

Table S1. Distribution of study participants according to biochemical evaluations

Biochemical investigations	Baseline	Follow-up 1		Follow-up 2	
		Prevalence	Incidence	Prevalence	Incidence
Raised HbA1c (> 6.5%) ^{a)}	23 (6.5)	20 (7.1)	10 (3.5)	36 (19.2)	13 (6.9)
Raised TSH (> 4.68 mIU/L) ^{b)}	46 (13.9)	49 (14.5)	31 (9.2)	56 (16.0)	23 (6.6)
Liver function test ^{c)}					
AST/SGOT (> 59 IU/L)	35 (9.8)	25 (7)	15 (4.2)	23 (6.4)	13 (3.6)
ALT/SGPT (> 50 IU/L)	73 (20.4)	70 (19.6)	30 (8.4)	52 (14.6)	17 (4.8)
ALP (> 126 IU/L)	57 (16.0)	68 (19)	45 (12.6)	60 (16.8)	25 (7.0)
Kidney function test ^{d)}					
Creatinine (> 1.3 mg/dL)	6 (1.7)	7 (2.0)	3 (0.8)	6 (1.6)	4 (1.1)
Urea (> 43 mg/dL)	12 (3.3)	11 (3.1)	9 (2.5)	10 (2.7)	6 (1.6)
Uric acid (8.5 mg/dL)	10 (2.8)	9 (2.5)	7 (1.9)	6 (1.7)	5 (1.4)
Peripheral blood smear					
Transformed lymphocytes	31 (8.4)	6 (1.6)	4 (1.1)	4 (1.1)	3 (0.8)
Activated monocytes	14 (3.8)	5 (1.4)	4 (1.1)	4 (1.1)	3 (0.8)
Absolute neutrophil count (abnormally high)	65 (17.6)	81 (22.0)	61 (16.5)	78 (21.1)	43 (11.7)
Absolute eosinophil count (abnormally high)	32 (8.7)	36 (9.8)	29 (7.9)	26 (7.0)	17 (4.6)

Data are presented as *n* (%).

HbA1c, hemoglobin A1c; TSH, thyroid-stimulating hormone; AST, aspartate aminotransferase; ALT, alanine aminotransferase; ALP, alkaline phosphatase.

^{a)}Baseline (*n* = 351), follow-up 1 (*n* = 281), and follow-up 2 (*n* = 187). ^{b)}Baseline (*n* = 330), follow-up 1 (*n* = 337), and follow-up 2 (*n* = 350). ^{c)}Baseline (*n* = 362), follow-up 1 (*n* = 357), and follow-up 2 (*n* = 364). ^{d)}Baseline (*n* = 363), follow-up 1 (*n* = 357), and follow-up 2 (*n* = 364).