SUPPLEMENT 3

Associations of the plasma interleukin-12 (IL-12) concentration with the health status or the personal lifestyle determinants, analysed by analysis of variance or regression analysis (sex, body mass index and the number of smoking years). Abbreviations as in Supplement 2.

IL (pg/ml), mean + SD (N) R P

A Demographic data

Age 0.08 0.58

Sex 0.14

* males 524 + 378 (31)
* females 714 + 533 (20)

Body mass index 0.06 0.69

B. Health status P

Number of doctor-diagnosed acute myocardial infarctions 0.27

* 0 643 + 440 (28)
* 1 474 + 391 (18)
* 2 802 +665 (5)

Last myocardial infarction within preceding 5 years 0.96

* Yes 551 + 365 (11)
* No 540 + 560 (12)

Chest pain symptoms 0.37

* No 528 + 351 (20)
* Yes 645 + 504 (31)

Arrhythmias 0.66

* No 571 + 414 (26)
* Yes 627 + 492 (25)

Cardiac insufficiency 0.03

* No 674 + 469 (39)
* Yes 355 + 275 (12)

Other cardiac problems 0.21

* No 573 + 439 (46)
* Yes 838 + 536 (5)

Cardiac pacemaker 0.002

* No 537 + 341 (46)
* Yes 1162 + 885 (5)

Elevated blood pressure 0.22

* No 522 + 426 (26)
* Yes 678 + 469 (25)

Diabetes (type 2) 0.60

* No 615 + 432 (41)
* Yes 531 + 539 (10)

Asthma 0.99

* No 598 + 448 (44)
* Yes 601 + 498 (7)

Respiratory wheezing during past 12 months 0.80

* No 608 + 428 (38)
* Yes 571 + 526 (13)

Respiratory wheezing during past 12 months, not associated with flu 0.97

* No 598 + 426 (43)
* Yes 605 + 599 (8)

 Regular coughing during night or day in wintertime 0.66

* No 586 + 427 (43)
* Yes 665 + 589 (8)

Hay fever 0.77

* No 591 + 415 (44)
* Yes 645 + 669 (7)

Arthrosis 0.99

* No 599 + 442 (40)
* Yes 597 + 502 (11)

Other chronic disease 0.06

* No 697 + 519 (30)
* Yes 459 + 285 (21)
* hypothyreosis (4 patients); hypothyreosis and hyperlipidaemia; hypothyreosis and reflux disease
* gout (2 patients)
* reflux disease; gastritis; coeliac disease; gas problems
* monoclonal gammopathy (not myeloma); cured prostate cancer; cured Morbus Hodgkin and polyneuropathy of upper limbs
* osteoporosis
* prostatic hypertrophy
* allergies
* psoriasis; lichen ruber planus; idiopathic thrombocytopenic purpura and memory problems

C. Medication P

Anti-inflammatory medication (acetylsalicylic acid, ibuprophen, ketoprophen, meloxicam or etorikoxib) 0.20

* No 421 + 335 (9)
* Yes 637 + 465 (42)

Statins 0.17

* No 678 + 631 (5)
* Yes 590 + 435 (46)

Antithrombotic medication (warfarin) 0.84

* No 602 + 451 (48)
* Yes 546 + 533 (3)

Medication for arterial thrombosis (clopidogrel) 0.58

* No 613 + 460 (44)
* Yes 511 + 400 (7)

D. ECG P

Minnesota-coding 0.60

Diagnostic 403 + 271 (5)

Equivocal 618 + 553 (15)

Other 621 + 422 (31)

Automatic interpretation 0.42

Abnormal 460 + 346 (11)

Borderline or findings of dubious pathological significance 577 + 503 (15)

Normal or without significant abnormalities 673 + 458 (25)

E. Lifestyle R P

Smoking , number of years 0.08 0.58

Alcohol consumption 0.43

* Not during past 12 months 486 + 338 (10)
* Some during past 12 months 613 + 471 (40)

Additional nutrients 0.93

(vitamin C, E or triple B; beta-carotene; multivitamin; omega-fish-oil or other)

* None 606 + 535 (20)
* Some 594 + 395 (31)

Capability to undergo intense or moderately stressing activities without angina pectoris 0.14

* No 833 + 740 (7)
* Yes 561 + 385 (44)

Self-evaluation of health status, compared to persons of the same-age 0.27

* Poor or average 662 + 536 (28)
* Good or excellent 522 + 311 (23)