

**Table 1.** Clinical and metabolic characteristics of patients with normal and altered glucose levels at baseline

Variable	Group A	Group B	p
Subjects (M/F)	216 (88/128)	92 (42/50)	0.760
Age (yrs)	54.0 ± 12.6	57.2 ± 11.1	0.004
Weight (Kg)	67.7 ± 12.2	75.2 ± 17.0	0.0001
BMI (Kg/m <sup>2</sup> )	24.6 ± 3.5	27.6 ± 6.2	0.0001
WC (cm)	83.4 ± 12.1	97.1 ± 12.1	0.0001
SBP (mmHg)	128.1 ± 16.3	134.8 ± 16.8	0.0001
DBP (mmHg)	78.6 ± 8.3	80.8 ± 7.8	0.016
FPG (mg/dl)	87.1 ± 8.0	111.0 ± 8.6	0.0001
HbA <sub>1c</sub> (%)	5.5 ± 0.3	6.0 ± 0.5	0.0001
T-c (mg/dl)	273.9 ± 55.8	255.8 ± 53.3	0.006
HDL-c (mg/dl)	59.8 ± 17.2	54.7 ± 17.9	0.013
LDL-c (mg/dl)	183.3 ± 55.1	167.7 ± 53.1	0.014
Non HDL-c (mg/dl)	215.2 ± 54.1	200.6 ± 58.4	0.023
LDL-c/HDL-c	3.23 ± 1.16	3.23 ± 1.46	0.654
T-c/HDL-c	4.87 ± 1.41	4.99 ± 1.96	0.792
TG (mg/dl)	165.1 ± 138.8	176.3 ± 105.5	0.258
Creatinine (mg/dl)	1.0 ± 0.2	1.0 ± 0.2	0.243
eGFR (ml/min)	75.4 ± 15.9	70.0 ± 14.4	0.520
AST (U/L)	23.1 ± 8.2	24.0 ± 6.3	0.191
ALT (U/L)	24.3 ± 12.5	28.5 ± 10.8	0.002

ALT: alanine aminotransferase; AST: aspartate aminotransferase; BMI: Body Mass Index; DBP: Diastolic Blood Pressure; eGFR: estimated Glomerular Filtration Rate; FPG: Fasting Plasma Glucose; HbA<sub>1c</sub>: Haemoglobin A<sub>1c</sub>; HDL-c: HDL cholesterol; SBP: Systolic Blood Pressure; T-c: total cholesterol, Group A: patients with normal glucose levels; TG: triglycerides. Group B: patients with altered glucose levels. Data are expressed as mean ±SD.