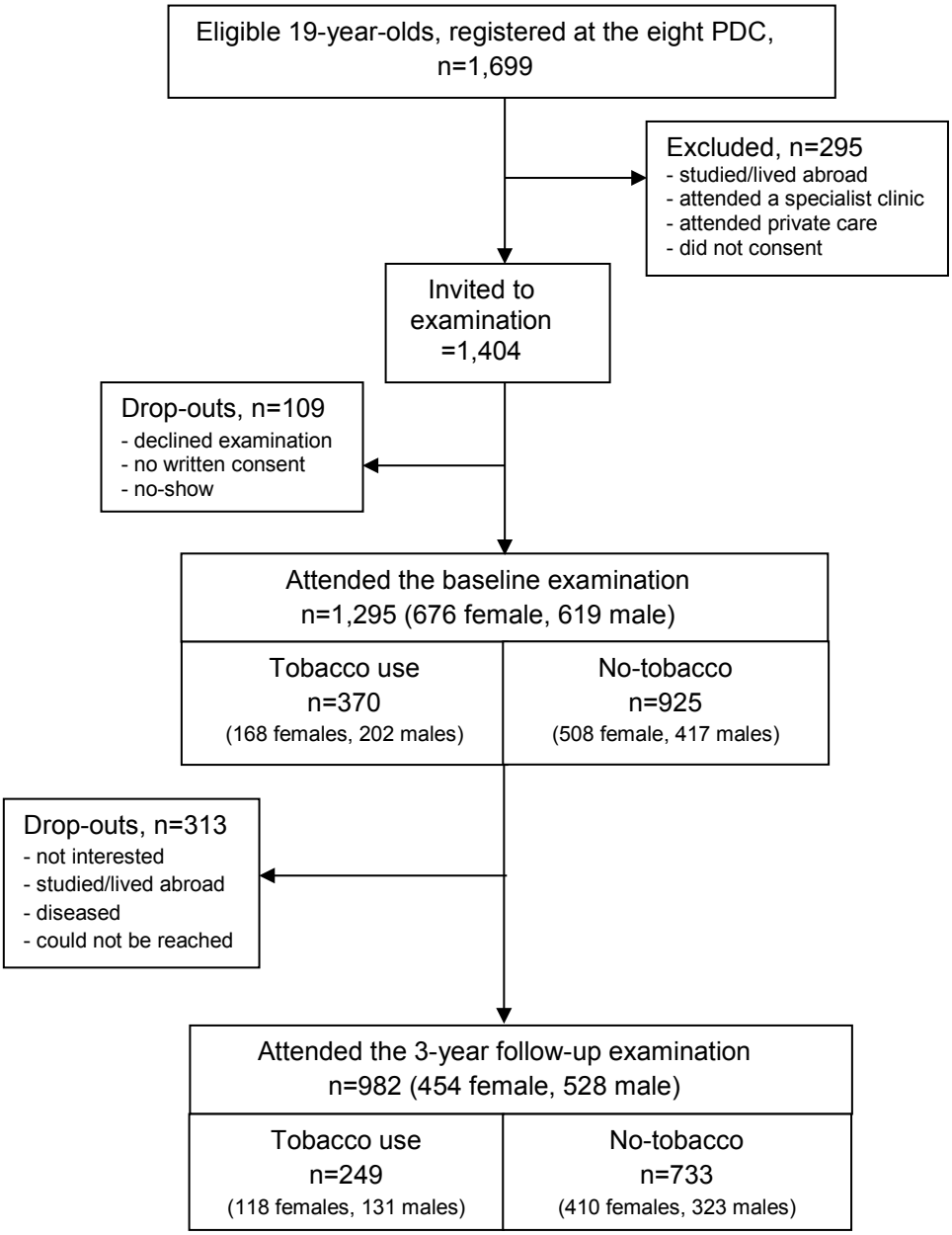Additional file 1. Flow-chart of the 3-year study with reasons for dropping out.