Author's response to reviews

Title: Comparison of hemodynamic and nutritional parameters between older persons practitioner of physical activity nonsmokers and ex-smokers: a prospective study.

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To the editors of the journal BMC Geriatrics

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Title: Comparison of hemodynamic and nutritional parameters between older persons practitioner of physical activity nonsmokers and ex-smokers: a prospective study.

Dear Natalie Pafitis,

The manuscript was reviewed to address the recommendations of the editorial board. I made markings with yellow highlight on the changes requested in the manuscript. Following the recommendations of the associate editor were included in the text 1) where the study was carried out (on the premises of the Educational Foundation in San Carlos), 2) explanation about sample of convenience (This study included individuals of 60 years of age or over, of both genders, and practitioners regular physical exercise. Was considered a regular physical exercise those practiced for three times a week. To select elderly individuals practitioner of regular physical exercise a convenience sample was selected among the participants of the Adult Revitalization Program. Those who attended less than 75% of the program sessions, which did not participated of the program for 12 consecutive months and not appeared in the four annual evaluations were excluded. The elderly who meets the criteria were selected (n=40) and divided into two groups paired by age, with reference to their smoking history (Nonsmoker Group and Ex-smoker Group), with 20 individuals in each group. All the individuals gave their free informed consent before participating in this study.) and 3) the type of programme (This program is maintained by UFSCar in partnership with the Municipality of São Carlos and seeks to implement the assistance to the elderly, through the maintenance of physical ability, socialization and quality of life. The physical exercise session of the Revitalization Program were held three times a week, with a duration of 55 minutes, in groups from 20 to 30 elderly people. The sessions are given by physical educators and include stretching practice, aerobic
conditioning, muscle strength training, coordination activities, balance, respiratory and relaxation exercises.). The changes are in sub-item methods, on pages four and five.

Thank you for your attention to our work. We are dedicated entirely to the resolution of other questions or implementation of new modifications.

Sincerely

Cristina Oliveira Francisco