

Lumbar spine bone mineral weight (g)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|------|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|------|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 59.2 | 12.5 | 131 | 58.1 | 13.0 | 101 | 60.6 | 15.3 | 149 | 55.3 | 14.0 | 120 | 51.7 | 14.1 | 26 | 58.1 | 14.0 | 527 |
| Female | 55.3 | 9.6 | 135 | 46.3 | 11.3 | 131 | 38.7 | 10.3 | 133 | 33.4 | 7.8 | 111 | 33.6 | 9.8 | 19 | 43.5 | 12.9 | 529 |
| Total | 57.2 | 11.3 | 266 | 51.4 | 13.4 | 232 | 50.2 | 17.1 | 282 | 44.8 | 15.9 | 231 | 44.0 | 15.3 | 45 | 50.8 | 15.3 | 1056 |

Lumbar bone mineral density (g/cm²)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|--------|-------|----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 0.983 | 0.132 | 131 | 0.978 | 0.150 | 101 | 1.020 | 0.182 | 149 | 0.980 | 0.183 | 120 | 0.924 | 0.159 | 26 | 0.989 | 0.165 | 527 |
| Female | 1.048 | 0.133 | 135 | 0.932 | 0.142 | 131 | 0.828 | 0.129 | 133 | 0.793 | 0.102 | 111 | 0.826 | 0.174 | 19 | 0.903 | 0.163 | 529 |
| Total | 1.016 | 0.136 | 266 | 0.952 | 0.147 | 232 | 0.930 | 0.186 | 282 | 0.890 | 0.176 | 231 | 0.882 | 0.171 | 45 | 0.946 | 0.170 | 1056 |

Pelvic bone mineral weight (g)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|------|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|------|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 241.6 | 54.0 | 131 | 228.8 | 51.6 | 101 | 222.0 | 52.5 | 149 | 197.1 | 47.1 | 120 | 160.3 | 35.4 | 26 | 219.4 | 54.7 | 527 |
| Female | 205.1 | 45.5 | 135 | 176.5 | 62.6 | 131 | 146.6 | 33.8 | 133 | 123.6 | 24.9 | 111 | 117.5 | 27.6 | 19 | 163.1 | 53.8 | 529 |
| Total | 223.0 | 53.0 | 266 | 199.3 | 63.5 | 232 | 186.4 | 58.4 | 282 | 161.8 | 52.9 | 231 | 142.2 | 38.5 | 45 | 191.2 | 61.1 | 1056 |

Pelvic bone mineral density (g/cm²)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|--------|-------|----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1.145 | 0.145 | 131 | 1.117 | 0.129 | 101 | 1.114 | 0.147 | 149 | 1.066 | 0.146 | 120 | 0.949 | 0.115 | 26 | 1.103 | 0.148 | 527 |
| Female | 1.156 | 0.131 | 135 | 1.097 | 0.257 | 131 | 1.000 | 0.129 | 133 | 0.922 | 0.100 | 111 | 0.898 | 0.137 | 19 | 1.044 | 0.189 | 529 |
| Total | 1.150 | 0.138 | 266 | 1.106 | 0.211 | 232 | 1.060 | 0.149 | 282 | 0.997 | 0.145 | 231 | 0.928 | 0.126 | 45 | 1.073 | 0.172 | 1056 |

Left leg bone mineral weight (g)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|------|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|------|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 471.0 | 76.5 | 131 | 453.2 | 76.7 | 101 | 431.7 | 65.0 | 149 | 409.2 | 59.7 | 120 | 355.7 | 50.5 | 26 | 436.7 | 74.4 | 527 |
| Female | 345.4 | 50.3 | 135 | 310.7 | 46.9 | 131 | 280.0 | 49.1 | 133 | 246.3 | 51.4 | 111 | 234.6 | 46.1 | 19 | 295.6 | 61.7 | 529 |
| Total | 407.2 | 90.1 | 266 | 372.7 | 93.8 | 232 | 360.1 | 95.5 | 282 | 330.9 | 98.8 | 231 | 304.6 | 77.3 | 45 | 366.0 | 98.2 | 1056 |

Left leg bone mineral density (g/cm²)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|--------|-------|----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1.265 | 0.132 | 131 | 1.240 | 0.122 | 101 | 1.222 | 0.121 | 149 | 1.176 | 0.124 | 120 | 1.090 | 0.120 | 26 | 1.219 | 0.131 | 527 |
| Female | 1.098 | 0.087 | 135 | 1.038 | 0.099 | 131 | 0.966 | 0.091 | 133 | 0.915 | 0.090 | 111 | 0.906 | 0.133 | 19 | 1.005 | 0.117 | 529 |
| Total | 1.180 | 0.139 | 266 | 1.126 | 0.149 | 232 | 1.101 | 0.167 | 282 | 1.051 | 0.170 | 231 | 1.012 | 0.154 | 45 | 1.112 | 0.164 | 1056 |

Right leg bone mineral weight (g)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|------|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|------|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 463.0 | 73.8 | 131 | 445.5 | 72.5 | 101 | 425.8 | 63.9 | 149 | 398.5 | 58.8 | 120 | 355.4 | 52.0 | 26 | 429.1 | 72.3 | 527 |
| Female | 342.0 | 47.3 | 135 | 308.0 | 47.1 | 131 | 276.2 | 49.3 | 133 | 243.8 | 49.2 | 111 | 229.2 | 52.0 | 19 | 292.4 | 60.9 | 529 |
| Total | 401.6 | 86.5 | 266 | 367.9 | 90.5 | 232 | 355.2 | 94.3 | 282 | 324.1 | 94.6 | 231 | 302.1 | 81.4 | 45 | 360.6 | 95.6 | 1056 |

Right leg bone mineral density (g/cm²)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|--------|-------|----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1.244 | 0.122 | 131 | 1.215 | 0.109 | 101 | 1.208 | 0.122 | 149 | 1.152 | 0.105 | 120 | 1.083 | 0.123 | 26 | 1.200 | 0.123 | 527 |
| Female | 1.098 | 0.083 | 135 | 1.032 | 0.098 | 131 | 0.960 | 0.092 | 133 | 0.906 | 0.080 | 111 | 0.896 | 0.127 | 19 | 1.000 | 0.116 | 529 |
| Total | 1.170 | 0.127 | 266 | 1.112 | 0.137 | 232 | 1.091 | 0.165 | 282 | 1.034 | 0.155 | 231 | 1.005 | 0.155 | 45 | 1.099 | 0.156 | 1056 |

Lumbar spine 2-4 (g/cm²)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|--------|-------|----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 0.984 | 0.131 | 132 | 0.974 | 0.142 | 102 | 1.024 | 0.180 | 149 | 0.983 | 0.168 | 123 | 0.934 | 0.177 | 26 | 0.991 | 0.160 | 532 |
| Female | 1.030 | 0.126 | 135 | 0.915 | 0.140 | 130 | 0.815 | 0.136 | 135 | 0.784 | 0.111 | 111 | 0.793 | 0.168 | 19 | 0.887 | 0.162 | 530 |
| Total | 1.007 | 0.130 | 267 | 0.941 | 0.144 | 232 | 0.925 | 0.191 | 284 | 0.889 | 0.175 | 234 | 0.874 | 0.185 | 45 | 0.939 | 0.169 | 1062 |

Lumbar spine 2-4 (percentage of Young Adult Mean (YAM))

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|------|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|------|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 94.1 | 12.6 | 132 | 93.1 | 13.5 | 102 | 97.9 | 17.2 | 149 | 93.9 | 16.1 | 123 | 89.3 | 16.8 | 26 | 94.7 | 15.3 | 532 |
| Female | 101.6 | 12.6 | 136 | 90.5 | 13.8 | 131 | 80.6 | 13.4 | 135 | 77.5 | 11.0 | 111 | 78.3 | 16.7 | 19 | 87.7 | 16.0 | 532 |
| Total | 97.9 | 13.1 | 268 | 91.7 | 13.7 | 233 | 89.7 | 17.7 | 284 | 86.2 | 16.1 | 234 | 84.7 | 17.5 | 45 | 91.2 | 16.0 | 1064 |

Right femoral neck (g/cm²)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|--------|-------|----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 0.785 | 0.119 | 131 | 0.761 | 0.101 | 102 | 0.753 | 0.101 | 149 | 0.692 | 0.109 | 122 | 0.636 | 0.078 | 26 | 0.743 | 0.114 | 530 |
| Female | 0.732 | 0.100 | 135 | 0.695 | 0.093 | 129 | 0.638 | 0.094 | 134 | 0.584 | 0.082 | 111 | 0.529 | 0.056 | 18 | 0.661 | 0.109 | 527 |
| Total | 0.758 | 0.113 | 266 | 0.724 | 0.102 | 231 | 0.699 | 0.113 | 283 | 0.640 | 0.111 | 233 | 0.592 | 0.087 | 44 | 0.702 | 0.119 | 1057 |

Right trochanter region (g/cm²)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|--------|-------|----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 0.686 | 0.109 | 131 | 0.693 | 0.105 | 102 | 0.695 | 0.112 | 149 | 0.640 | 0.105 | 122 | 0.583 | 0.083 | 26 | 0.674 | 0.111 | 530 |
| Female | 0.643 | 0.089 | 135 | 0.604 | 0.098 | 129 | 0.552 | 0.092 | 134 | 0.510 | 0.087 | 111 | 0.463 | 0.056 | 18 | 0.576 | 0.105 | 527 |
| Total | 0.664 | 0.102 | 266 | 0.643 | 0.110 | 231 | 0.627 | 0.125 | 283 | 0.578 | 0.117 | 233 | 0.534 | 0.094 | 44 | 0.625 | 0.119 | 1057 |

Right Wards triangle (g/cm²)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|--------|-------|----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 0.638 | 0.135 | 131 | 0.586 | 0.122 | 102 | 0.548 | 0.116 | 149 | 0.465 | 0.112 | 122 | 0.406 | 0.073 | 26 | 0.551 | 0.138 | 530 |
| Female | 0.628 | 0.127 | 135 | 0.557 | 0.113 | 129 | 0.458 | 0.130 | 134 | 0.380 | 0.103 | 111 | 0.318 | 0.084 | 18 | 0.505 | 0.153 | 527 |
| Total | 0.633 | 0.131 | 266 | 0.570 | 0.118 | 231 | 0.505 | 0.131 | 283 | 0.424 | 0.116 | 233 | 0.370 | 0.088 | 44 | 0.528 | 0.148 | 1057 |

Left femoral neck (g/cm²)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|--------|-------|----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 0.796 | 0.127 | 131 | 0.771 | 0.098 | 102 | 0.761 | 0.101 | 149 | 0.700 | 0.106 | 122 | 0.646 | 0.080 | 26 | 0.752 | 0.115 | 530 |
| Female | 0.741 | 0.104 | 135 | 0.703 | 0.094 | 130 | 0.649 | 0.094 | 135 | 0.593 | 0.077 | 109 | 0.544 | 0.066 | 17 | 0.671 | 0.109 | 526 |
| Total | 0.768 | 0.119 | 266 | 0.733 | 0.101 | 232 | 0.708 | 0.112 | 284 | 0.649 | 0.107 | 231 | 0.606 | 0.089 | 43 | 0.712 | 0.119 | 1056 |

Left trochanter region (g/cm²)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|--------|-------|----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 0.693 | 0.114 | 131 | 0.698 | 0.106 | 102 | 0.702 | 0.114 | 149 | 0.649 | 0.108 | 122 | 0.591 | 0.088 | 26 | 0.681 | 0.113 | 530 |
| Female | 0.642 | 0.091 | 135 | 0.610 | 0.100 | 130 | 0.566 | 0.093 | 135 | 0.516 | 0.078 | 109 | 0.476 | 0.048 | 17 | 0.583 | 0.103 | 526 |
| Total | 0.667 | 0.106 | 266 | 0.649 | 0.111 | 232 | 0.637 | 0.125 | 284 | 0.586 | 0.116 | 231 | 0.545 | 0.094 | 43 | 0.632 | 0.119 | 1056 |

Left Wards triangle (g/cm²)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|--------|-------|----|-------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 0.639 | 0.140 | 131 | 0.576 | 0.115 | 102 | 0.540 | 0.114 | 149 | 0.456 | 0.115 | 122 | 0.400 | 0.085 | 26 | 0.545 | 0.140 | 530 |
| Female | 0.630 | 0.130 | 135 | 0.557 | 0.113 | 130 | 0.448 | 0.115 | 135 | 0.380 | 0.097 | 109 | 0.325 | 0.074 | 17 | 0.504 | 0.151 | 526 |
| Total | 0.634 | 0.135 | 266 | 0.565 | 0.114 | 232 | 0.496 | 0.123 | 284 | 0.420 | 0.113 | 231 | 0.370 | 0.088 | 43 | 0.525 | 0.147 | 1056 |

VI. Blood and Urine Analysis

VI. Blood and Urine Analysis

Venous blood sample and urine were obtained after an overnight fast.

Urine is analyzed using semi-quantitative test tape.

1) Blood chemistry

- Total protein (g/dl)
- Triglyceride (mg/dl)
- Total cholesterol (mg/dl)
- HDL-cholesterol (mg/dl)
- Uric acid (mg/dl)
- Creatinine (mg/dl)
- Calcium (mg/dl)
- Phosphorus (mg/dl)
- Glutamate oxaloacetate transaminase, GOT (IU/l)
- Glutamate pyruvate transaminase, GPT (IU/l)
- Alkaline phosphatase (IU/l)
- Gamma-glutamyltransferase (IU/l)
- Cholinesterase (IU/l)
- Iron ($\mu\text{g/dl}$)
- Sialic acid (mg/dl)
- Fasting glucose (mg/dl)
- Fasting insulin ($\mu\text{U/ml}$)
- Hemoglobin A1c (%)
- Albumin (mg/dl) direct method

2) Complete blood cell count

- White blood cell count ($/\mu\text{l}$)
- Red blood cell count ($\times 10000/\mu\text{l}$)
- Hemoglobin (g/dl)
- Hematocrit (%)
- MCV (fl)
- MCH (pg)
- MCHC (%)
- Platelet count ($\times 10000/\mu\text{l}$)

1) Blood chemistry

Total protein (g/dl)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|--------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 7.6 | 0.4 | 132 | 7.5 | 0.4 | 103 | 7.6 | 0.4 | 151 | 7.7 | 0.5 | 126 | 7.7 | 0.5 | 26 | 7.6 | 0.5 | 538 |
| Female | 7.6 | 0.3 | 137 | 7.6 | 0.4 | 130 | 7.6 | 0.4 | 135 | 7.7 | 0.5 | 112 | 7.7 | 0.4 | 20 | 7.6 | 0.4 | 534 |
| Total | 7.6 | 0.4 | 269 | 7.6 | 0.4 | 233 | 7.6 | 0.4 | 286 | 7.7 | 0.5 | 238 | 7.7 | 0.4 | 46 | 7.6 | 0.4 | 1072 |

Triglyceride (mg/dl)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|------|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|------|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 127.3 | 76.8 | 129 | 136.8 | 90.4 | 103 | 131.1 | 89.2 | 148 | 123.9 | 64.5 | 122 | 105.8 | 55.2 | 26 | 128.4 | 79.9 | 528 |
| Female | 77.6 | 35.8 | 134 | 93.0 | 45.6 | 128 | 113.7 | 57.6 | 131 | 112.5 | 55.9 | 107 | 123.0 | 60.2 | 20 | 99.4 | 51.8 | 520 |
| Total | 102.0 | 64.4 | 263 | 112.5 | 72.5 | 231 | 122.9 | 76.4 | 279 | 118.6 | 60.7 | 229 | 113.3 | 57.4 | 46 | 114.0 | 68.9 | 1048 |

Total cholesterol (mg/dl)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|------|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|------|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 212.6 | 32.3 | 132 | 214.4 | 32.6 | 103 | 210.9 | 32.5 | 151 | 206.6 | 34.6 | 126 | 206.5 | 34.0 | 26 | 210.8 | 33.1 | 538 |
| Female | 204.9 | 24.4 | 137 | 223.3 | 36.7 | 130 | 228.8 | 30.5 | 135 | 222.9 | 36.0 | 112 | 225.0 | 25.1 | 20 | 220.0 | 33.0 | 534 |
| Total | 208.7 | 28.8 | 269 | 219.4 | 35.1 | 233 | 219.4 | 32.8 | 286 | 214.3 | 36.1 | 238 | 214.5 | 31.5 | 46 | 215.3 | 33.3 | 1072 |

Uric acid (mg/dl)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|--------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 6.1 | 1.2 | 132 | 5.8 | 1.0 | 103 | 5.8 | 1.3 | 151 | 5.8 | 1.4 | 126 | 5.7 | 1.1 | 26 | 5.9 | 1.3 | 538 |
| Female | 4.0 | 0.9 | 137 | 4.5 | 1.0 | 130 | 4.6 | 1.0 | 135 | 5.1 | 1.1 | 112 | 4.6 | 1.1 | 20 | 4.5 | 1.1 | 534 |
| Total | 5.1 | 1.5 | 269 | 5.1 | 1.2 | 233 | 5.3 | 1.3 | 286 | 5.5 | 1.3 | 238 | 5.2 | 1.2 | 46 | 5.2 | 1.4 | 1072 |

Creatinine (mg/dl)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|--------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 0.8 | 0.1 | 132 | 0.8 | 0.1 | 103 | 0.9 | 0.8 | 151 | 0.9 | 0.2 | 126 | 0.9 | 0.2 | 26 | 0.9 | 0.4 | 538 |
| Female | 0.6 | 0.1 | 137 | 0.6 | 0.1 | 130 | 0.6 | 0.3 | 135 | 0.7 | 0.2 | 112 | 0.7 | 0.2 | 20 | 0.6 | 0.2 | 534 |
| Total | 0.7 | 0.2 | 269 | 0.7 | 0.1 | 233 | 0.8 | 0.6 | 286 | 0.8 | 0.2 | 238 | 0.8 | 0.2 | 46 | 0.8 | 0.4 | 1072 |

Calcium (mg/dl)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|--------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 9.5 | 0.3 | 132 | 9.5 | 0.3 | 103 | 9.4 | 0.3 | 151 | 9.4 | 0.3 | 126 | 9.4 | 0.3 | 26 | 9.4 | 0.3 | 538 |
| Female | 9.3 | 0.3 | 137 | 9.5 | 0.3 | 130 | 9.5 | 0.3 | 135 | 9.5 | 0.4 | 112 | 9.4 | 0.4 | 20 | 9.4 | 0.3 | 534 |
| Total | 9.4 | 0.3 | 269 | 9.5 | 0.3 | 233 | 9.4 | 0.3 | 286 | 9.4 | 0.3 | 238 | 9.4 | 0.3 | 46 | 9.4 | 0.3 | 1072 |

Glutamate oxaloacetate transaminase, GOT (IU/l)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|-----|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 23.9 | 9.1 | 132 | 24.8 | 9.9 | 103 | 24.9 | 7.8 | 151 | 30.0 | 22.4 | 126 | 28.4 | 9.4 | 26 | 26.0 | 13.5 | 538 |
| Female | 19.1 | 4.4 | 137 | 24.0 | 14.3 | 130 | 24.8 | 11.8 | 135 | 26.6 | 12.7 | 112 | 22.1 | 4.1 | 20 | 23.4 | 11.5 | 534 |
| Total | 21.4 | 7.5 | 269 | 24.3 | 12.5 | 233 | 24.9 | 9.9 | 286 | 28.4 | 18.5 | 238 | 25.7 | 8.1 | 46 | 24.7 | 12.6 | 1072 |

Glutamate pyruvate transaminase, GPT (IU/l)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|------|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|------|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 28.6 | 18.6 | 132 | 27.5 | 16.4 | 103 | 23.9 | 12.6 | 151 | 25.0 | 21.2 | 126 | 20.7 | 12.7 | 26 | 25.9 | 17.2 | 538 |
| Female | 16.9 | 8.8 | 137 | 22.4 | 18.5 | 130 | 21.2 | 15.2 | 135 | 22.4 | 29.7 | 112 | 14.6 | 4.1 | 20 | 20.4 | 18.8 | 534 |
| Total | 22.6 | 15.6 | 269 | 24.6 | 17.8 | 233 | 22.6 | 13.9 | 286 | 23.8 | 25.5 | 238 | 18.0 | 10.3 | 46 | 23.1 | 18.2 | 1072 |

Phosphorus (mg/dl)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|--------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 3.3 | 0.4 | 132 | 3.3 | 0.4 | 103 | 3.3 | 0.5 | 151 | 3.2 | 0.4 | 126 | 3.3 | 0.4 | 26 | 3.3 | 0.4 | 538 |
| Female | 3.5 | 0.4 | 137 | 3.8 | 0.4 | 130 | 3.8 | 0.4 | 135 | 3.7 | 0.4 | 112 | 3.7 | 0.6 | 20 | 3.7 | 0.4 | 534 |
| Total | 3.4 | 0.4 | 269 | 3.6 | 0.5 | 233 | 3.5 | 0.5 | 286 | 3.4 | 0.4 | 238 | 3.5 | 0.5 | 46 | 3.5 | 0.5 | 1072 |

Gamma-glutamyltransferase (IU/l)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|------|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|------|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 51.7 | 47.8 | 132 | 55.8 | 55.8 | 103 | 54.4 | 54.7 | 151 | 46.7 | 52.4 | 126 | 32.7 | 26.5 | 26 | 51.2 | 51.8 | 538 |
| Female | 19.8 | 10.8 | 137 | 28.6 | 26.2 | 130 | 25.8 | 22.0 | 135 | 28.4 | 37.9 | 112 | 20.0 | 6.2 | 20 | 25.3 | 25.1 | 534 |
| Total | 35.5 | 37.9 | 269 | 40.6 | 44.0 | 233 | 40.9 | 44.8 | 286 | 38.1 | 47.0 | 238 | 27.2 | 21.2 | 46 | 38.3 | 42.8 | 1072 |

Cholinesterase (IU/l)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|------|-----|-----------|------|-----|-----------|-------|-----|-----------|------|-----|--------|------|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 381.0 | 77.3 | 132 | 376.3 | 85.9 | 103 | 369.7 | 108.6 | 151 | 330.3 | 95.1 | 126 | 303.3 | 66.6 | 26 | 361.3 | 94.9 | 538 |
| Female | 318.5 | 58.1 | 137 | 363.9 | 83.2 | 130 | 363.6 | 76.4 | 135 | 358.0 | 86.7 | 112 | 345.6 | 50.2 | 20 | 350.3 | 77.6 | 534 |
| Total | 349.2 | 74.9 | 269 | 369.4 | 84.5 | 233 | 366.8 | 94.6 | 286 | 343.3 | 92.1 | 238 | 321.7 | 63.1 | 46 | 355.8 | 86.9 | 1072 |

Iron ($\mu\text{g/dl}$)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|------|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|------|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 125.6 | 38.7 | 132 | 116.0 | 37.3 | 103 | 115.4 | 38.1 | 151 | 112.2 | 33.0 | 126 | 110.6 | 38.6 | 26 | 117.0 | 37.2 | 538 |
| Female | 107.3 | 54.9 | 137 | 109.6 | 37.0 | 130 | 108.5 | 34.8 | 135 | 101.2 | 30.1 | 112 | 90.9 | 38.3 | 20 | 106.3 | 40.8 | 534 |
| Total | 116.3 | 48.4 | 269 | 112.4 | 37.2 | 233 | 112.1 | 36.7 | 286 | 107.1 | 32.1 | 238 | 102.0 | 39.3 | 46 | 111.7 | 39.4 | 1072 |

Insulin ($\mu\text{U/ml}$)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|-----|-----|-----------|------|-----|-----------|-----|-----|--------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 6.8 | 3.9 | 129 | 6.1 | 5.4 | 103 | 7.6 | 13.4 | 148 | 7.4 | 6.3 | 122 | 4.5 | 2.5 | 26 | 6.9 | 8.4 | 528 |
| Female | 6.7 | 5.1 | 134 | 5.7 | 3.5 | 128 | 7.2 | 5.2 | 131 | 7.4 | 4.4 | 107 | 6.0 | 3.5 | 20 | 6.7 | 4.6 | 520 |
| Total | 6.8 | 4.5 | 263 | 5.9 | 4.4 | 231 | 7.4 | 10.4 | 279 | 7.4 | 5.5 | 229 | 5.1 | 3.0 | 46 | 6.8 | 6.7 | 1048 |

Sialic acid (mg/dl)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|--------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 58.0 | 5.2 | 132 | 60.7 | 7.7 | 103 | 62.0 | 9.2 | 151 | 63.4 | 7.9 | 126 | 62.1 | 6.4 | 26 | 61.1 | 7.9 | 538 |
| Female | 58.0 | 6.7 | 137 | 59.9 | 7.1 | 130 | 62.0 | 7.6 | 135 | 63.3 | 7.8 | 112 | 64.4 | 9.3 | 20 | 60.8 | 7.6 | 534 |
| Total | 58.0 | 6.0 | 269 | 60.3 | 7.4 | 233 | 62.0 | 8.5 | 286 | 63.3 | 7.8 | 238 | 63.1 | 7.8 | 46 | 61.0 | 7.8 | 1072 |

HDL-cholesterol (mg/dl)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|------|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|------|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 60.1 | 16.1 | 132 | 58.5 | 13.1 | 103 | 57.6 | 14.8 | 151 | 54.4 | 15.3 | 126 | 62.7 | 20.4 | 26 | 57.9 | 15.3 | 538 |
| Female | 71.0 | 15.6 | 137 | 69.0 | 15.1 | 130 | 63.9 | 13.1 | 135 | 61.7 | 16.0 | 112 | 64.0 | 16.0 | 20 | 66.5 | 15.4 | 534 |
| Total | 65.6 | 16.7 | 269 | 64.4 | 15.2 | 233 | 60.6 | 14.4 | 286 | 57.8 | 16.0 | 238 | 63.3 | 18.4 | 46 | 62.2 | 16.0 | 1072 |

Fasting glucose (mg/dl)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|------|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 95.7 | 9.2 | 129 | 104.6 | 26.5 | 103 | 106.9 | 21.6 | 148 | 103.8 | 15.5 | 122 | 104.8 | 19.3 | 26 | 102.9 | 19.4 | 528 |
| Female | 91.3 | 8.1 | 134 | 95.3 | 13.6 | 128 | 99.5 | 24.9 | 131 | 103.0 | 28.2 | 107 | 110.7 | 36.3 | 20 | 97.5 | 21.3 | 520 |
| Total | 93.5 | 8.9 | 263 | 99.4 | 20.9 | 231 | 103.4 | 23.5 | 279 | 103.4 | 22.3 | 229 | 107.3 | 27.8 | 46 | 100.2 | 20.5 | 1048 |

Hemoglobin Alc (%)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|--------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 5.0 | 0.4 | 132 | 5.3 | 1.0 | 103 | 5.5 | 0.9 | 151 | 5.4 | 0.7 | 126 | 5.5 | 0.7 | 26 | 5.3 | 0.8 | 538 |
| Female | 4.9 | 0.3 | 137 | 5.3 | 0.5 | 131 | 5.4 | 0.7 | 135 | 5.3 | 0.6 | 112 | 5.7 | 0.9 | 20 | 5.2 | 0.6 | 535 |
| Total | 5.0 | 0.3 | 269 | 5.3 | 0.7 | 234 | 5.5 | 0.8 | 286 | 5.3 | 0.6 | 238 | 5.6 | 0.8 | 46 | 5.3 | 0.7 | 1073 |

Albumin (mg/dl)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|-----------|-------|-----|--------|-------|----|--------|-------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 4704.2 | 266.0 | 132 | 4628.7 | 326.7 | 103 | 4504.0 | 311.3 | 151 | 4414.1 | 355.9 | 126 | 4434.6 | 321.6 | 26 | 4552.6 | 333.9 | 538 |
| Female | 4563.8 | 279.6 | 137 | 4558.4 | 285.7 | 130 | 4485.9 | 310.0 | 135 | 4407.9 | 353.7 | 112 | 4360.5 | 314.5 | 20 | 4502.5 | 312.9 | 534 |
| Total | 4632.7 | 281.4 | 269 | 4589.5 | 305.9 | 233 | 4495.5 | 310.3 | 286 | 4411.2 | 354.1 | 238 | 4402.4 | 317.2 | 46 | 4527.6 | 324.4 | 1072 |

2) Complete blood cell count

White blood cell count (μl)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|--------|-----|-----------|--------|-----|-----------|--------|-----|-----------|--------|-----|--------|--------|----|--------|--------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 5740.2 | 1558.7 | 132 | 5682.5 | 1329.1 | 103 | 5686.1 | 1485.2 | 151 | 5802.4 | 1624.2 | 126 | 5511.5 | 1432.9 | 26 | 5717.5 | 1502.8 | 538 |
| Female | 5262.8 | 1433.4 | 137 | 4917.6 | 1300.6 | 131 | 5133.3 | 1377.9 | 135 | 5484.8 | 1373.8 | 112 | 5365.0 | 1377.7 | 20 | 5195.9 | 1382.4 | 535 |
| Total | 5497.0 | 1512.4 | 269 | 5254.3 | 1364.5 | 234 | 5425.2 | 1459.5 | 286 | 5652.9 | 1516.8 | 238 | 5447.8 | 1395.5 | 46 | 5457.4 | 1466.8 | 1073 |

Red blood cell count ($\times 10000/\mu\text{l}$)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|------|-----|-----------|------|-----|-----------|------|-----|-----------|------|-----|--------|------|----|-------|------|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 512.9 | 34.5 | 132 | 500.3 | 37.4 | 103 | 491.2 | 48.2 | 151 | 476.8 | 48.9 | 126 | 452.1 | 61.3 | 26 | 493.0 | 46.8 | 538 |
| Female | 454.8 | 38.0 | 137 | 456.7 | 30.5 | 131 | 455.8 | 37.9 | 135 | 447.7 | 35.6 | 112 | 440.6 | 46.1 | 20 | 453.5 | 36.2 | 535 |
| Total | 483.4 | 46.5 | 269 | 475.9 | 40.0 | 234 | 474.5 | 47.1 | 286 | 463.1 | 45.5 | 238 | 447.1 | 54.9 | 46 | 473.3 | 46.3 | 1073 |

Hemoglobin (g/dl)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|--------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 16.2 | 1.0 | 132 | 16.2 | 1.1 | 103 | 15.9 | 1.4 | 151 | 15.4 | 1.5 | 126 | 14.7 | 1.7 | 26 | 15.9 | 1.4 | 538 |
| Female | 13.7 | 1.5 | 137 | 14.1 | 1.1 | 131 | 14.2 | 1.2 | 135 | 14.1 | 1.1 | 112 | 13.3 | 1.6 | 20 | 14.0 | 1.3 | 535 |
| Total | 14.9 | 1.8 | 269 | 15.0 | 1.5 | 234 | 15.1 | 1.5 | 286 | 14.8 | 1.4 | 238 | 14.1 | 1.8 | 46 | 14.9 | 1.6 | 1073 |

Hematocrit (%)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|--------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 48.7 | 3.1 | 132 | 48.5 | 3.2 | 103 | 47.8 | 4.2 | 151 | 46.5 | 4.1 | 126 | 44.6 | 5.3 | 26 | 47.7 | 4.0 | 538 |
| Female | 42.0 | 4.1 | 137 | 43.1 | 3.1 | 131 | 43.6 | 3.5 | 135 | 43.2 | 3.3 | 112 | 41.4 | 4.6 | 20 | 42.9 | 3.7 | 535 |
| Total | 45.3 | 5.0 | 269 | 45.5 | 4.2 | 234 | 45.8 | 4.4 | 286 | 44.9 | 4.1 | 238 | 43.2 | 5.2 | 46 | 45.3 | 4.5 | 1073 |

MCV (f1)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|--------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 95.1 | 4.2 | 132 | 97.2 | 5.4 | 103 | 97.4 | 4.3 | 151 | 97.7 | 5.4 | 126 | 99.0 | 5.0 | 26 | 97.0 | 4.9 | 538 |
| Female | 92.5 | 6.8 | 137 | 94.4 | 4.7 | 131 | 95.8 | 3.8 | 135 | 96.6 | 3.7 | 112 | 94.1 | 6.4 | 20 | 94.7 | 5.2 | 535 |
| Total | 93.8 | 5.8 | 269 | 95.6 | 5.2 | 234 | 96.6 | 4.1 | 286 | 97.2 | 4.7 | 238 | 96.9 | 6.1 | 46 | 95.8 | 5.2 | 1073 |

MCH (pg)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|--------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 31.7 | 1.5 | 132 | 32.4 | 1.7 | 103 | 32.4 | 1.6 | 151 | 32.4 | 2.1 | 126 | 32.7 | 2.2 | 26 | 32.2 | 1.8 | 538 |
| Female | 30.1 | 2.8 | 137 | 30.9 | 1.8 | 131 | 31.2 | 1.5 | 135 | 31.5 | 1.2 | 112 | 30.1 | 2.6 | 20 | 30.9 | 2.1 | 535 |
| Total | 30.9 | 2.4 | 269 | 31.6 | 1.9 | 234 | 31.8 | 1.6 | 286 | 32.0 | 1.8 | 238 | 31.6 | 2.7 | 46 | 31.6 | 2.0 | 1073 |

MCHC (%)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|--------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 33.3 | 1.0 | 132 | 33.4 | 1.0 | 103 | 33.2 | 1.0 | 151 | 33.1 | 1.1 | 126 | 33.0 | 1.1 | 26 | 33.2 | 1.0 | 538 |
| Female | 32.5 | 1.2 | 137 | 32.7 | 1.1 | 131 | 32.6 | 1.0 | 135 | 32.7 | 0.9 | 112 | 32.0 | 1.2 | 20 | 32.6 | 1.1 | 535 |
| Total | 32.9 | 1.2 | 269 | 33.0 | 1.1 | 234 | 32.9 | 1.0 | 286 | 32.9 | 1.0 | 238 | 32.6 | 1.2 | 46 | 32.9 | 1.1 | 1073 |

Platelet count (x10000/ μ l)

| | 40 - 49yr | | | 50 - 59yr | | | 60 - 69yr | | | 70 - 79yr | | | 80yr - | | | Total | | |
|--------|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|-----------|-----|-----|--------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 22.2 | 4.8 | 132 | 20.6 | 5.1 | 101 | 20.7 | 6.4 | 150 | 19.2 | 5.6 | 125 | 16.8 | 4.3 | 26 | 20.5 | 5.6 | 534 |
| Female | 24.2 | 7.6 | 136 | 20.5 | 4.8 | 128 | 21.0 | 5.1 | 131 | 19.3 | 4.9 | 112 | 22.9 | 7.4 | 20 | 21.4 | 6.1 | 527 |
| Total | 23.2 | 6.4 | 268 | 20.6 | 4.9 | 229 | 20.8 | 5.8 | 281 | 19.2 | 5.3 | 237 | 19.5 | 6.6 | 46 | 21.0 | 5.9 | 1061 |

VII. Psychological Examinations

VII. Psychological Examinations

1) Depressive symptoms

1. Center for Epidemiologic Studies Depression Scale (CES-D)

CES-D: total score of 4 subscales (20 items, possible range 0-60)

CES-D subscale 1: somatic and retarded activity (7 items, possible range 0-21)

CES-D subscale 2: depressed affect (7 items, possible range 0-21)

CES-D subscale 3: positive affect (4 items, possible range 0-12)

CES-D subscale 4: interpersonal relations (2 items, possible range 0-6)

CES-D: parameter of distribution using cutoff score

2. Geriatric Depression Scale (GDS)

GDS (15 items, possible range 0-15, less than 60 years older unperformed)

GDS parameter of distribution using cutoff score

2) Subjective Well-being

1. Life Satisfaction Index-K (LSI-K)

LSI-K: total score of 3 subscales (9 items, possible range 0-9)

LSI-K subscale 1: satisfaction with life as a whole (4 items, possible range 0-4)

LSI-K subscale 2: psychological stability (3 items, possible range 0-3)

LSI-K subscale 3: evaluation of own aging (2 items, possible range 0-2)

2. The World Health Organization Quality of Life Assessment (WHO/QOL-BREF)

WHO/QOL-BREF subscale 1: physical health (7 items, possible range 7-35)

WHO/QOL-BREF subscale 2: psychological well-being (6 items, possible range 6-30)

WHO/QOL-BREF subscale 3: social relationships (3 items, possible range 3-15)

WHO/QOL-BREF subscale 4: environment (8 items, possible range 8-40)

WHO/QOL-BREF: Overall Quality of Life (2 items, possible range 2-10)

3) Personality

1. Rosenberg Self-Esteem Scale

Rosenberg self-esteem scale: total score of 10 items (possible range 10-40)

4) Social Relations

1. Interpersonal Relationship Index (IPRI)

IPRI subscale 1: reciprocity (13 items, possible range 13-65)

IPRI subscale 2: conflict (13 items, possible range 13-65)

IPRI subscale 3: support (13 items. possible range 13-65)

5) Stress-Related Factors

1. Stress Checklist

Total number of life events experienced between the surveys (possible range 0-60)

6) Activities of Daily Living

1. Tokyo Metropolitan Institute of Gerontology (TMIG) Index of Competence

TMIG index of competence: total score of 13 items (possible range 0-13)

2. Katz Index

7) Intelligence and Cognitive Function

1. Wechsler Adult Intelligence Scale-Revised Short Forms (WAIS-R-SF)

WAIS-R-SF: estimated total score with four-subtest full scale (possible range 6-76)

WAIS-R-SF: estimated intelligence quotient (EIQ) with four-subtest full scale

WAIS-R-SF: parameter of distribution by EIQ level

WAIS-R-SF subtest 1: information (29 items. possible range 0-29)

WAIS-R-SF subtest 2: similarities (14 items. possible range 0-28)

WAIS-R-SF subtest 3: picture completion (21 items. possible range 0-21)

WAIS-R-SF subtest 4: digit symbol (possible range 0-93)

2. Short-term Memory Function

Short-term memory function: WAIS-R digit span (possible range 0-28)

3 . Verbal Memory Function

Verbal memory function: WMS-R logical memory I (possible range 0-50)

Verbal memory function: WMS-R logical memory II (possible range 0-50)

4 . Mini Mental State Examination (MMSE)

MMSE: total score of 30 items (possible range 0-30. less than 60 years older unperformed)

MMSE: parameter of distribution using cutoff score

8) Other measures

1. Social and Domestic Activities

Overall household duties

Preparation of a meal

Dishwashing after a meal

Household shopping

Cleaning inside and outside the home

Laundry work

Primary childcare

Taking out the garbage

Gardening

Home maintenance

Participation in hobby groups

Participation in block clubs

9) Background examinations

Life style on holidays (1st rank in frequency)

Life style on holidays (2nd rank in frequency)

Life style on holidays (3rd rank in frequency)

Present life worth living

State of employment

Present job

Period of full employment (years)

Years of education

Marital status

State of marriage

Sum of family annual income

Level of satisfaction in annual income

1) Depression Scales

1. The Center for Epidemiologic Studies Depression Scale (CES-D)

The Japanese version of the scale comprises 20 items with 4 options, the same as the original. This scale consists of 4 subscales as follows: somatic and retarded activity, depressed affect, positive affect, and interpersonal relations. Higher scores indicate higher depressive symptoms. A person with total score at and above 16 is supposed to have clinically significant depressive tendency.

CES-D :total score of 4 subscales (20 items. possible range 0-60)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 6.9 | 7.2 | 132 | 7.7 | 6.3 | 102 | 7.0 | 6.3 | 147 | 7.6 | 7.7 | 120 | 12.8 | 9.0 | 26 | 7.5 | 7.1 | 527 |
| Female | 7.7 | 5.6 | 136 | 7.4 | 6.5 | 128 | 8.5 | 7.6 | 132 | 10.7 | 8.3 | 105 | 10.3 | 8.6 | 20 | 8.5 | 7.2 | 521 |
| Total | 7.3 | 6.5 | 268 | 7.5 | 6.4 | 230 | 7.7 | 7.0 | 279 | 9.0 | 8.1 | 225 | 11.7 | 8.8 | 46 | 8.0 | 7.1 | 1048 |

CES-D subscale 1: somatic and retarded activity (7 items. possible range 0-21)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 2.2 | 3.0 | 132 | 2.2 | 2.2 | 103 | 2.2 | 2.5 | 150 | 2.9 | 4.1 | 124 | 4.5 | 3.6 | 26 | 2.5 | 3.1 | 535 |
| Female | 2.3 | 2.2 | 137 | 2.3 | 2.7 | 131 | 3.0 | 3.1 | 132 | 3.9 | 3.8 | 108 | 3.7 | 4.1 | 20 | 2.9 | 3.1 | 528 |
| Total | 2.3 | 2.6 | 269 | 2.3 | 2.5 | 234 | 2.6 | 2.8 | 282 | 3.4 | 4.0 | 232 | 4.1 | 3.8 | 46 | 2.7 | 3.1 | 1063 |

CES-D subscale 2: depressed affect (7 items. possible range 0-21)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1.6 | 2.5 | 132 | 1.8 | 2.4 | 102 | 1.4 | 2.0 | 150 | 1.7 | 2.8 | 124 | 3.3 | 3.2 | 26 | 1.7 | 2.5 | 534 |
| Female | 2.0 | 2.3 | 137 | 1.8 | 2.4 | 129 | 2.1 | 2.8 | 134 | 2.6 | 3.3 | 108 | 2.2 | 3.0 | 20 | 2.1 | 2.7 | 528 |
| Total | 1.8 | 2.4 | 269 | 1.8 | 2.4 | 231 | 1.7 | 2.5 | 284 | 2.1 | 3.1 | 232 | 2.8 | 3.1 | 46 | 1.9 | 2.6 | 1062 |

CES-D subscale 3: positive affect (4 items. possible range 0-12)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 2.8 | 2.5 | 132 | 3.3 | 2.8 | 103 | 3.1 | 3.0 | 150 | 3.1 | 2.9 | 123 | 4.3 | 3.4 | 26 | 3.1 | 2.9 | 534 |
| Female | 3.1 | 2.3 | 136 | 3.1 | 2.7 | 130 | 3.2 | 2.6 | 135 | 3.9 | 2.8 | 110 | 4.2 | 2.8 | 20 | 3.3 | 2.6 | 531 |
| Total | 2.9 | 2.4 | 268 | 3.2 | 2.7 | 233 | 3.2 | 2.8 | 285 | 3.5 | 2.9 | 233 | 4.3 | 3.1 | 46 | 3.2 | 2.7 | 1065 |

CES-D subscale 4: interpersonal relations (2 items, possible range 0-6)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 0.3 | 0.7 | 132 | 0.4 | 1.0 | 103 | 0.2 | 0.6 | 150 | 0.4 | 0.9 | 124 | 0.6 | 0.9 | 26 | 0.3 | 0.8 | 535 |
| Female | 0.3 | 0.6 | 137 | 0.2 | 0.6 | 131 | 0.3 | 0.7 | 135 | 0.4 | 0.9 | 108 | 0.3 | 0.7 | 20 | 0.3 | 0.7 | 531 |
| Total | 0.3 | 0.7 | 269 | 0.3 | 0.8 | 234 | 0.3 | 0.6 | 285 | 0.4 | 0.9 | 232 | 0.5 | 0.8 | 46 | 0.3 | 0.7 | 1066 |

CES-D: parameter of distribution using cutoff score

| | | 40-49yr | | 50-59yr | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|--------------------------|--------|---------|------|---------|------|---------|------|---------|------|-------|------|-------|------|
| | | N | % | N | % | N | % | N | % | N | % | N | % |
| Under score of 16 | Male | 117 | 88.6 | 91 | 89.2 | 131 | 89.1 | 106 | 88.3 | 17 | 65.4 | 462 | 87.7 |
| | Female | 121 | 89.0 | 117 | 91.4 | 111 | 84.1 | 81 | 77.1 | 15 | 75.0 | 445 | 85.4 |
| | Total | 238 | 88.8 | 208 | 90.4 | 242 | 86.7 | 187 | 83.1 | 32 | 69.6 | 907 | 86.5 |
| At and above score of 16 | Male | 15 | 11.4 | 11 | 10.8 | 16 | 10.9 | 14 | 11.7 | 9 | 34.6 | 65 | 12.3 |
| | Female | 15 | 11.0 | 11 | 8.6 | 21 | 15.9 | 24 | 22.9 | 5 | 25.0 | 76 | 14.6 |
| | Total | 30 | 11.2 | 22 | 9.6 | 37 | 13.3 | 38 | 16.9 | 14 | 30.4 | 141 | 13.5 |

2. Geriatric Depression Scale (GDS)

GDS is another depression scale adopted in our research. Each of 15 items has yes/no response keys. Higher score indicates higher depressive symptoms. Total score of 6 and higher means significant depressive tendency. Only participants over 60 years old performed the scale in the NLS-LSA since this scale is designed specifically for elderly.

GDS (15 items, possible range 0-15, less than 60 years older unperformed)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|----|---|---------|----|---|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|-----|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 0 | 0 | 0 | 0 | 0 | 0 | 2.9 | 2.6 | 148 | 3.5 | 3.0 | 121 | 4.7 | 3.4 | 24 | 3.3 | 2.9 | 293 |
| Female | 0 | 0 | 0 | 0 | 0 | 0 | 3.6 | 3.0 | 131 | 4.4 | 3.4 | 101 | 3.9 | 3.6 | 19 | 4.0 | 3.2 | 251 |
| Total | 0 | 0 | 0 | 0 | 0 | 0 | 3.2 | 2.8 | 279 | 3.9 | 3.2 | 222 | 4.3 | 3.5 | 43 | 3.6 | 3.1 | 544 |

GDS parameter of distribution using cutoff score

| | | 60-69yr | | 70-79yr | | 80yr- | | Total | |
|-------------------------|--------|---------|------|---------|------|-------|------|-------|------|
| | | N | % | N | % | N | % | N | % |
| Under score of 6 | Male | 130 | 87.8 | 97 | 80.2 | 15 | 62.5 | 242 | 82.6 |
| | Female | 99 | 75.6 | 73 | 72.3 | 15 | 78.9 | 187 | 74.5 |
| | Total | 229 | 82.1 | 170 | 76.6 | 30 | 69.8 | 429 | 78.9 |
| At and above score of 6 | Male | 18 | 12.2 | 24 | 19.8 | 9 | 37.5 | 51 | 17.4 |
| | Female | 32 | 24.4 | 28 | 27.7 | 4 | 21.1 | 64 | 25.5 |
| | Total | 50 | 17.9 | 52 | 23.4 | 13 | 30.2 | 115 | 21.1 |

2) Subjective Well-being

1. Life Satisfaction Index-K (LSI-K)

The LSI-K has 9 items with 2- or 3-point response format to measure overall subjective well-being. This scale also consists of 3 subscales include: satisfaction with life as a whole, psychological stability, and evaluation of own aging. Response to 3-point scale is dichotomized when calculating total score, so that the possible total score range is 0 to 9. Higher score indicates higher life satisfaction.

LSI-K: total score of 3 subscales (9 items. possible range 0-9)
 LSI-K subscale 1: satisfaction with life as a whole (4 items. possible range 0-4)
 LSI-K subscale 2: psychological stability (3 items. possible range 0-3)
 LSI-K subscale 3: evaluation of own aging (2 items. possible range 0-2)

LSI-K: total score of 3 subscales (9 items. possible range 0-9)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 5.1 | 1.8 | 132 | 5.2 | 1.8 | 103 | 5.3 | 2.0 | 150 | 4.8 | 2.1 | 122 | 3.7 | 2.4 | 23 | 5.1 | 2.0 | 530 |
| Female | 5.2 | 1.9 | 136 | 5.2 | 2.0 | 129 | 5.2 | 2.2 | 134 | 4.4 | 2.5 | 107 | 4.4 | 2.1 | 20 | 5.0 | 2.2 | 526 |
| Total | 5.1 | 1.9 | 268 | 5.2 | 1.9 | 232 | 5.3 | 2.1 | 284 | 4.6 | 2.3 | 229 | 4.0 | 2.3 | 43 | 5.0 | 2.1 | 1056 |

LSI-K subscale 1: satisfaction with life as a whole (4 items. possible range 0-4)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1.6 | 1.0 | 132 | 1.8 | 1.2 | 103 | 1.9 | 1.3 | 151 | 2.0 | 1.2 | 124 | 1.7 | 1.3 | 23 | 1.8 | 1.2 | 533 |
| Female | 1.8 | 1.2 | 136 | 1.9 | 1.2 | 130 | 2.1 | 1.2 | 134 | 1.9 | 1.2 | 107 | 2.4 | 1.4 | 20 | 2.0 | 1.2 | 527 |
| Total | 1.7 | 1.1 | 268 | 1.9 | 1.2 | 233 | 2.0 | 1.2 | 285 | 2.0 | 1.2 | 231 | 2.0 | 1.4 | 43 | 1.9 | 1.2 | 1060 |

LSI-K subscale 2: psychological stability (3 items. possible range 0-3)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1.8 | 0.9 | 132 | 1.7 | 0.9 | 103 | 1.8 | 0.9 | 151 | 1.6 | 0.9 | 124 | 1.4 | 1.1 | 24 | 1.7 | 0.9 | 534 |
| Female | 1.7 | 0.9 | 137 | 1.7 | 0.9 | 130 | 1.6 | 1.0 | 135 | 1.4 | 1.1 | 109 | 1.3 | 1.0 | 20 | 1.6 | 1.0 | 531 |
| Total | 1.8 | 0.9 | 269 | 1.7 | 0.9 | 233 | 1.7 | 0.9 | 286 | 1.5 | 1.0 | 233 | 1.3 | 1.0 | 44 | 1.7 | 0.9 | 1065 |

LSI-K subscale 3: evaluation of own aging (2 items. possible range 0-2)

| | 40-49yr | | | 50-59yr | | | 60-69yr | | | 70-79yr | | | 80yr- | | | Total | | |
|--------|---------|-----|-----|---------|-----|-----|---------|-----|-----|---------|-----|-----|-------|-----|----|-------|-----|------|
| | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N | Mean | SD | N |
| Male | 1.7 | 0.5 | 132 | 1.6 | 0.6 | 103 | 1.5 | 0.6 | 150 | 1.2 | 0.8 | 124 | 0.7 | 0.7 | 24 | 1.5 | 0.7 | 533 |
| Female | 1.6 | 0.6 | 137 | 1.6 | 0.6 | 131 | 1.5 | 0.7 | 135 | 1.1 | 0.8 | 109 | 0.8 | 0.7 | 20 | 1.5 | 0.7 | 532 |
| Total | 1.7 | 0.6 | 269 | 1.6 | 0.6 | 234 | 1.5 | 0.6 | 285 | 1.2 | 0.8 | 233 | 0.7 | 0.7 | 44 | 1.5 | 0.7 | 1065 |