

Table S1. Demographics of study subjects.

Variable	Units	Mean	Median	SD	Minimum	Maximum
Age	years	45.6	47.0	9.0	34.0	55.0
Height	cm	176.6	177.0	7.6	164.0	183.0
Weight	kg	85.9	86.9	6.5	78.1	95.2
BMI	kg/m ²	27.6	27.9	1.5	26.0	29.1