

Supplemental Table 1. Health Check Program

physical measurement	height, weight, waist circumference, BP, PR
laboratory measurement	
complete blood cell counts	WBC(Neut, Stab, Seg, Mono, Lymph, Eos), RBC(MCV, MCHC,MCH), Hb, Ht, Plt
serum chemistry	TP, Alb, ZTT, TTT, AST, ALT, LDH, T-B, D-B, ALP, γ -GTP, ChE, Amy, LAP BUN, Cr, Na, K, Cl, Ca, P, TC, TG, LDL-C, HDL-C, UA, FPG, HbA1c, Insulin, hsCRP, Fe TSH, free T3, free T4, BNP
urine analysis	pH, urine specific gravity, u-pro, u-glu, u-uro,u-keton, WBC, RBC,
tumor marker	CEA, CA19-9, CA-125, AFP, PSA
chest , abdominal Xp	
EKG	
head, chest, abdominal CT	
2-dimensional echocardiogram	AOD,LAD, IVST, PWT, LVDd, LVDs, FS, EF, E/A, DCT, e', E/e', RVSP
carotid duplex	
abdominal ultrasound	
ABI, PWV	
spirogram	VC, %VC, FEV1.0
gastrography	
eyesight test	
hearing test	
fibergastroscope	Optional
colonoscopy	Optional
head MRI and MRA	Optional