

Supplement data

Table 1

	No optimisation (n=19)		Optimisation (n=20)		p-value*
	Baseline	Follow-up	Baseline	Follow-up	
Diuretic treatment					
Furosemide dosage (mg/day)	100±68	104±72	102±70	108±77	0.71
Blood samples					
NEFA (mmol/L)	0.49 [0.28-0.64]	0.51 [0.32-0.54]	0.47 [0.22-0.61]	0.33† [0.20-0.41]	0.14
Glucagon (pg/ml)	88±36	91±30	111±53	102±41†	0.04
Creatinine (µmol/L)	96±27	96±25	100±25	99±24	0.97
C-peptide (pmol/L)	417 [188-776]	480 [241-732]	424 [278-827]	352 [122-726]	0.17
IGF-1 (ng/ml)	98±26	112±29	115±30	112±34	0.10
Cortisol (nmol/L)	436±171	499±154	502±189	525±228	0.50
Metanephrine (pg/ml)	29 [18-37]	19 [9-36]	43 [14-55]	31 [7-75]	0.14
NT-pro-BNP (pg/ml)	349 [141-712]	307 [191-698]	541 [340-1284]	595 [233-1389]	0.94
Questionnaire					
SF-12 score	32 [29-33]	31 [31-32]	32 [29-33]	32 [30-33]	0.66

Supplement data table 1: Results are presented as mean±SD or median [25-75% percentile]. There was no differences (p>0.05) in baseline values between the groups.

*p-values refer to difference in delta values between the groups and are based on a repeated measurement mixed-effect linear model.

†Indicates significant difference (p<0.05) as compared with baseline.

Table 2

	No optimization (n=19)		Optimization (n=20)		p-value *
	Baseline	Follow-up	Baseline	Follow-up	
Echo. (rest)					
LVEF (%)	37±12	38±10	33±11	34±12	0.97
Strain (%)	-11.0±3.2	-10.7±2.5	-9.8±2.4	-10.0±2.9	0.42
S'max (cm/s)	4.0±0.8	4.1±0.8	4.0±1.16	3.7±1.1	0.04
WMS	1.20±0.35	1.18±0.32	1.05±0.27	1.07±0.33	0.57
E/A-ratio	0.86±0.29	0.95±0.33	0.95±0.33	1.04±0.45	0.26
E/é	17.3±7.2	18.5±7.1	21.4±12.1	21.9±9.4	0.13
Echo. (peak dob.)					
LVEF (%)	47±15	49±14	43±12	44±14	0.96
Strain (%)	-12.4±4.0	-13.2±4.0	-11.2±2.7	-11.6±3.8	0.54
S'max (cm/s)	7.2±2.6	7.4±2.6	6.0±2.1	6.1±2.2	0.77
WMS	1.61±0.54	1.67±0.50	1.39±0.34	1.37±0.39	0.41
Echo. (contractile reserve)					
LVEF (%)	12±7	12±7	10±7	10±8	0.88
Strain (%)	-1.6±2.2	-2.4±2.3	-1.7±1.6	-1.8±1.5	0.23
S'max (cm/s)	3.2±2.1	3.3±2.2	2.0±1.2	2.3±1.4	0.50
WMS	0.41±0.26	0.51±0.29	0.36±0.22	0.34±0.18	0.25
BP and HR (rest)					
Systolic BP (mmHg)	121±15	121±18	124±18†	124±24	0.97
Diastolic BP (mmHg)	66±7	67±11	71±9†	66±11	0.11
HR (bpm)	69±14	70±13	72±17†	68±15	0.17
BP and HR (peak)					
Systolic BP (mmHg)	158±22	151±25	161±30	166±21	0.17
Diastolic BP (mmHg)	77±11	77±12	76±12	76±11	0.98
HR (bpm)	83±31	92±28	85±28	82±23	0.15

Supplement data table 2: Echocardiographic and hemodynamic findings

Results in each group at baseline and follow-up are presented as mean±SD.

*p-values refer to difference in delta values between the groups and are based on a repeated measurement mixed-effect linear model.

†Indicates significant difference ($p < 0.05$) at baseline between groups.

LVEF: Left ventricular ejections fraction; WMS: Wall motion score; BP: Blood pressure; HR:

Heart rate