

Table S2. The comparison between baseline and follow-up

	Control			PCOS		
	Baseline	Follow-up	P value	Baseline	Follow-up	P value
	(n=128)	(n=119)		(n=128)	(n=128)	
Age (years)	42.8 ± 7.2	53.9 ± 7	<0.001	30.0 ± 6.4	40.5 ± 6.1	<0.001
Follow-up duration (years)		11.3 ± 0.5			10.4 ± 1.2	
BMI (kg/m²)	23.1 ± 3.6	23.9 ± 4	<0.001	25.9 ± 5.8	26.9 ± 6.3	<0.001
waist (cm)	75.3 ± 8.3	81 ± 9.7	<0.001	82.5 ± 13	83.5 ± 14.5	.176
Waist-to-hip ratio	0.8 ± 0.1	0.9 ± 0.1	<0.001	0.8 ± 0.1	0.8 ± 0.1	0.001
SBP (mmHg)	111 ± 15	121 ± 16	<0.001	111 ± 15	119 ± 15	<0.001

DBP (mmHg)	71 ± 10	74 ± 10	<0.001	71 ± 10	78 ± 12	<0.001
Total Cholesterol (mmol/L)	5.1 ± 1.1	5.4 ± 0.7	<0.001	4.8 ± 1.1	5 ± 0.9	.042
Triglyceride (mmol/L)	0.8 (0.6-1.2)	0.9 (0.7-1.4)	<0.001 [#]	0.9 (0.7-1.5)	1.1 (0.7-1.7)	.005 [#]
HDL-C (mmol/L)	1.7±0.5	1.8 ± 0.4	.666	1.6 ± 0.6	1.6 ± 0.5	.072
LDL-C (mmol/L)	2.9 ± 1.0	3.1 ± 0.7	0.009	2.6 ± 0.9	2.8 ± 0.8	0.007
Glu-fast (mmol/L)	4.8±0.5	5 ± 0.6	<0.001	5.1 ± 1.1	5.5 ± 1.9	.001
Glu-2h (mmol/L)	6.3±1.8	6.6 ± 1.8	.008	7.3 ± 2.8	7.8 ± 3.6	.001
Insulin (μU/ml)	7.4 (4.9-10.8)	6.9 (4.8-9.7)	.157 [#]	10.5 (6.2-22.6)	8.2 (4.9-14.9)	.002 [#]
HOMA-IR	1.6 (1.0-2.4)	1.4 (1.0-2.1)	.531 [#]	2.3 (1.3-5.5)	2.0 (1.0-3.8)	.078 [#]

HOMA-β	121 (76-203)	85 (65-137)	<0.001 [#]	153 (93-296)	115 (73-183)	<0.001 [#]
LH (IU/L)	-	-	-	8.6 ± 6.5	9.5 ± 10.3	.985
FSH (IU/L)	-	-	-	5.6 ± 2.0	8.5 ± 8.2	<0.001
LH/FSH	-	-	-	1.6 ± 1.1	1.4 ± 1.4	.010

Data are expressed as mean ± SD, median (Q1-Q3), and analyzed by paired samples t-test or [#] Mann-Whitney U-test as appropriate.

Abbreviation: BMI, body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure; HDL-C, high-density lipoprotein cholesterol; LDL-C, low-density lipoprotein cholesterol; Glu-fast, fasting glucose; Glu-2h, two-hour glucose; HOMA-IR, homeostasis model assessment of insulin resistance; HOMA-β, homeostasis model assessment of beta cell function; LH, luteinizing hormone; FSH, follicle-stimulating hormone.