

A ChromEM-staining protocol optimized for cardiac tissue

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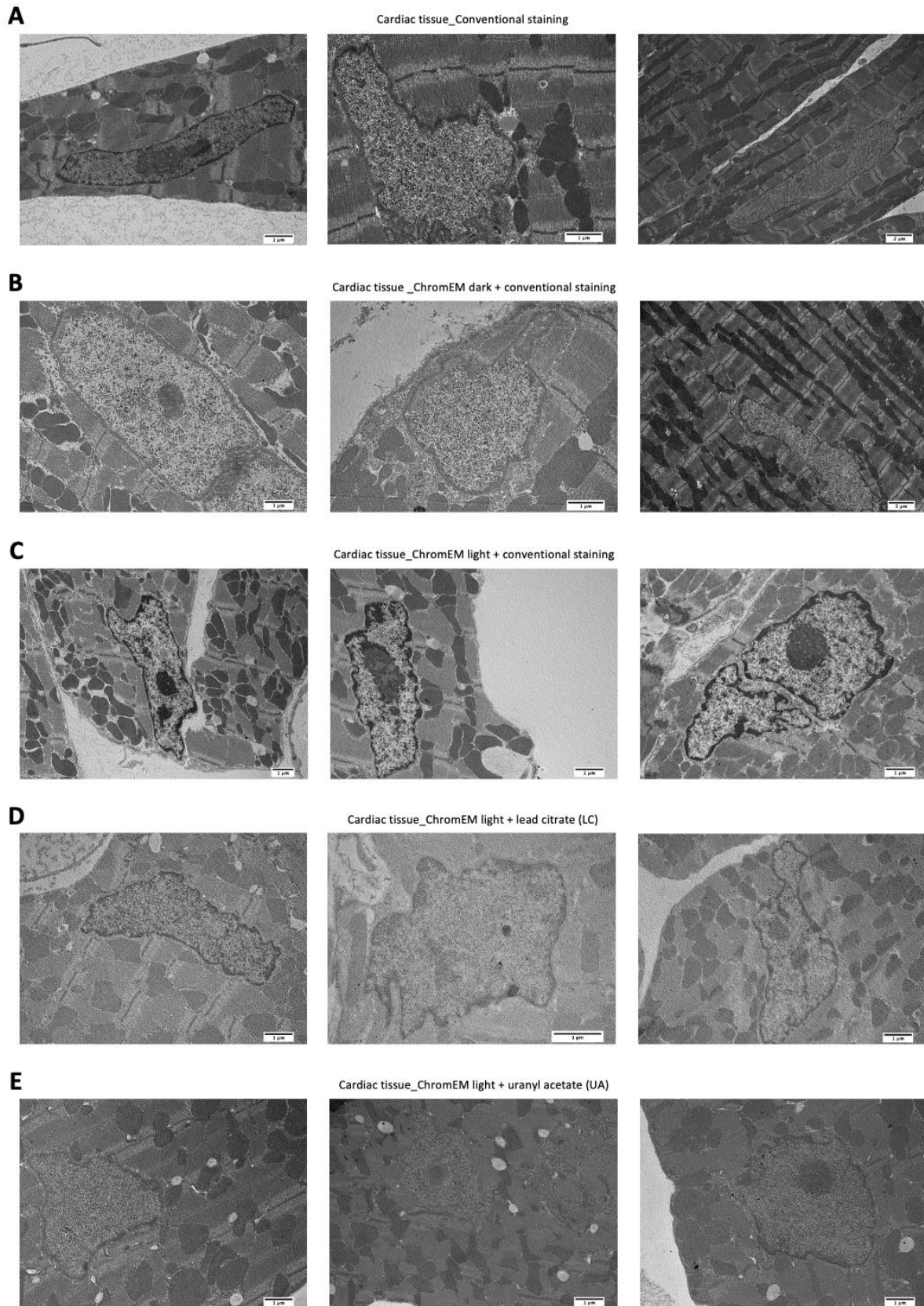
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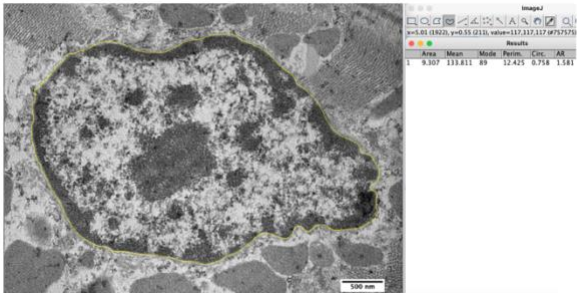
9 **Supplementary figures**

10 **Figure S1.** (A) Representative TEM images of cardiac tissue after conventional staining (lead citrate
11 plus uranyl acetate), (B) after ChromEM staining (saponin 90 min, DRAQ5 O/N, and DAB 6h) in the
12 dark with subsequent lead citrate plus uranyl acetate staining, and after ChromEM staining in the
13 presence of light (C) with subsequent lead citrate and uranyl acetate, (D) lead citrate only, and (E)
14 uranyl acetate only.

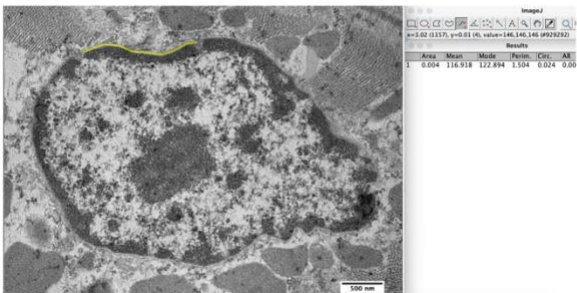
15 **Figure S2.** (A) The area and perimeter of nuclei and the minor axis of the peripheral heterochromatin
16 were measured in cardiomyocytes using the "freehand selections" tool of ImageJ. (B) The length of
17 the internal nuclear membrane in contact with peripheral heterochromatin was measured using the
18 "freehand lines" tool of ImageJ. The area of peripheral heterochromatin (C) and heterochromatin
19 dispersed in the nuclei (D) were measured using the "wand tool" command of ImageJ.



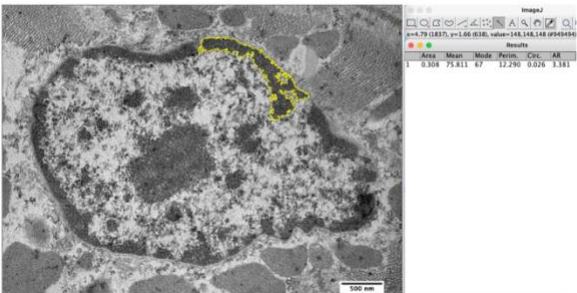
A



B



C



D

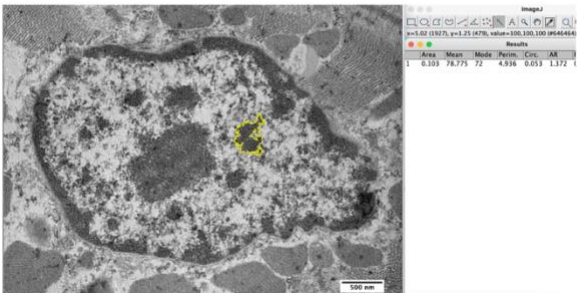


Figure S2