*Burggraaf et al. Effect of a treat-to-target intervention of cardiovascular risk factors on subclinical and clinical atherosclerosis in rheumatoid arthritis: a randomized clinical trial*

**ONLINE SUPPLEMENTAL MATERIAL**

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**Table S1.** Linear mixed model of progression of carotid intima media thickness

|  |  |  |
| --- | --- | --- |
|  | **Parameter Estimates** **(95%-confidence interval)** | **p-value** |
| Intercept | 0.037 (0.002-0.72) | 0.037 |
| Treatment group | 0.028 (0.017-0.039) | <0.001 |
| Female sex | -0.007 (-0.019-0.005) | 0.28 |
| Baseline cIMT | 0.950 (0.898-1.002) | <0.001 |
| Time | 0.000 (0.000-0.001) | <0.001 |
| DAS28 | -0.000 (-0.003-0.002) | 0.54 |
| Biological use | -0.002 (-0.012-0.007) | 0.60 |
| Methrotrexate use | 0.001 (-0.009-0.011) | 0.91 |

Abbreviations: cIMT, carotid Intima Media Thickness; DAS28, Disease Activity Score with 28 joints counted and the erythrocyte sedimentation rate

**Table S2.** Characteristics of the high-risk cohort at baseline and after five years of follow-up.

|  |  |  |  |
| --- | --- | --- | --- |
| **Variable** | **Baseline****(n=10)** | **5 years****(n=9)** | **p-value** |
| Age, years | 65.6 (2.9) | 70.6 (2.9) | 0.13 |
| Female | 1 (10.0%) | 1 (11.1%) | 0.87 |
| Current smoking | 4 (40.0%) | 2 (22.2%) | 0.38 |
| Disease duration, years | 9.1 (8.0) | 14.1 (8.0) | 0.16 |
| Body mass index, kg/m2 | 26.2 (2.5) | 27.3 (2.8) | 0.10 |
| Waist circumference, years | 98.9 (4.6) | 102.0 (6.0) | 0.27 |
| Systolic blood pressure, mmHg | 158.1 (14.6) | 126.4 (12.1) | <0.001 |
| Diastolic blood pressure, mmHg | 91.8 (7.4) | 79.6 (7.1) | 0.03 |
| Total cholesterol, mmol/L | 5.7 (1.3) | 4.2 (0.8) | 0.02 |
| HDL-cholesterol, mmol/L | 1.1 (0.2) | 1.2 (0.3) | 0.29 |
| LDL-cholesterol, mmol/L | 4.0 (1.1) | 2.4 (0.8) | 0.006 |
| Triglycerides, mmol/L | 1.26 (0.76-1.76) | 1.28 (0.87-1.69) | 0.56 |
| Apolipoprotein AI, g/L | 1.51 (0.19) | 1.37 (0.20) | 0.09 |
| Apolipoprotein B, g/L | 1.14 (0.31) | 0.86 (0.32) | 0.02 |
| Glycated hemoglobin, mmol/mol | 36.1 (3.3) | 38.7 (3.0) | 0.09 |
| DAS28 | 2.1 (1.6-2.6) | 1.7 (0.8-2.6) | 0.93 |
| Erythrocyte sedimentation rate, mm/hour | 13.0 (6.0-20.0) | 8.0 (0.0-21.0) | 0.73 |
| C-reactive protein, mg/L | 5.5 (2.5-8.5) | 2.0 (0.0-6.0) | 0.92 |
| Carotid Intima Media Thickness, mm | 0.751 (0.085) | 0.697 (0.082) | 0.009 |
| Presence of plaques | 4 (40.0%) | 5 (50.0%)  | 0.17 |
| Statin treatment |  1 (10.0%) | 6 (60.0%) | 0.34 |
| Anti-hypertensive treatment | 1 (10.0%) | 5 (50.0%) | 0.75 |
| DMARD treatment | 10 (100.0%) | 9 (90.0%) | 0.89 |
| Biological use | 2 (20.0%) | 6 (60.0%) | 0.23 |
| Cardiovascular death | 0 (0.0%) | 0 (0.0%) | 0.99 |
| Cardiovascular event | 0 (0.0%) | 1 (10.0%) | 0.78 |

Data presented as mean (standard deviation), median (interquartile range), or number (percentage)

Abbreviations: DAS28, Disease Activity Score with 28 joints counted and the erythrocyte sedimentation rate; DMARD, disease modifying anti-rheumatic drug; HDL, high-density-lipoprotein; LDL, low-density lipoprotein

**Figure S1**. Changes in BMI, DAS28 and ESR

Mean (standard error of the mean) of body mass index (Panel A), disease activity score (Panel B) and erythrocyte sedimentation rate (Panel C) during five years of follow-up for those allocated to usual care (⏺) and treat-to-target intervention (⏹).

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**Figure S2.** Progression of carotid intima media thickness in high-risk cohort group

Mean (standard error of the mean) of carotid intima media thickness during five years follow-up in the usual care (⏺), treat-to-target intervention (⏹) and high-risk cohort (⏶) groups.

