

**Supplemental Table.** Clinical characteristics of patients with type 2 diabetes at latest annual medical examination and during the follow-up.

| Variable  | Data<br>at latest annual medical<br>examination | Mean data<br>during the follow-up |
|---|---|-----------------------------------|
| Body mass index (kg/m <sup>2</sup> )                    | 24.0 ± 3.5                                      | 23.7 ± 3.3                        |
| Diet/OHA/insulin (%)                                    | 10 / 52 / 38                                    | -                                 |
| HbA1c (%)   | 7.6 ± 1.0                                       | 7.6 ± 0.8                         |
| Total cholesterol (mg/dL)                               | 201 ± 33  | 208 ± 26                          |
| HDL-cholesterol (mg/dL)                                 | 54 (46-64)                                      | 54 (47-64)                        |
| Triglycerides (mg/dL)                                   | 94 (67-138)                                     | 100 (77-142)                      |
| LDL-cholesterol (mg/dL)                                 | 122 ± 29  | 127 ± 24                          |
| Systolic BP (mmHg)                                      | 137 ± 19  | 135 ± 15                          |
| Diastolic BP (mmHg)                                     | 74 ± 11   | 76 ± 9                            |
| Hypertension (%)  | 68.1  | 57.1                              |
| Using RAS inhibitors (%)                                | 43.2  | 26.7                              |
| Current smoking (%)                                     | 23.6  | -                                 |
| Urinary AER (µg/min)                                    | 12 (6-35)                                       | 11 (6-29)                         |
| Stage of diabetic nephropathy<br>(normo/micro/overt, %) | 62 /27/ 11                                      | -                                 |
| eGFR (mL/min per 1.73 m <sup>2</sup> )                  | 75 ± 21   | 78 ± 18                           |
| Urinary sodium excretion (g/day)                        | 4.6 ± 1.9                                       | 4.9 ± 1.6                         |
| Urinary potassium excretion (g/day)                     | 2.2 ± 0.9                                       | 2.3 ± 0.7                         |

Data are expressed as mean ± SD for normally distributed continuous variables or median (interquartile range) for skewed continuous variables.

*Abbreviations:* BP: blood pressure, eGFR: estimated glomerular filtration rate, HbA1c: hemoglobin A1c, OHA: oral hypoglycemic agent, normo/micro/overt: normoalbuminuria/microalbuminuria/overt proteinuria, RAS: renin-angiotensin system