Supplement 1. Patients' specific symptom-related outcome assessments

	Score at visit 1 (mean, range)	Score at visit 12 (mean, range)	Score at visit 13 (mean, range)
Aromatase inhibitor-related knee pain (n=1)			
Brief Pain Inventory (BPI)-Short Form			
Pain severity score	5.00	4.25	ND
Relief of pain related to treatment	20 (%)	30 (%)	ND
Pain interference score (0 to 10)	5.4	4.9	
Western Ontario and McMaster Universities Arthritis Index (			
Pain score	11	9	ND
Stiffness score	5	6	ND
Physical Function score	43	41	ND
A total WOMAC score (0 to 96)	59	56	ND
Vasomotor symptoms (n=2)			
Hot flush diary			
Hot flush frequency	12 (8.3-15.7)	11.3 (5.9-16.7)	7.6 (5.7-9.4)
Hot flush severity	1.8 (1.1-2.6)	1.5 (1-2)	1.5 (1-2)
Hot flush score	24.9 (9.3-40.6)	19.6 (5.9-33.3)	12.3 (5.7-18.9)
Menopause Rating Scale			
Psychological subscale	5.5 (5-6)	2.5 (1-4)	2 (2)
Somatic subscale	9.5 (7-12)	8.5 (7-10)	7 (4-10)
Urogenital subscale	7.5 (5-10)	6.5 (2-11)	5 (1-9)
Total score (0–44)	22.5 (22-23)	17.5 (16-19)	14 (13-15)
Insomnia (n=2)			
Pittsburgh Sleep Quality Index			
Subjective sleep quality	2.5 (2-3)	3 (3)	3 (3)
Sleep latency	2.5 (2-3)	3 (3)	2 (2)
Sleep duration	3 (3)	3 (3)	3 (3)
Habitual sleep efficiency	3 (3)	3 (3)	1.5 (0-3)
Sleep disturbances	1.5 (1-2)	2 (2)	2 (1-3)
Use of sleeping medication	1.5 (0-3)	1.5 (0-3)	2 (2)
Daytime dysfunctions	1 (0-2)	2 (1-3)	3 (2-4)
Global PSQI score (0 to 21)	15 (12-18)	17.5 (15-20)	16.5 (15-20)
Women's Health Initiative Insomnia Rating Scale			
WHI-IRS score (0 to 20)	18 (16-20)	18.5 (17-20)	15.5 (15-16)
Sexual dysfunction (n=2)			
Female Sexual Functioning Index			
Desire	5.7 (5.4-6)	4.8 (3.6-6)	5.1 (4.2-6)
Arousal	1.8 (1.2-2.4)	3.15 (2.7-3.6)	5.85 (4.5-7.2)
Lubrication	3 (1.2-4.8)	3.3 (1.2-5.4)	5.25 (5.1-5.4)
Orgasm	3.2 (1.2-5.2)	3.2 (1.2-5.2)	5.4 (5.2-5.6)
Satisfaction	4.4 (2.8-6)	3.8 (3.2-4.4)	4.4 (2.8-6)
Pain	2.2 (1.2-3.2)	3.8 (1.2-6.4)	5 (3.2-6.8)
Full scale score (2–36)	20.3 (13-27.6)	22.1 (16.7-27.4)	31 (28.9-33.1)
Female Sexual Distress Scale			
Total score (0–80)	34.5 (28-41)	35 (23-47)	34.5 (24-45)
Arizona Sexual Experience Scale			
ASES total score (5–30)	21 (16-26)	20 (15-25)	21.5 (18-25)
Surgical pain related to mastectomy (n=1)			
Brief Pain Inventory-Short Form			
Pain severity score	7.25	ND	ND
Pain relief related to treatment	0 (%)	ND	ND
Pain interference score (0-10)	8.4	ND	ND
Shoulder ROM			
Flexion	165	ND	ND
Extension	35	ND	ND
Adduction	60	ND	ND
Abduction	180	ND	ND

ND, Not done; ROM, range of motion.