**Supplemental Digital Content 1.**

**Supplemental Methods:**

**SAF, PAF and sRAGE measurement**

SAF was measured with the AGE Reader mu (DiagnOptics Technologies BV, the Netherlands), and results were expressed as arbitrary units (AU). The arbitrary unit is based on the ratio between the emission light intensity in the 420-600 nm range and the excitation light intensity between 300 and 420 nm. SAF can act as a surrogate of skin AGEs, since it showed a good correlation with tissue levels of AGEs, both fluorescent (pentosidine) and non-fluorescent [carboxy-methyl-lysine (CML) and carboxy-ethyl-lysine (CEL)] in skin biopsies.16 SAF was obtained as a single measurement on the ventral site of the lower arms, at a skin site without visible scars, bruises, hematomas, catheters or other abnormalities.

PAF was measured by quantitative fluorescence spectroscopy analysis of plasma according to Munch *et al.*17 Plasma fluorescence (360/40:460/40 nm; excitation:emission) was measured in a multi-mode microplate reader (Synergy 2, Biotek, Potton, United Kingdom). Fluorescence measurements were expressed as relative fluorescence intensity in arbitrary units (AU). By this method, we can measure some different AGE modifications at a time (crossline, fluorolink, pyrropyridine, vesperlysine, etc) for which there are no immunological-based methods available nowadays.18

Soluble RAGE levels in plasma were determined using a commercially available enzyme-linked immunosorbent assay kit (Quantikine; R&D systems, Minneapolis, MN, USA) according to the manufacturers protocol, and results were expressed as pg/mL.