments)	1.07	0.97	1.19
Log PTH (unit)	0.38	0.16	0.86
Log Vitamin D (unit)	0.81	0.41	1.57
Log Leptin (unit)	0.9	0.56	1.46
Log DHEAS (unit)	0.86	0.58	1.28
Log free testosteron (unit)	0.63	0.45	0.89
MUFA intake (unit)	1.03	1	1.07
Low physical activity in the last year (Y vs. N)	1.4	0.62	3.4
Diabetes mellitus	0.87	0.19	2.97
Chronic obstructive pulmonary disease	1.18	0.23	4.46
Creatinine clearance < 60 ml/min	1.59	0.67	3.84