Author's response to reviews

Title: A Pilot Randomized Controlled Trial to Improve Geriatric Frailty

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Author's response to reviews: see over
Dear Editor:

We would like to submit the manuscript titled “A Pilot Randomised Controlled Trial to Improve Geriatric Frailty” as a research article to the BMC geriatrics. Frailty is an increasingly recognized geriatric syndrome characterized with loss of reserves (energy, physical ability, cognition, and health) that gives rise to vulnerability. However, there was generally lack of agreements on measures of frailty and the optimal management strategy is still evolving. Our 2008 pilot RCT was one of the few studies enrolling participants through pre-specified frailty criteria. With a 2 by 2 factorial design, we demonstrated that frailty status can be reversed in 3-months with a 3-month nutritional consultation and structured exercise program (EN). At 12-month, 25(OH) Vitamin D level was improved, and bone mineral density was also preserved with this intervention. We also found that 6 sessions of problem solving therapy (PST) resulted in 6-month improvement and less 12-month deterioration of dominant leg extension power.

The manuscript is an original research that has not been published and is not under consideration elsewhere.

All of the authors participated in the preparation of the manuscript. Specifically, Dr. Chan, Dr. Yang, and Dr. Tsaou wrote the first draft of the manuscript. Dr. Tsou and Dr. Hsiung performed the statistical analysis and wrote the analysis section. Dr. Chen and Dr. Kuo designed the study and provided substantial revisions to the manuscript.

We believed that our study provides good information for the readers and is a good candidate for publication in BMC Geriatrics for its robust design, population representativeness, and encouraging results.

We hope the manuscript is up to the standard of BMC Geriatrics, an looking forward to your positive response.

Sincerely yours,

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