ONLINE APPENDIX

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Appendix 1 - Cost data used in estimation of monthly medication costs.

Amounts given are cost in $US of one month prescription of medication at indicated daily dose as listed on national online pharmacy website on November 1, 2007 (www.walgreens.com/library/finddrug/druginfosearch.jsp). Oral diabetes medications were recorded by specific drug; insulin was recorded as short, rapid, intermediate or long acting. Hypertensive and hyperlipidemic medications were recorded by drug class but not specific drug name. For these medications and for the various insulins, representative drugs from each class used to estimate cost are shown.

**Diabetes medications**

- Glimeperide 4 mg - $17
- Glyburide 10 mg - $22
- Glipizide 10 mg - $26
- First generation sulfonylurea (not otherwise specified) - $28
- Second generation sulfonylurea (not otherwise specified) - $22
- Metformin 2000 mg - $33
- Pioglitazone 30 mg - $197
- Rosiglitazone 4 mg - $119
- Repaglinide 3 mg - $159
- Nateglinide 180 mg $162
- Acarbose 150 mg - $110
- Miglitol 150 mg - $108
- Short acting insulin – Regular insulin 10 ml - $32
- Rapid acting insulin – Insulin aspart 10 ml - $94
- Intermediate acting insulin – NPH insulin 10 ml - $32
- Long acting insulin – Insulin glargine 10 ml - $84

**Hypertension medications**

- ACE inhibitors – Lisinopril 20 mg - $15
- Calcium channel antagonists – Amlodipine 10 mg - $64
- Beta blockers – Metoprolol 200 mg - $18
- Angiotensin receptor blockers – Losartan 50 mg - $63
- Alpha adrenergic blockers – Doxazosin 2 mg - $23
- Diuretics – Hydrochlorothiazide 25 mg - $9

**Hyperlipidemic medications**

- Statins – Simvastatin 20 mg - $65
- Niacin – Extended release niacin 1000 mg - $120
- Fibrates – Gemfibrozil 1200 mg - $28
- Bile acid sequestrants – Cholestyramine 8 gm - $8
**Figure 1.** Flow diagram of study cohorts

- **Total randomized:**
  - ILI = 2570
  - DSE = 2575

- **Missing data:** ILI = 74, DSE = 73

- **Subjects evaluable at baseline:**
  - ILI = 2496 (97%)
  - DSE = 2502 (97%)

- **Subjects attending 1-year examination:**
  - ILI = 2496
  - DSE = 2463

- **Missing data:** ILI = 314, DSE = 287

- **Subjects evaluable at 1-year:**
  - ILI = 2182 (87%)
  - DSE = 2176 (88%)
**Figure 2.** Percentage of participants in ILI and DSE cohorts categorized by number of medications prescribed for treatment of (A) diabetes, (B) hypertension, (C) hyperlipidemia and (D) total medications for all three conditions at baseline and 1-year.

A. **Diabetes Medications**

- **Baseline**:
  - ILI: 10 subjects, DSE: 15 subjects
  - ILI: P = 0.99, DSE: P = 0.71

- **Year 1**:
  - ILI: 30 subjects, DSE: 45 subjects
  - ILI: P = 0.0001, DSE: P = 0.04

B. **Blood Pressure Medications**

- **Baseline**:
  - ILI: 20 subjects, DSE: 25 subjects
  - ILI: P = 0.71, DSE: P = 0.04

- **Year 1**:
  - ILI: 35 subjects, DSE: 40 subjects
  - ILI: P = 0.0001, DSE: P = 0.04
C  Lipid Medications

D  Total Medications

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