Supplemental material

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Supplemental Table 1. Data from adolescent girls with polycystic ovary syndrome (PCOS) who were randomized to receive ethinylestradiol-levonorgestrel (N=31) or low-dose spironolactone-pioglitazone-metformin (N=31) for 12 months.

	All PCOS (N=62)	Ethinylestradiol-Levonorgestrel (N=31)			SPIOMET (N=31)		
		Start [a]	12 mo	Δ 0-12 mo	Start [a]	12 mo	Δ 0-12 mo
Age (yr)	15.8 ± 0.2	15.9 ± 0.2	--	--	15.7 ± 0.2	--	--
BMI (kg/m^2)	24.2 ± 0.5	24.2 ± 0.7	24.9 ± 0.8 [c]	0.7 ± 0.3	24.2 ± 0.7	23.9 ± 0.7	-0.2 ± 0.3 [e]
BMI Z-score	0.8 ± 0.1	0.9 ± 0.2	1.1 ± 0.2 [b]	0.2 ± 0.1	0.8 ± 0.2	0.7 ± 0.2	-0.1 ± 0.1 [e]
Hirsutism score	0.2 ± 0.1	17 ± 1	14 ± 1 [d]	-3 ± 1	16 ± 1	11 ± 1 [d]	-5 ± 1 [g]
SHBG (nmol/L)	30 ± 2	31 ± 2	61 ± 5 [d]	30 ± 4	30 ± 2	32 ± 2	2 ± 2 [g]
Testosterone (ng/dL)	41 ± 4	38 ± 4	21 ± 2 [d]	-17 ± 4	43 ± 7	23 ± 2 [c]	-20 ± 7
Androstenedione (ng/dL)	151 ± 8	137 ± 9	73 ± 6 [d]	-64 ± 10	164 ± 11	100 ± 9 [d]	-64 ± 11
Fasting Insulin (µU/mL)	11 ± 1	12 ± 1	15 ± 1 [b]	3 ± 1	10 ± 1	6 ± 1 [d]	-4 ± 1 [g]
HOMA-IR	2.3 ± 0.2	2.6 ± 0.3	3.0 ± 0.3	0.4 ± 0.2	2.1 ± 0.2	1.2 ± 0.1 [d]	-0.9 ± 0.3 [f]
Triacylgycerol (mg/dL)	60 ± 3	58 ± 3	66 ± 4 [b]	8 ± 3	62 ± 4	59 ± 4	-3 ± 4 [e]
LDL-cholesterol (mg/dL)	89 ± 3	90 ± 3	105 ± 5 [d]	15 ± 4	87 ± 4	87 ± 4	0 ± 2 [f]
HDL-cholesterol (mg/dL)	51 ± 1	51 ± 2	51 ± 2	0 ± 1	50 ± 2	55 ± 2 [c]	5 ± 2 [e]
HMW-adiponectin (mg/L)	6.8 ± 0.6	6.5 ± 0.6	8.9 ± 1.3 [b]	2.6 ± 1.1	7.1 ± 0.9	17.1 ± 2.6 [d]	10.0 ± 2.1 [f]
C-Reactive Protein (mg/L)	1.5 ± 0.2	1.2 ± 0.2	2.6 ± 0.4 [c]	1.4 ± 0.4	1.8 ± 0.4	0.7 ± 0.1 [c]	-1.1 ± 0.4 [g]
Abd MRI Subc Fat (cm^2)	174 ± 14	169 ± 18	184 ± 19	15 ± 9	179 ± 21	171 ± 19	-8 ± 11
Visceral Fat (cm^2)	43 ± 2	41 ± 3	45 ± 4	4 ± 3	44 ± 3	35 ± 2 [b]	-9 ± 4 [f]
Liver Fat (%)	17 ± 1	17 ± 1	19 ± 1	2 ± 1	18 ± 1	10 ± 1 [d]	-8 ± 1 [g]

Values are are mean ± SEM. BMI, body mass index; SHBG, sex hormone-binding globulin; HOMA-IR, homeostasis model assessment-insulin resistance; HMW adiponectin, high-molecular-weight adiponectin; Abd MRI, abdominal magnetic resonance imaging

[a] no significant differences between randomized subgroups at start
[b] $p < 0.05$, [c] $p \leq 0.01$ and [d] $p \leq 0.001$ within subgroups for 0-12 mo change (Δ)
[e] $p < 0.05$, [f] $p \leq 0.01$, [g] $p \leq 0.001$ between subgroups for 0-12 mo change (Δ)

The contents of this Table are derived from Ref. 6