

## **SUPPLEMENTAL MATERIALS FOR**

Delacour C, Chambe J, Lefebvre F, et al. Association between alcohol consumption and nocturnal leg cramps in patients over 60 years old: a case-control study. *Ann Fam Med*. 2018;16(4):296-301.

## Appendix 1. Medications inducing cramps searched for in the study

### **Anti hypertensive**

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Thiazides

Angiotensin-Converting Enzyme (ACE) Inhibitors / Angiotensin II Receptor Blockers (ARBs)/ Direct Renin inhibitor (DRI)

Beta-blockers

Calcium Channel Blockers

Loop diuretics

Potassium Spare Diuretics

Central-acting agents

Direct renin inhibitor

### **Lipid-lowering**

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Statin

Ezetrol

### **Inhaled medication**

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Beta-mimetics

Anti-leukotriene

### **Other drugs**

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Bisphosphonates

Anti-epileptic drug

Non-steroidal anti-inflammatory drugs (NSAIDs)

Proton pump inhibitor

Alpha-Blocker

Melatonin

Progestogen

Selective oestrogen receptor modulator

GnRH analogue

Others

## Appendix 2. Medical conditions associated with cramps and searched for in the study

### **Metabolic diseases**

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Diabetes

Hypothyroidism / hyperthyroidism

Cirrhosis

Hypoparathyroidism / Hyperparathyroidism

Primary adrenal insufficiency (Addison's disease)

Primary aldosteronism (Conn's syndrome)

### **Severe renal insufficiency and hemodialysis**

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### **Neurologic and psychiatric diseases**

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Peripheral Neuropathy

Amyotrophic lateral sclerosis

Multiple sclerosis

Parkinson's disease

Restless leg Syndrome

Alcohol addiction

### **Cancer non in remission**

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### **Cardiovascular diseases**

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Hypertension

Severe Arteriopathy

Severe Venous insufficiency

### Appendix 3. Beverage consumption explored in the questionnaire

Non-alcoholic beverage	Alcoholic beverage
Water	Beer (standard, strong, without alcohol)
Fruit juice	Cider
Sodas	Red wine
Chicory	White wine, rosé wine, kir cocktail, champagne
Coffee	Port, martini, vermouth etc..
Tea	Punch, cocktail
Herbal Tea	Whisky, gin, vodka
Chocolate drink	Anisette
Milk	Brandy, rum
Milk soja	Cognac, liquor
Soup	

## Appendix 4. Concordance or discordance between cases and controls for the consumption of alcohol

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		Number	Proportion (%)
	case and control without alcohol	5	7.14 [ 2.36 ; 15.89 ]
	case with alcohol and control without alcohol	12	17.14 [ 9.18 ; 28.03 ]
<b>Alcohol</b>	case without alcohol and control with alcohol	2	2.86 [ 0.35 ; 9.94 ]
	case and control with alcohol	51	72.86 [ 60.9 ; 82.8 ]
	Total	70	100

Legend: this table presents the repartition of the pairs

**Appendix 5. Comparison between study population and reference population by age group and gender**

	<b>Study population % (n=140)</b>	<b>Reference population % (n=393796)</b>	<b>P value*</b>
<b>Agegroup</b>			
60-64	38 (53)	29 (114687)	.02
65-69	27 (38)	19 (75646)	.02
70-74	16 (22)	18 (69321)	.55
75-79	16 (22)	16 (61587)	.98
80-84	2 (3)	10 (40308)	.002
85-89	1 (2)	5 (10154)	.05
>90	0	3 (12092)	
<b>Gender</b>			
Female	57 (80)	44 (172798)	<.01
Male	43 (60)	56 (220998)	<.01

\*P value were calculated using a Chi2 test