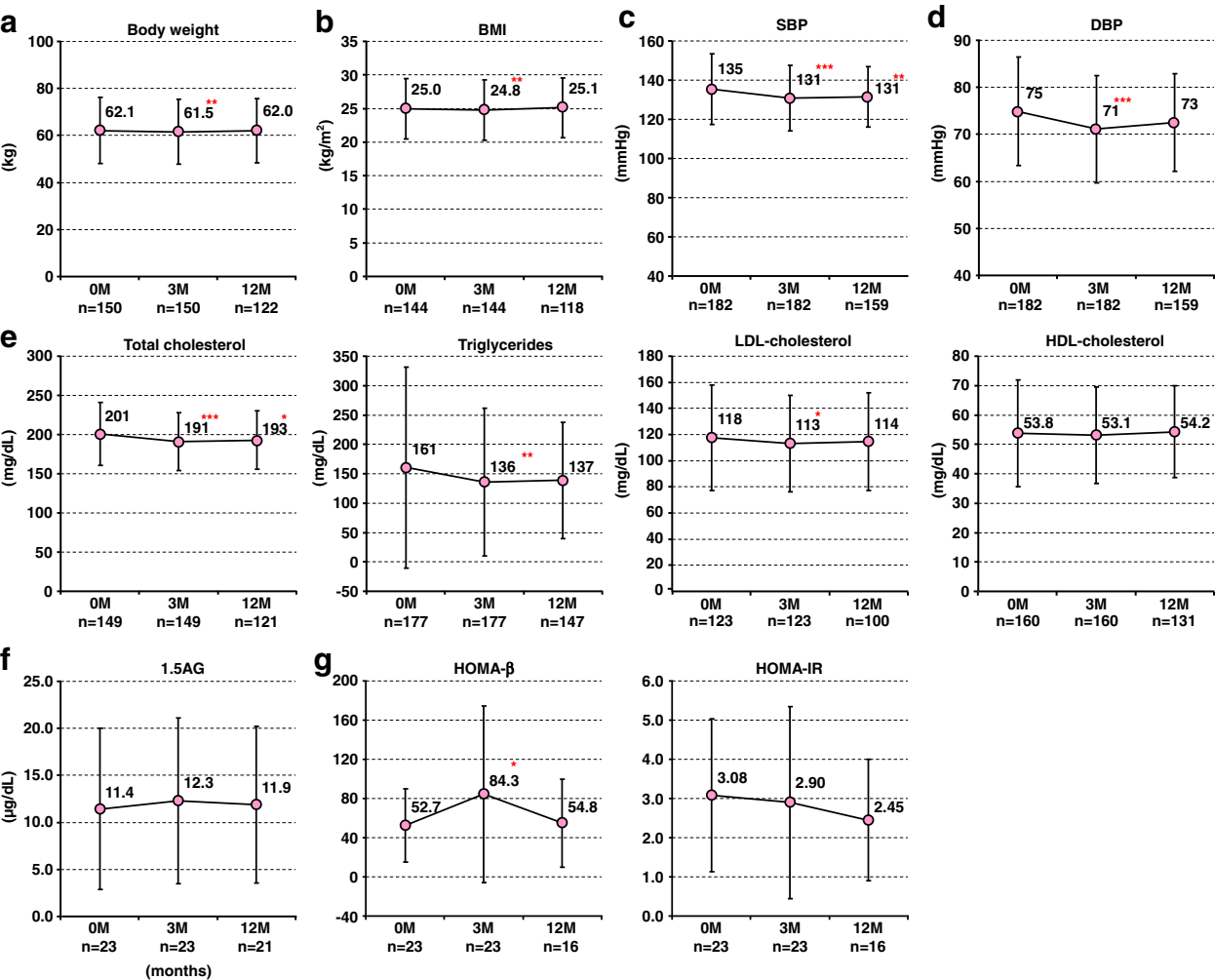
a
Body weight
(kg)
62.1
61.5
**
62.0
0M n=150
3M n=150
12M n=122
b
BMI
(kg/m²)
25.0
24.8
**
25.1
0M n=144
3M n=144
12M n=118
c
SBP
(mmHg)
135
131
***
131
**
0M n=182
3M n=182
12M n=159
d
DBP
(mmHg)
75
71
***
73
0M n=182
3M n=182
12M n=159
e
Total cholesterol
(mg/dL)
201
191
***
193
*
0M n=149
3M n=149
12M n=121
Triglycerides
(mg/dL)
161
136
**
137
0M n=177
3M n=177
12M n=147
LDL-cholesterol
(mg/dL)
118
113
*
114
0M n=123
3M n=123
12M n=100
HDL-cholesterol
(mg/dL)
53.8
53.1
54.2
0M n=160
3M n=160
12M n=131
f
1.5AG
(μg/dL)
11.4
12.3
11.9
0M n=23
3M n=23
12M n=21
(months)
g
HOMA-β
52.7
84.3
*
54.8
0M n=23
3M n=23
12M n=16
HOMA-IR
3.08
2.90
2.45
0M n=23
3M n=23
12M n=16