

Supplementary Appendix

This appendix has been provided by the authors to give readers additional information about their work.

Supplement to: Gaede P, Vedel P, Larsen N, et al. Multifactorial Intervention and Cardiovascular Disease in Patients with Type 2 Diabetes. *N Engl J Med* 2003;348:383-93.

Supplementary Appendix. Base-Line Characteristics of the Patients.*

Characteristic	Conventional Therapy (N=80)	Intensive Therapy (N=80)
Demographic		
Sex		
Male	56	63
Female	24	17
Age (yr)	55.2±7.2	54.9±7.2
Clinical		
Body-mass index		
Men	30.3±5.3	29.3±3.6
Women	28.9±3.8	31.1±4.5
Waist circumference (cm)		
Men	107±14	105±10
Women	101±13	100±14
Hip circumference (cm)		
Men	106±13	106±10
Women	108±11	112±9
Systolic blood pressure (mm Hg)	149±19	146±20
Diastolic blood pressure (mm Hg)	86±11	85±10
Smoking status (no. of patients)		
Never smoked	20	21
Former smoker	33	27
Current smoker	27	32
Duration of diabetes (yr)		
Median	6.0	5.5
Range	4.0–10.0	2.0–8.8
Retinopathy (no. of patients)		
Nonproliferative	18	16
Proliferative or photocoagulated	3	6
Neuropathy (no. of patients)		
Autonomic	20	24
Peripheral	29	26
Known cardiovascular disorders (no. of patients)		
Electrocardiographic evidence of ischemia	21	18
Myocardial infarction	2	6
Coronary-artery bypass graft	2	0
Stroke	3	2
Angina or intermittent claudication	13	13
Arterial surgery on legs	2	1
Amputation owing to ischemia	0	0

Supplementary Appendix. (Continued.)		
Characteristic	Conventional Therapy (N=80)	Intensive Therapy (N=80)
Daily dietary intake		
Energy intake (kcal)		
Median	2138	2258
Range	1351–6065	1391–3366
Protein (% of energy intake)	15.6±2.0	15.4±2.5
Carbohydrates (% of energy intake)	38.6±6.1	37.2±6.3
Alcohol (% of energy intake)	4.0±6.6	6.3±9.2
Fat (% of energy intake)	41.8±6.5	41.1±6.4
Saturated fatty acids (% of energy intake)	17.4±4.0	17.5±3.4
Exercise (min/wk)		
Median	105	120
Range	0–900	0–725
Biochemical		
Fasting plasma glucose (mg/dl)	189±54	182±56
Glycosylated hemoglobin (%)	8.8±1.7	8.4±1.6
Fasting serum C peptide (pmol/liter)		
Median	863	846
Range	300–1686	294–1655
Stimulated serum C peptide (pmol/liter)		
Median	1514	1438
Range	644–3170	680–3315
Fasting serum triglycerides (mg/dl)	270±280	195±126
Fasting serum total cholesterol (mg/dl)	223±50	210±41
Fasting serum LDL cholesterol (mg/dl)	137±37	133±36
Fasting serum HDL cholesterol (mg/dl)	39±11	40±9
Serum creatinine (mmol/liter)	76±16	78±17
Urinary albumin excretion rate (mg/24 hr)		
Median	69	78
Range	32–286	32–265
Urinary sodium excretion rate (mmol/24 hr)		
Median	211	185
Range	46–577	25–513
Glomerular filtration rate (ml/min/1.73 m ²)	118±25	116±24

* Plus–minus values are means ±SD. To convert values for energy intake to kilojoules, multiply by 4.184. To convert values for glucose to millimoles per liter, multiply by 0.05556. To convert values for triglycerides to millimoles per liter, multiply by 0.01129. To convert values for cholesterol to millimoles per liter, multiply by 0.02586. LDL denotes low-density lipoprotein, and HDL high-density lipoprotein.