S Table 1. Age, smoking status, Weight-BMI and comorbidities of the patients.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Men** | | **Women** | | **Total** |  |  |
|  | N | % | N | % | N | % | *p value* |
|  | 42 | 76.4 | 13 | 23.6 | 55 | 100 |  |
| **Age** Mean [SD] | 76.83 | 7.9 | 62 | 8.88 | 73.33 | 10.27 | *<0.001* |
| **Smoking** |  |  |  |  |  |  |  |
| Never | 2 | 4.8% | 2 | 15.4% | 4 | 7.3% | *0* |
| Former-smoker | 38 | 90.5% | 4 | 30.8% | 42 | 76.4% |  |
| Current smoker | 2 | 4.8% | 7 | 53.8% | 9 | 16.4% |  |
| **BMI.** Mean [SD] | 29.01 | 4.99 | 26.88 | 6.24 | 28.51 | 5.33 | *0.21* |
| Normal weight (18.5-24.9) | 8 | 19.0% | 3 | 23.1% | 11 | 20.0% | *0.263* |
| Overweight (25-29.9) | 17 | 40.5% | 3 | 23.1% | 20 | 36.4% |  |
| Obesity (≥30) | 16 | 38.1% | 5 | 38.5% | 21 | 38.2% |  |
| Underweight (<18.5) | 1 | 2.4% | 2 | 15.4% | 3 | 5.5% |  |
| **Asthma** |  |  |  |  |  |  |  |
| No | 39 | 92.9% | 7 | 53.8% | 46 | 83.6% | *0.001* |
| Yes | 3 | 7.1% | 6 | 46.2% | 9 | 16.4% |  |
| **Heart failure** | |  |  |  |  |  |  |
| No | 27 | 64.3% | 13 | 100.0% | 40 | 72.7% | *0.012* |
| Yes | 15 | 35.7% | 0 | 0.0% | 15 | 27.3% |  |
| **High blood pressure** | |  |  |  |  |  |  |
| No | 14 | 33.3% | 7 | 53.8% | 21 | 38.2% | *0.183* |
| Yes | 28 | 66.7% | 6 | 46.2% | 34 | 61.8% |  |
| **Diabetes** |  |  |  |  |  |  |  |
| No | 32 | 76.2% | 11 | 84.6% | 43 | 78.2% | *0.52* |
| Yes | 10 | 23.8% | 2 | 15.4% | 12 | 21.8% |  |
| **Depression** |  |  |  |  |  |  |  |
| No | 39 | 92.9% | 5 | 38.5% | 44 | 80.0% | *<0.001* |
| Yes | 3 | 7.1% | 8 | 61.5% | 11 | 20.0% |  |
| **GERD** |  |  |  |  |  |  |  |
| No | 37 | 88.1% | 12 | 28.6% | 49 | 116.7% | *0.67* |
| Yes | 5 | 11.9% | 1 | 2.4% | 6 | 14.3% |  |
| **Dyslipidemia** |  |  |  |  |  |  |  |
| No | 28 | 66.7% | 6 | 14.3% | 34 | 81.0% | *0.183* |
| Yes | 14 | 33.3% | 7 | 16.7% | 21 | 50.0% |  |

BMI=Body Mass Index. GERD= Gastroesophageal reflux disease.

S Table 2. Baseline clinical characteristics of the patients.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Men** | | **Women** | | **Total** |  |  |
|  | N | % | N | % | N | % | *p value* |
|  | 42 | 76.4 | 13 | 23.6 | 55 | 100 |  |
| **Number of exacerbations in the previous year** |  |  |  |  |  |  |  |
| Mean [SD] | 1.81 | 1.66 | 1.54 | 1.71 | 1.75 | 1.66 | *0.611* |
| No exacerbator phenotype (< 2) | 19 | 45.2% | 8 | 61.5% | 27 | 49.1% | 0.304 |
| Exacerbator phenotype (≥ 2) | 23 | 54.8% | 5 | 38.5% | 28 | 50.9% |  |
| **History of severe exacerbations (hospitalised for exacerbation) in the previous year** |  |  |  |  |  |  |  |
| Number of COPD admissions. Mean [SD] | 0.5 | 0.8 | 0.15 | 0.38 | 0.42 | 0.74 | *0.038* |
| None (0 COPD admissions) | 28 | 66.7% | 11 | 84.6% | 39 | 70.9% | *0.304* |
| 1 COPD admission | 8 | 19.0% | 2 | 15.4% | 10 | 18.2% |  |
| ⩾2 COPD admissions | 6 | 14.3% | 0 |  | 6 | 10.9% |  |
| **FEV1 (% ).** Mean [SD] | 52.47 | 13.55 | 57.54 | 16.97 | 53.67 | 14.43 | *0.272* |
| **GOLD Grades (FEV1)** |  |  |  |  |  |  |  |
| Grade 1 (≥80%) | 0 | 0.0% | 2 | 15.4% | 2 | 3.6% | *0.064* |
| Grade 2 (≥50-80%) | 22 | 52.4% | 7 | 53.8% | 29 | 52.7% |  |
| Grade3 (≥30-49.9%) | 19 | 45.2% | 4 | 30.8% | 23 | 41.8% |  |
| Grade 4 (<30%) | 1 | 2.4% | 0 |  | 1 | 1.8% |  |
| **mMRC,** Mean [SD] | 2.05 | 0.76 | 1.69 | 0.75 | 1.96 | 0.77 | *0.147* |
| Low symptomatic (< 2) | 9 | 21.4% | 6 | 46.2% | 15 | 27.3% | *0.064* |
| Very symptomatic (≥ 2) | 33 | 78.6% | 7 | 53.8% | 40 | 72.7% |  |
| **CAT,** Mean [SD] | 18.31 | 6.22 | 23.54 | 6.45 | 19.55 | 6.6 | *0.21* |
| Little affected (< 10) | 2 | 4.8% | 0 | 0.0% | 2 | 3.6% | *0.423* |
| Very affected (≥ 10) | 40 | 95.2% | 13 | 100.0% | 53 | 96.4% |  |