

**Appendix 1.** Ewing's classification of cardiovascular autonomic function<sup>15</sup>

	Normal	Borderline	Abnormal
Heart rate response to Valsalva maneuver (Valsalva ratio)	$\geq 1.21$	1.11-1.20	$\leq 1.10$
Heart rate variation during deep breathing (E:I ratio)	$\geq 15/\text{min}$	11-14/min	$\leq 10/\text{min}$
Immediate heart-rate response to standing (30:15 ratio)	$\geq 1.04$	1.01-1.03	$\leq 1.00$
Blood pressure response to standing (fall in systolic blood pressure)	$\leq 10 \text{ mmHg}$	11-29 mmHg	$\geq 30 \text{ mmHg}$
Blood pressure response to sustained handgrip (increase in diastolic blood pressure)	$\geq 16 \text{ mmHg}$	11-15 mmHg	$\leq 10 \text{ mmHg}$