SUPPLEMENT 1

**Recruitment**

A recruitment letter was sent to patients of Kymenlaakso Central Hospital and Health Care Centre of Kotka who lived in the center of Kotka and had an ischaemic heart disease diagnosed by physician during the 5 preceding years.

Consent to participate in the study was given by **one hundred-five (105) patients.**

At preliminary interview, patients were excluded on the basis of the criteria of the AIRGENE project (smoking during the last 3 months, chronic inflammatory disease, angiography in the preceding months etc.) and for other contraindications of the HIPPU project (a long stay at another location during the study, difficulty to attend regularly, age less than 50 years).

The laboratory exclusion criteria: plasma concentration of high-sensitivity CRP higher than 10 mg/l and blood concentration of leukocytes over E9/l.

After preliminary interview and laboratory tests, **fifty-six (56) patients** were eligible.

2 patients quitted the HIPPU study. One patient was excluded because the number of clinical visits was no sufficient for HIPPU, one because of suspected rheumatoid arthritis and one for the first high-sensitivity CRP being over 10 mg/ml

The final study population was **fifty-one (51)**.