

Supplemental Table S4. Baseline Characteristics of Men in the Validation Cohort according to the Status of Sarcopenia ($n=68$)

Disease	Control ($n=47$)	Sarcopenia ($n=21$)	<i>P</i> value
Age, yr	59.7±7.2	61.4±7.8	0.374
Weight, kg	72.6±8.3 ^a	59.0±5.1 ^a	<0.001 ^a
Height, cm	168.6±6.0	166.7±5.1	0.219
BMI, kg/m ²	25.5±2.2 ^a	21.2±1.9 ^a	<0.001 ^a
Smoking			0.160
Ex-smoker	34 (72.3)	13 (61.9)	
Non-smoker	8 (17.0)	2 (9.5)	
Current	5 (10.6)	6 (28.6)	
Drinking			0.221
Alcohol <3 units/day	32 (68.1)	18 (85.7)	
Alcohol ≥3 units/day	15 (31.9)	3 (14.3)	
Exercise			>0.999
<30 min/day or <3/week	23 (48.9)	11 (52.4)	
≥30 min/day and 3/week	24 (51.1)	10 (47.6)	
Hypertension	26 (55.3)	8 (38.1)	0.294
Diabetes	3 (6.4)	0	0.586
FM, kg	17.0±5.5	12.6±4.0	0.002
pFM, %	3.2±6.0	21.3±5.9	0.245
HGS, kg	37.0 (32.9–40.0) ^a	32.6 (30.0–34.8) ^a	0.011 ^a
Chair stand up test, sec	6.4 (4.8–7.6)	6.2 (5.3–8.7)	0.785
LM, kg	51.9 (47.5–57.2) ^a	43.6 (41.6–44.7)	<0.001
ASM, kg	23.5±2.9 ^a	19.5±1.9	<0.001
SMI, kg/m ²	8.2±0.6 ^a	7.0±0.5	<0.001
C5-CN, pmol/μL	0.37 (0.28–0.48) ^a	0.28 (0.21–0.35)	0.012

Values are expressed as mean±standard deviation, number (%), or median (interquartile range). *P* value by Student's *t* test or Mann-Whitney *U* test for continuous variables or by chi-square or Fisher's exact test for categorical variables.

BMI, body mass index; FM, fat mass; pFM, percent fat mass; HGS, hand grip strength; LM, lean mass; ASM, appendicular skeletal muscle mass; SMI, skeletal muscle mass index; CN, carnitine.

^aStatistically significant values.