

Table S1. Details on coefficient of variation (CV) of measurements using fasting blood by standard operating procedures.

Measurement	Mean	Within run CV	Total CV
HbA1c	5.4 %	1.6%	2.7%
Fasting glucose	5.2 mmol/L	1.3%	1.4%
Total cholesterol	4.5 mmol/L	1.0%	1.8%
HDL cholesterol	1.1 mmol/L	1.6%	2.4%
LDL cholesterol	3.8 mmol/L	1.5%	2.0%
Triglycerides	2.0 mmol/L	1.5%	1.9%
Urinary albumin	81 μ mol/L	2.9%	3.6%
Creatinine urine	7.4 mmol/L	1.7%	2.4%
Creatinine plasma	81 μ mol/L	2.5%	2.7%

Table S2. Criteria of the EURODIAB grading scale [1]

Grade		
0	no retinopathy	
1	minimal or mild nonproliferative retinopathy	HMA: grade 2 to 3 in 1 or 2 fields and/or HE: grade 2 to 4 in 1 or 2 fields
2	moderate nonproliferative retinopathy	HMA: grade 4 in only 1 field or HMA: grade 2 to 3 in 1 or 2 fields plus: CWS: grade 2 to 3 in 1 or 2 fields and/or IRMA: grade 2 in 1 or 2 fields and/or VB: grade 2 in 1 to 2 fields
3	severe nonproliferative or preproliferative retinopathy	HMA: grade 4 in both fields or HMA: grade 2 to 4 in 1 or 2 fields plus: CWS: grade 4 in 1 or 2 fields and/or IRMA: grade 3 in 1 or 2 fields and/or VB: grade 3 in 1 or 2 fields
4	proliferative retinopathy	Any of the following: new vessels (disc or elsewhere), fibrous proliferation (disc or elsewhere), pre-retinal or vitreous haemorrhage
5	photocoagulated retinopathy	Scars of photocoagulation in any field

HMA: haemorrhage and microaneurysm

HE: hard exudates

CWS: cotton wool spots

IRMA: intraretinal microvascular abnormalities

VB: venous beading

Reference

1. Aldington SJ, Kohner EM, Meuer S, et al. Methodology for retinal photography and assessment of diabetic retinopathy: the EURODIAB IDDM complications study. *Diabetologia* 1995;38:437-44.