

Supplementary Tables

Supplementary Table S1a: showing quality of appraisal of studies using CASP checklist for RCT studies

[illegible]

Bahr et al., 2024	Yes	Yes	Yes	NO	Can't tell	Yes	Yes	Yes	Yes	Can't tell	Yes
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Supplementary Table S1b. showing quality of appraisal of studies using CASP checklist for cohort studies

[illegible]

[illegible]

Supplementary Table S2: Variables adjusted for in statistical analysis reported by individual studies including in this review. These are as reported in the individual papers.

Study Title	Age	Sex	Race or ethnicity	DM	CVD	BMI or weight	Smoker	eGFR	Chol	CV/BP Medication	AF	HF	DBP/SBP	Baseline Biomarker level	LVEF	Others
Ali et al.,2023	+	+		+	+					+						Cerebrovascular accident, Ischaemic heart disease
Ballo et al., 2015	+	+		+		+	+	+	+	+		+			+	Left Ventricular ejection fraction, Left LV mass, Mitral regurgitation Heart rate, metabolic syndrome
Jarret et al., 2023	+	+	+	+	+	+	+	+					+	+		
Xiaoming et al., 2024	+	+	+	+	+	+	+	+	+	+		+		+	+	Statin medications, clinical site
Jarett et al., 2021	+	+	+	+	+	+	+	+	+	+		+		+	+	Clinical site, baseline BP
Agata et al., 2015	+	+		+		+	+	+		+		+				
Conti et al., 2014	+	+		+		+	+	+		+						
Natalie et.,2023	+	+	+	+	+	+	+	+	+	+		+			+	Education, physical activity

																and alcohol consumption
Everett et al., 2015	+	+	+	+	+	+	+	+	+	+		+			+	Study drug, family history of myocardial infarction High sensitivity C-reactive protein
Josephine et al., 2024	+	+			+	+	+	+	+			+	+	+		Adjusted for Framingham covariates
Gallagher et al., 2018	+	+		+		+	+	+	+			+	+	+		
Giannopoulos et al., 2015	+	+		+		+	+	+	+		+			+	+	Treatment with moxonidine Left atria diameter
Kim et al., 2022	+	+		+	+		+	+	+	+			+			Coronary artery disease (CAD)
Okuyama et al., 2017	+	+		+	+		+	+	+		+		+		+	Haemoglobin, previous myocardial infarction, Follow up duration
Philippsen et al., 2022	+	+		+	+		+	+	+		+		+		+	
Philippsen et al., 2022								+								

Pokharel et al., 2015	+	+		+	+		+	+	+		+		+	+		Fasting glucose, stroke
Bahr et al., 2024																

DM = Diabetes Mellitus; CVD = Cardiovascular Disease; BMI = Body Mass Index; eGFR = estimated Glomerular Filtration Rate; Chol = Total Cholesterol; AF = Atrial Fibrillation; HF = Heart Failure; SDP/DBP = Systolic or Diastolic Blood Pressure; LVEF = Left Ventricular Ejection Fraction.