

Appendix 2. Percentage of patients stopped or initiated antihyperglycemic medications in comparison to baseline and percentage of dose-change in remaining medications after 12-week of intensive lifestyle intervention using the Why WAIT model in clinical practice

Medication	% Stop or initiated medication	dose/day Before	dose/day After	% Dose change
Sulfonylureas				
Glyburide	-67%	9.5 mg	6.2 mg	-35%
Glipizide	-63%	11.25 mg	6.6 mg	-41%
Thiazolidinediones				
Pioglitazone	-88%	28.1 mg	15 mg	-47%
Rosiglitazone	-71%	7.4 mg	5 mg	-33%
Metformin	+2%	1,664.1 mg	1,862 mg	12%
Exenatide	+213%	15 mcg	17.6 mcg	17%
Insulin				
NPH	-50%	47.5 units	41.7 units	-12%
Long-acting analog	-30%	60.9 units	27.2 units	-55%
Short-acting analog	-21%	52.1 units	24.1 units	-54%
Pramlintide	+450%	45 mcg	47.3 mcg	5%

NPH = Neutral Protamine Hagedorn.