

Acute running and coronary heart disease risk markers in male cigarette smokers and non-smokers: a randomised crossover trial

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Supplemental Table 1. Time-averaged total area under the curve values (0-8 h) for postprandial plasma concentrations and resting arterial blood pressure on day 2 of the control and exercise conditions in cigarette smokers and non-smokers.

	Cigarette smokers (<i>n</i> = 12)		Non-smokers (<i>n</i> = 12)		Non-smokers vs cigarette smokers		Control vs exercise	
	Control	Exercise	Control	Exercise	Mean difference (95% CI) ¹	<i>d</i>	Mean difference (95% CI) ¹	<i>d</i>
TAG (mmol/L h)	2.22 (1.71, 2.88)	2.04 (1.59, 2.63)	1.39 (0.99, 1.96)	1.08 (0.84, 1.39)	73% (21, 148%) ²	1.15	-15% (-23, -7%) ³	0.35
NEFA (mmol/L h)	0.32 (0.07)	0.34 (0.07)	0.31 (0.08)	0.36 (0.10)	-0.01 (-0.07, 0.05)	0.09	0.03 (0.00, 0.06) ³	0.41
Glucose (mmol/L h)	4.97 (0.37)	5.04 (0.45)	4.88 (0.50)	4.83 (0.42)	0.15 (-0.18, 0.48)	0.34	0.01 (-0.16, 0.18)	0.03
Insulin (pmol/L h)	161 (122, 212)	134 (103, 175)	125 (93, 167)	117 (95, 142)	22% (-12, 69%)	0.44	-12% (-21, -1%) ³	0.28
CRP (mg/L h)	1.01 (0.61, 1.68)	1.44 (0.76, 2.71)	0.38 (0.20, 0.73)	0.67 (0.32, 1.39)	139% (8, 429%) ²	0.94	58% (17, 113%) ³	0.50
IL-6 (pg/mL h)	2.58 (1.73, 3.84)	2.87 (2.07, 3.98)	2.36 (1.49, 3.75)	2.48 (1.85, 3.34)	12% (-29, 78%)	0.17	8% (-12, 32%)	0.11
SOD3 (ng/mL h)	1.05 (0.80, 1.39)	1.03 (0.79, 1.34)	0.80 (0.55, 1.15)	0.76 (0.54, 1.06)	34% (-12, 103%)	0.57	-4% (-9, 2%)	0.08
PRDX-4 (ng/mL h)	12.7 (10.6, 15.3)	13.1 (11.1, 15.5)	12.5 (10.6, 14.6)	11.9 (10.2, 14.0)	6% (-14, 31%)	0.21	-1% (-8, 8%)	0.03
SBP (mmHg h)	132 (13)	127 (9)	130 (11)	128 (10)	0 (-8, 9)	0.04	-3 (-7, -0.2) ³	0.28
DBP (mmHg h)	71 (8)	67 (6)	68 (6)	68 (5)	1 (-4, 6)	0.11	-2 (-4, -0.1) ³	0.32

Values for TAG, insulin, CRP, IL-6, SOD3 and PRDX4 are geometric mean (95% CI) and statistical analyses are based on log transformed data. All other values are mean (SD). Data were analysed using linear mixed models with group (cigarette smokers or non-smokers) and condition (exercise or control) included as fixed factors.

¹ For normally distributed data, values represent the mean absolute difference (95% CI of the mean absolute difference between the groups or conditions). For log transformed data, values represent the ratio of geometric means (95% CI for the ratio of geometric means between the groups or conditions).

² Main effect of group $P \leq 0.034$.

³ Main effect of condition $P \leq 0.044$.

Linear mixed models revealed no group-by-condition interactions $P \geq 0.089$.

CI, confidence interval; TAG, triacylglycerol; NEFA, non-esterified fatty acids; CRP, C-reactive protein; IL-6, interleukin-6; SOD3, superoxide dismutase 3; PRDX-4, peroxiredoxin 4; SBP, systolic blood pressure; DBP, diastolic blood pressure.