

**Supplementary Table 1.** The normal range of intima-media thickness at the left common carotid artery obtained from age- and gender-matched data from Health Promotion Center, Kyung Hee University Hospital

| Age, yr | Male, mm  | Female, mm |
|---------|-----------|------------|
| 40-49   | 0.53±0.04 | 0.59±0.05  |
| 50-59   | 0.57±0.06 | 0.55±0.05  |
| 60-69   | 0.57±0.03 | 0.65±0.05  |

Values are presented as mean±standard deviation.