Reviewer's report

Title: Effectiveness of Lifestyle Change plus Dental Care (LCDC) program on improving glycemic and periodontal status in the elderly with type 2 diabetes

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Reviewer: Bishal Bhandari

Reviewer's report:

1. Major compulsory revisions - rationale and objective
The authors of this manuscript examined whether lifestyle change plus dental care improved glycaemic level and periodontal status in the elderly. According to authors, lifestyle care is effective in controlling diabetes and dental care in periodontitis. They concluded that combining the intervention had been effective in controlling both the diseases. However, the authors themselves were unsure whether the improvement was because of lifestyle change or dental care or their integration in one program (discussion- 2nd last paragraph). So the question need to be asked is why the two separate interventions were integrated in one program in the first place. Wouldn't it have been better if they have chosen either one of the intervention for both the diseases especially, as the authors themselves state that diabetes and periodontal disease have bidirectional relationship where controlling one would control the other as well (background 3rd paragraph). They could also have examined the two intervention separately and in combination if they wanted to be certain of the effectiveness of these interventions.

2. Major compulsory revisions - background
The background of this paper doesn't make a strong case for this particular research. It needs to be rewritten making a strong case for why it is important to integrate these two completely different interventions. Discussion section have some of the materials which would have been better suited for the background, especially the material on effectiveness of dental care for glycaemic control and periodontitis.

3. Major compulsory revisions - citation, quality of written English, data disposition, study design
The authors have failed to cite the previous literature appropriately and in some instances citation is missing (background 3rd paragraph, methods 4th paragraph). English language and general writing needs to be improved as it contains lots of grammatical errors. Data analysis is basic and limited. The authors should have at least attempted some complex analysis whereas they have not even attempted correlation and regression to predict the relationship. The authors themselves acknowledge in their discussion that as an experimental study design, it had severe limitations and it was not representative of the elderly population in that area (discussion- 2nd last paragraph). In such a scenario, I
have a concern if the result and conclusion of this study should be considered without serious reservation.

**Level of interest:** An article whose findings are important to those with closely related research interests

**Quality of written English:** Not suitable for publication unless extensively edited

**Statistical review:** No, the manuscript does not need to be seen by a statistician.

**Declaration of competing interests:**

I declare that I have no competing interests.