

Supplemental Tables

Supplemental Table S1: Blood Pressure Comparison by Sex, Age, and Occupation

Blood Pressure			
<i>Sex Comparison</i>	Male, % (n)	Female, % (n)	p value
Blood pressure - Hypertensive	35 (27)	17 (27)	0.01
Blood pressure - normal	59 (44)	71 (112)	NS
<i>Age Comparison</i>	Age 18-35, %, (n)	>35, % (n)	p value
Blood pressure - hypertensive	13 (8)	27 (45)	0.05
<i>Occupation Comparison</i>	Admin/Sales, % (n)	Manufacturing, % (n)	p value
Normal	70 (111)	61 (45)	0.01
Blood pressure - Hypertension	16 (26)	37 (27)	0.001

Supplemental Table S2: Physical Exam Findings for Hair, Skin, Nails Comparison by Sex, Age, and Occupation

PE Finding			
Sex Comparison	Male, % (n)	Female, % (n)	p value
Hair			
Alopecia	43 (41)	6 (12)	≤0.001
Androgenic alopecia	0 (0)	7 (14)	≤0.01
Normal	53 (51)	82 (153)	≤0.001
Nails			
Nail Polish/Artificial	3 (1)	40 (23)	≤0.01
Growth, longitudinal or vertical ridging	28 (27)	17 (29)	≤0.05
Age Comparison	Age 18-35, % (n)	>35, % (n)	p value
Hair			
Androgenic alopecia	0 (0)	7 (14)	≤0.05
Nails			
Normal shape	98 (78)	86 (166)	≤0.01
Occupation Comparison	Admin/Sales, % (n)	Manufacturing, % (n)	p value
Nails			
Brittle	12 (22)	2 (2)	≤0.05
Growth – Beau’s lines	0 (0)	4 (3)	≤0.05
Growth patterns vertical ridging	27 (50)	8 (6)	≤0.001
Normal Nails	65 (121)	76 (61)	NS
Shape normal	92 (178)	81 (66)	≤0.05
Texture - brittle nails, weak, thin, bend easily	5 (10)	0 (0)	≤0.05
Skin			
Texture, seborrhea	4 (9)	0 (0)	NS

Supplemental Table S3. Physical Exam Findings for Mouth, Tongue, Teeth, Comparison by Sex, Age, and Occupation

PE Finding			
Comparison by Sex	Male, % (n)	Female, % (n)	p value
Mouth			
Gums			
Gums - normal	69 (66)	84 (157)	≤0.01
Gums - gingivitis	14 (13)	6 (12)	NS
Gums - periodontitis	8 (8)	2 (5)	≤0.05
Tongue			
Tongue fissuring - central	28 (26)	17 (32)	NS
Tongue shape	69 (65)	59 (110)	NS
Tongue scalloping	15 (9)	18.9 (21)	NS
Tongue coating - white or yellow	31.6 (19)	30.3 (34)	NS
Teeth			
Restorations	53 (50)	66 (123)	≤0.05
Comparison by Age	Age 18-35, % (n)	>35, % (n)	p value
Gums			
Gum line color abnormal	11 (9)	21 (41)	NS
Mouth			
Tongue			
Fissuring Lambda	6 (5)	1 (2)	≤0.05
Teeth			
Normal	59 (48)	32 (64)	≤0.001
Restorations	44 (36)	69 (137)	≤0.001
Missing teeth	17 (14)	35 (70)	≤0.01
Comparison by Occupation	Admin/Sales, % (n)	Manufacturing, % (n)	P value
Mouth			
Jaw			
Jaw symmetry	91 (181)	99 (81)	≤0.05
Jaw -TMJ crepitus with opening	17 (33)	4 (3)	≤0.01
Hard palate			
Hard Palate Intact	100 (200)	95 (78)	≤0.01
Gums			
Gums - normal	83 (166)	70 (57)	≤0.01
Gum line color abnormal	25 (50)	0 (0)	≤0.001
Gums - gingivitis	5 (9)	20 (16)	≤0.001
Gums - periodontitis	1 (1)	15 (12)	≤0.01
Tongue			
Tongue color - red	6 (12)	14 (11)	NS
Tongue shape	51 (102)	90 (73)	≤0.001
Scalloping	20.5 (41)	7.4 (6)	≤0.05
Tongue Size - enlarged	15 (29)	5 (4)	≤0.05

Tongue taste bud distribution and prominence - geographic	3 (5)	9 (7)	≤0.05
Teeth			
Normal	47 (93)	23 (19)	≤0.001
Tooth Decay	8 (15)	24 (20)	≤0.001
Teeth-Untreated decay	3 (5)	18 (15)	≤0.001
Teeth painful	1 (2)	12 (10)	≤0.001
Teeth painful - cracked	0 (1)	6 (5)	≤0.01
Restorations - silver/mercury	37 (73)	51 (42)	≤0.05
Missing teeth	21 (42)	52 (42)	≤0.001
Teeth - attrition and abrasions	3 (5)	13 (11)	≤0.001
Missing teeth/restorations	49 (98)	73 (59)	≤0.001

Explanations: Hard palate intact- no cleft palate repair, torus palatinus or other anomalies present.

Supplemental Table S4. Physical Exam finding for Smell, Taste and Sensory Neurological Exam Comparison by Sex, Age, and Occupation

Smell and Taste			
Comparison by Sex	Male, % (n)	Female, % (n)	p value
Smell			
Smell test; odors: chocolate, strawberry, smoke, leather	96 (79)	89 (149)	NS
Abnormal	4 (3)	11 (18)	NS
Taste			
Bitter taste - super taster	13 (13)	24 (45)	≤0.01
Light Touch			
Lower extremity monofilament, normal	91 (88)	97 (178)	≤0.05
Lower extremity monofilament, left foot diminished	10 (10)	2 (3)	≤0.01
Lower extremity monofilament, right foot diminished	7 (7)	1 (2)	≤0.01
Comparison by Age	Age 18-35, % (n)	>35, % (n)	p value
Taste			
Bitter strip test, no taste	33 (27)	45 (90)	NS
Balance			
Left leg eyes closed no balance	12 (10)	27 (52)	≤0.01
Left leg eyes closed balanced	87 (72)	68 (131)	≤0.001
Right leg eyes closed no balance	11 (9)	24 (46)	≤0.05
Right leg eyes closed balanced	88 (70)	74 (143)	≤0.05
Vibratory Sense and Monofilament sensation			
Lower Extremity			
Normal	76 (63)	55 (109)	≤0.01
Left foot diminished vibratory sense	24 (20)	46 (92)	≤0.001
Right foot diminished vibratory sense	24 (20)	46 (91)	≤0.01
Monofilament, diminished	0 (0)	5 (9)	NS
Upper Extremity			
Normal	95 (79)	86 (172)	≤0.05
Left hand diminished vibratory sense	5 (4)	13 (26)	NS
Right hand diminished vibratory sense	5 (4)	13 (27)	≤0.05
Comparison by Occupation	Admin/Sales, % (n)	Manufacturing, % (n)	p value
Taste			
Taste: No bitter taste	37 (72)	55 (45)	≤0.01
Taste: Some bitter taste	40 (79)	28 (23)	NS
Taste: Super bitter taster	25 (45)	16 (13)	NS

Tasters: Super and some bitter tasters	63 (124)	44 (36)	≤0.01
Sensory Exam			
Vibratory sense			
<i>Upper Extremity vibratory sense</i>			
Normal	93 (188)	77 (63)	≤0.001
Left hand diminished	5 (11)	23 (19)	≤0.001
Right hand diminished	6 (13)	22 (18)	≤0.001
<i>Lower extremity vibratory sense</i>			
Normal	72 (143)	35 (29)	≤0.05
Left foot diminished	29 (57)	67 (55)	≤0.001
Right foot diminished	28 (56)	67 (55)	≤0.001
Light Touch			
<i>Upper extremity</i>			
Monofilament abnormal left hand	0 (0)	4 (3)	≤0.05
Monofilament abnormal right hand	0 (0)	2 (2)	NS