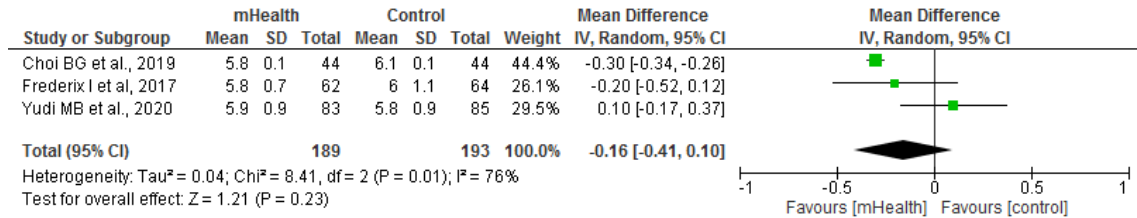
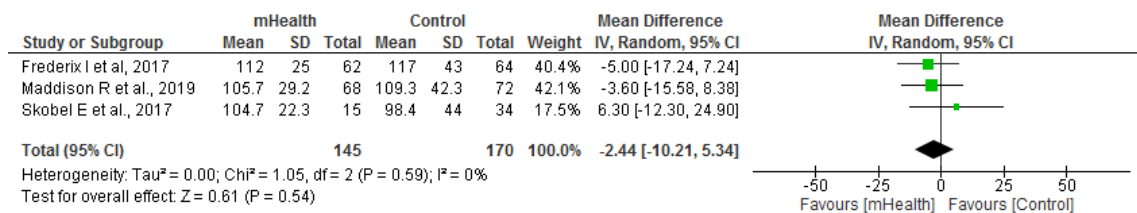


**Supplementary figures S4.** Forest plots for changes in HbA1c, glucose, heart rate and smoking cessation.

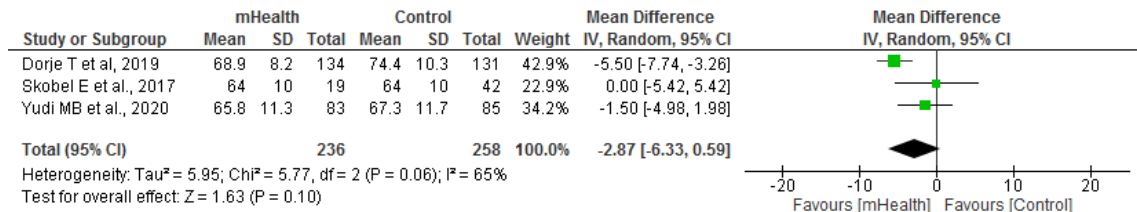
**HbA1c**



**Glucose**



**Heart rate**



**Smoking cessation**

