

Supplementary Table 1. Demographic and medical characteristics		
Characteristics	habit-B (<i>n</i> = 25)	Control (<i>n</i> = 25)
Age, mean (<i>SD</i>), y	48 (6)	49 (5)
Body mass index, mean (<i>SD</i>), kg/m ²	21.0 (2.2)	20.9 (2.0)
Diastolic blood pressure, mean (<i>SD</i>), mmHg	78 (8)	81 (10)
Systolic blood pressure, mean (<i>SD</i>), mmHg	119 (13)	129 (11)
Alcohol consumption, <i>n</i> (%)		
≤weekly	8 (32)	5 (20)
1–6 drinks per week	15 (60)	19 (76)
Daily	2 (8)	1 (4)
Highest Education, <i>n</i> (%)		
Junior high school	0 (0)	1 (4)
High school	3 (12)	0 (0)
College or more	22 (88)	24 (96)
Employment status, <i>n</i> (%)		
Full- or part-time worker	21 (84)	21 (84)
On leave	1 (4)	0 (0)
Housewife	3 (12)	4 (16)
Time the patient can use for herself, <i>n</i> (%)		
<14 hours/week	10 (40)	5 (20)
14–25 hours/week	8 (32)	11 (44)
>25 hours/week	7 (28)	9 (36)
Past history of medical illness, <i>n</i> (%)	6 (24)	6 (24)
Breast cancer stage		
I	18 (72)	18 (72)
IIA	7 (28)	7 (28)
Tumor		
Estrogen receptor positive	24 (96)	25 (100)
Progesterone receptor positive	24 (96)	24 (96)
HER2 positive	1 (4)	0 (0)
Receiving hormone therapy, <i>n</i> (%)	24 (96)	23 (92)
Tamoxifen, <i>n</i> (%)	18 (72)	18 (72)
Anastrozole, <i>n</i> (%)	1 (4)	4 (16)
Other, <i>n</i> (%)	5 (20)	1 (4)
Receiving radiotherapy, <i>n</i> (%)	11 (44)	12 (48)
Time since surgery, mean (<i>SD</i>) months	5 (4)	6 (4)

SD, standard deviation; HER2, human epidermal growth factor receptor 2