**Supplemental Digital Content 13**



figure 8. Expression of biologic markers associated with inflammation [interleukin (IL)-6], alveolar pulmonary stretch (amphiregulin), epithelial cell damage [club cell protein 16 (CC16)], endothelial cell damage [vascular cellular adhesion molecule (VCAM)-1], and damage to extracellular matrix (metalloproteinase (MMP)-9), syndecan, and decorin) in the following groups: Low tidal volume (VT) – mechanical ventilation with a protective strategy (VT=6ml/kg) for 1 hour (Control-1h); High VT achieved after a short ‘run-up’ adaptation time – VT=6mL/kg during the first 30 minutes followed by a slow VT increase up to 22 mL/kg for 30 minutes (Shorter adaptation time-1h); and High VT with a longer adaptation time – a slow VT increase from 6 mL/kg to 22 mL/kg during 1 hour (Longer adaptation time-1h). Relative gene expression was calculated as a ratio of the average gene expression levels compared with the reference gene (*36B4*) and expressed as fold change relative to non-ventilated animals (NV). Values are medians and interquartile ranges of 8 rats in each group. \* *versus* Control; # *versus* Shorter Adaptation Time group.