

Supplementary Table 3. Changes in metabolic syndrome-related indicators between the earliest and latest available measurements (n=32)

Parameter	Earliest	Latest	P value
Anthropometric indices			
BMI z score	3.27±0.64	3.30±0.87	0.732
Waist circumference z score	2.95±0.43	2.96±0.58	0.810
Blood pressure			
Systolic (mmHg)	124.65±12.66	122.41±12.09	0.254
Diastolic (mmHg)	69.93±9.59	68.34±9.63	0.277
Laboratory tests			
Fasting glucose (mg/dL)	93.50±8.98	93.88±7.97	0.778
HbA1c (%)	5.44±0.33 (n=28)	5.42±0.45 (n=30)	0.185
Total cholesterol (mg/dL)	179.19±30.90	169.47±29.61	0.069
Triglycerides (mg/dL)	124.31±72.66	108.41±45.85	0.240
HDL (mg/dL)	48.16±9.77	47.31±7.95	0.659
AST (U/L)	37.97±21.58	33.47±26.84	0.013
ALT (U/L)	58.28±45.48	51.94±57.33	0.021
Uric acid (mg/dL)	6.15±1.22 (n=31)	6.85±1.52	<0.001
Metabolic syndrome diagnosis (IDF)	10 (31.2)	7 (21.9)	0.579

Values are presented as number (%) or mean±standard deviation. BMI, body mass index; HbA1c, glycated hemoglobin; HDL, high-density lipoprotein; AST, aspartate aminotransferase; ALT, alanine aminotransferase; IDF, International Diabetes Federation. Percentages for participants indicate proportions within the overall cohort, whereas percentages for male sex and metabolic syndrome diagnosis indicate proportions within the metabolic subset. Comparisons were made using paired t test or Wilcoxon signed-rank test, as appropriate; categorical variables were analyzed using McNemar test. For total cholesterol, triglycerides, HDL-cholesterol, AST, and ALT, P values were calculated using log-transformed values to account for skewed distributions. Boldface indicates a statistically significant difference with $P<0.05$.