Assessed for eligibility  
\( n = 120 \)

Excluded  
\( n = 6 \)

Randomized  
\( n = 114 \)

Allocated to intervention  
\( n = 61 \)

Discontinued because:  
- Did not want to participate  
  \( n = 3 \)
- Moved  
  \( n = 1 \)
- Other disease  
  \( n = 1 \)
- Unknown reason  
  \( n = 1 \)

Allocated to control  
\( n = 53 \)

Discontinued because:  
- Did not want to participate  
  \( n = 3 \)
- Deceased  
  \( n = 1 \)

Received intervention  
\( n = 55 \)

Lost to follow-up:  
- Did not want to participate in follow-up  
  \( n = 3 \)
- Unknown reason  
  \( n = 1 \)

Attended follow-up  
\( n = 51 \)

Attended follow-up  
\( n = 49 \)