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Escudero-Martínez et al.   A Healthy Lifestyle May Protect from Silent Infarction

Supplementary Table 2. Univariate analysis

Varible	SBI (+) (n=66, 14.9%)	SBI (–) (n=377, 85.1%)	P
Men	40 (60.6)	215 (57.0)	0.588
Age (yr)	71±7	65±8	<0.001
Hypertension	32 (48.5)	195 (51.7)	0.627
Diabetes	5 (7.6)	20 (5.3)	0.461
Hyperlipidemia	28 (42.4)	140 (37.1)	0.414
Tobacco			0.416
Non-smoker	52 (78.8)	319 (84.6)	
Smoker	11 (16.7)	49 (13.0)	
Ex	3 (4.5)	9 (2.4)	
Alcohol (>78 g/wk)	24 (36.4)	84 (22.3)	0.014
Vascular disease	2 (3)	9 (2.4)	0.757
Congestive heart failure	1 (1.5)	4 (1.1)	0.747
Renal insufficiency	2 (3)	4 (1.1)	0.202
Chronic liver disease	0 (0)	1 (0.3)	0.675
Atrial fibrillation type			
Paroxysmal	50 (75.8)	316 (83.8)	0.208
Persistent	5 (7.6)	22 (5.8)	
Permanent	11 (16.7)	37 (9.8)	
Antiplatelet therapy	52 (78.8)	278 (73.7)	0.385
Antiarrhythmics	34 (51.5)	208 (55.2)	0.582
Statins	27 (40.9)	113 (30)	0.078
Mediterranean diet adherence			0.614
Very low	3 (4.5)	23 (6.1)	
Low	22 (33.3)	97 (25.7)	
Moderate	36 (54.5)	222 (58.9)	
High	5 (7.6)	35 (9.3)	
Physical activity			0.106
Low	25 (37.9)	96 (25.5)	
Moderate	21 (31.8)	135 (35.8)	
High	20 (30.3)	146 (38.7)	
Healthy profile	11 (16.6)	110 (30)	0.035

Values are presented as number (%) or mean±standard deviation.
SBI, silent brain infarct.