

Supplementary Online Content

Lee K, Tripathy D, Demark-Wahnefried W, et al. Effect of aerobic and resistance exercise intervention on cardiovascular disease risk in women with early-stage breast cancer: a randomized clinical trial. *JAMA Oncol*. Published online March 28, 2019. doi:10.1001/jamaoncol.2019.0038

eTable 1. Female Specific Pre-set Cut Points of Six Variables in FRS and FRS-predicted 10-year Risk (%)

eTable 2. Patient Characteristics

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable 1. Female Specific Pre-set Cut Points of Six Variables in FRS and FRS-predicted 10-year Risk (%)

Variable		Points
Age (years)	30-34	-9
	35-39	-4
	40-44	0
	45-49	3
	50-54	6
	55-59	7
	60-74	8
LDL-Cholesterol	<100	-2
	100-159	0
	>160	2
HDL-Cholesterol	<35	5
	35-44	2
	45-49	1
	50-59	0
	≥60	-2
Systolic blood pressure (mmHg)	<120	-3
	120-139	0
	140-159	2
	≥160	3
Diagnosis of Diabetes	No	0
	Yes	4
Smoker *	No	0
	Yes	2
FRS-predicted 10-year Risk (%)	<-2	1
	-1 to 1	2
	2 to 3	3
	4	4
	5	5
	6	6
	7	7
	8	8
	9	9
	10	11
	11	13
	12	15
	13	17
	14	20
	15	24
16	27	
≥17	≥32	

Adapted from Viera and Sheridan. Global Risk of Coronary Heart Disease: Assessment and Application. *Am Fam Physician*. 2010;82(3):265-274.

* Smokers were screened out of this study due to the inclusion/exclusion criteria of the trial.

eTable 2. Patient Characteristics

Data reported as median (interquartile range) or number (%).

Characteristic	Exercise N = 50	Usual Care N = 50	P value
Age (years)	53 (38, 68)	52 (37, 66)	0.87
Menopausal status, n (%)			
Premenopausal	23 (44)	19 (38)	0.65
Postmenopausal	27 (56)	28 (62)	0.70
Weight (kg)	87 (75, 98)	85 (74, 95)	0.81
Height (cm)	162 (158, 166)	161 (156, 165)	0.87
BMI (kg/m ²)	33 (30, 36)	32 (30, 35)	0.90
Race/Ethnicity, n (%)			
Non-Hispanic White	11 (21)	15 (31)	0.45
Hispanic White	28 (56)	27 (53)	0.95
African American	3 (6)	1 (2)	0.36
Asian/Pacific Islander	8 (17)	7 (14)	0.79
Disease stage, n (%)			
1	20 (40)	21 (42)	0.91
2	19 (38)	19 (38)	1.00
3	11 (22)	10 (20)	0.95
Treatment in addition to surgery, n (%)			
Radiation only	4 (8)	6 (12)	0.58
Chemotherapy only	8 (16)	5 (10)	0.69
Radiation and chemotherapy	38 (76)	39 (78)	0.98
Current endocrine therapy, n (%)			
None	6 (12)	10 (20)	0.39
Tamoxifen	23 (46)	24 (49)	0.77
Aromatase inhibitor	21 (42)	16 (31)	0.28

Group comparisons were performed by independent sample t tests for continuous variables and Pearson chi-squared and Fisher's exact tests for categorical variables.