

Supplementary material

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Gene	rs number	Odds ratio	Risk allele frequency	Weight	Effect allele	Other allele	Source reference
<i>PROX1</i>	rs340874	1.09	0.477	0.09	C	T	[18]
<i>GCKR</i>	rs780094	1.07	0.363	0.07	C	T	[18]
<i>ADCY5</i>	rs11708067	0.88	0.211	-0.12	G	A	[18]
<i>CDKAL1</i>	rs10946398	1.13	0.336	0.13	C	A	[18]
<i>DGKB / TMEM195</i>	rs2191349	1.09	0.485	0.09	T	G	[18]
<i>SLC30A8</i>	rs11558471	0.89	0.332	-0.11	G	A	[18]
<i>CDKN2B</i>	rs10811661	0.84	0.154	-0.16	C	T	[20]
<i>HHEX</i>	rs7923837	0.90	0.376	-0.10	A	G	[18]
<i>TCF7L2</i>	rs7903146	1.37	0.269	0.37	T	C	[18]
<i>MC4R</i>	rs17782313	1.08	0.265	0.08	C	T	[20]
<i>HHEX</i>	rs5015480	0.89	0.425	-0.11	T	C	[18]
<i>KCNJ11</i>	rs5215	1.07	0.402	0.07	C	T	[18]
<i>MTNR1B</i>	rs10830963	1.09	0.295	0.09	G	C	[18]
<i>FTO</i>	rs8050136	1.15	0.412	0.15	A	C	[18]
<i>FTO</i>	rs8044769	0.90	0.480	-0.10	T	C	[20]
<i>PPARG</i>	rs1801282	0.88	0.136	-0.12	G	C	[20]
<i>IGF2BP2</i>	rs4402960	1.12	0.316	0.12	T	G	[18]
<i>COBLL1</i>	rs13389219	0.92	0.391	-0.08	T	C	[18]
<i>COBLL2</i>	rs7607980	0.88	0.117	-0.12	C	T	[18]

Table describes the single nucleotide polymorphisms (rs number) from which type 2 diabetes genetic risk scores were calculated. These single nucleotide polymorphisms were selected from two large-scale genome-wide association studies [18,20] that estimated the effect size of each single nucleotide polymorphism is explaining the variation in type 2 diabetes prevalence in very large patient populations.

Table S2 Characteristics of the participants by unweighted Genetic Risk Score					
	Low uGRS		High uGRS		P-value
	Median	IQR	Median	IQR	
Age, years	37.67	26.12–52.64	37.85	27.30–52.91	0.97
BMI, kg/m ²	26.74	23.78–31.84	27.16	24.45–31.87	0.33
BFM, kg	21.91	14.80–34.24	24.00	16.72–32.18	0.23
PBF, %	28.75	21.04–37.15	30.00	22.71–38.04	0.23
SMM, kg	32.60	25.08–38.32	31.00	25.11–38.64	0.77
SM%, %	39.43	34.33–44.09	38.93	34.04–43.22	0.29
FPG, mg/dl	91.00	83.00–99.00	94.00	89.00–105.00	0.002
2-h PG, mg/dl	86.20	73.75–106.00	91.00	74.50–111.00	0.09
Fasting insulin, μ U/ml	9.49	6.25–15.56	9.81	7.18–16.02	0.58
HOMA- β , %	125.29	81.23–214.25	115.45	80.06–173.06	0.09
HOMA-IR	2.15	1.46–3.77	2.30	1.60–3.69	0.18
HbA1c, %	5.40	5.10–5.60	5.40	5.10–5.70	0.24
CHOL, mg/dl	187.00	156.0–217.0	186.00	164.0–211.5	0.91
LDL, mg/dl	104.60	80.75–134.50	106.50	82.56–129.05	0.73
HDL, mg/dl	58.00	50.00–68.00	58.00	49.00–67.00	0.78
TG, mg/dl	91.00	65.75–137.18	94.50	67.48–134.85	0.50
DEI, kcal/day	1728.61	1385–2412	1607.09	1324–2223	0.17
Protein intake, g/day	81.39	62.12–109.77	81.88	60.34–96.87	0.58
Fat intake, g/day	57.84	44.29–84.12	58.23	43.87–81.99	0.45
Carbohydrates intake, g/day	220.80	171.3–286.3	218.72	170.8–283.4	0.72
Physical activity, MET min/week	7464	3412–14340	7587	3588–12980	0.88

Table shows median values and interquartile ranges (IQR). The *P*-value describes significance of difference between participants with high and low unweighted genetic risk score (high uGRS and low uGRS, respectively) using Wilcoxon rank-sum test. Abbreviations: BFM, body fat mass; BMI, body mass index; CHOL, total cholesterol concentration; DEI, average daily energy intake; FPG, fasting plasma glucose; HbA1c, haemoglobin A1c concentration; HDL, HDL-cholesterol concentration; HOMA- β , homeostatic model assessment of beta cell function; HOMA-IR, homeostatic model assessment of insulin resistance; IQR, interquartile ranges; LDL, LDL-cholesterol concentration; n, sample size; PBF, percent body fat; SMM, skeletal muscle mass; SM%, skeletal muscle percentage; TG, triglycerides concentration; uGRS, unweighted genetic risk score; 2-h PG, 2-hour plasma glucose

SI conversion factors: to convert glucose to mmol/l, multiply by 0.0555; insulin to pmol/l, multiply by 6.0; CHOL to mmol/l, multiply by 0.0259; HDL-cholesterol to mmol/l, multiply by 0.0259; LDL-cholesterol to mmol/l, multiply by 0.0259; TG to mmol/l, multiply by 0.0113.

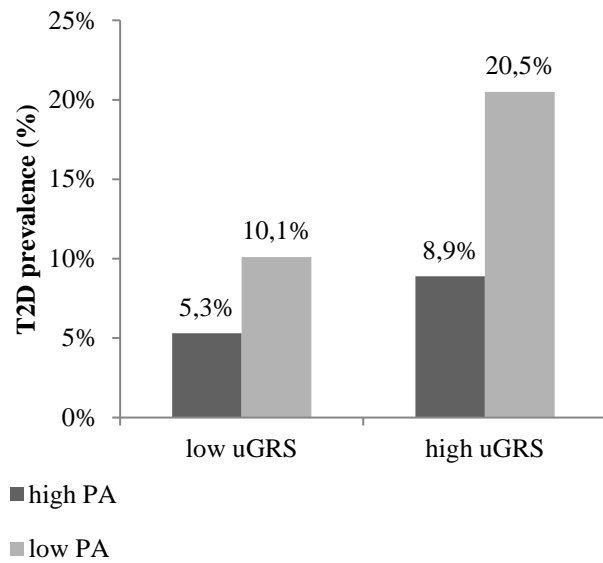


Figure S1 Type 2 diabetes prevalence (%) in unweighted genetic risk score and physical activity groups

References

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2 Morris AP, Voight BF, Teslovich TM, et al. Large-scale association analysis provides insights into the genetic architecture and pathophysiology of type 2 diabetes. *Nat Genet*. 2012; 44: 981–990.