Author's response to reviews

Title: Effects of lifestyle changes including specific dietary intervention and physical activity in the management of patients with chronic hepatitis C

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Version: 3 Date: 6 June 2013

Author's response to reviews: see over
Reviewer's report

Title: Effects of lifestyle changes including physical activity and specific dietary intervention in the management of patients with chronic hepatitis C

Version: 2 Date: 22 April 2013

Reviewer: Amedeo Lonardo

1. HAVE THE MANUSCRIPT REVISED BY A NATIVE ENGLISH

The manuscript was revised by a native english

2. replace “prudent” with normoglucidic low-calorie wherever indicated below:

We replaced Prudent diet (PD) with normoglucidic, low-calorie diet (NGLCD) overall.

3. PAGE 1: are both background and introduction necessary ? I think a single paragraph may suffice. Report how fibrosis was detected.

We made a single paragraph.

4. PAGE 2 reducing ---> REDUCTION OF

We have changed.

5. PAGE 2 - Delete the following sentences: “Nutritional therapy should be an essential component of care for people infected with hepatitis C because this medical condition through its associated entities should be considered as a metabolic disease. Present study establishes the positive impact of an educational program in management of patients with hepatitis C.”

The sentences were deleted.

6. PAGE 2 -

Comment: Please avoid repeating twice that hepatitis C is/can be considered a metabolic disease: once is enough.
We rewrote the paragraph as follow: ‘Chronic hepatitis C (CHC) can be considered a metabolic liver disease which implies: insulin resistance (IR), increased prevalence of impaired glucose tolerance or type 2 diabetes mellitus (T2DM), changes in lipid metabolism, and a high prevalence of steatosis. Obesity is involved in the pathogenesis progression of hepatic steatosis and fibrosis, so one of the important objectives of nutrition management is weight control.’

7. PAGE 11: Delete the following sentences, which are not based on findings reported here “Priorities for the treatment of chronic hepatitis C virus include proper diet, physical activity and management of its clinical associated conditions. Diet therapy in chronic hepatitis C should provide a balanced nutritional intake, reduce the effects of the associated metabolic disorders and delay the progression to cirrhosis or hepatocellular carcinoma.”

The sentences were deleted.

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

The manuscript was revised by a native English.

9. Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

The manuscript was not revised by a statistician.

Reviewer's report

Title: Effects of lifestyle changes including physical activity and specific dietary intervention in the management of patients with chronic hepatitis C

Version: 2 Date: 26 April 2013

Reviewer: Dungeng Peng

The only suggestion I would have is to choose the right words, at least a consistent phrase, to address their conclusions in the abstract and in the context.

For the conclusions, I think the "dietary intervention", as in the title, would be appropriate.

We modified the conclusion in accordance with your suggestion.

Present study establishes the benefits of the low-calorie diet and low-fat diet in management of patients with hepatitis C regarding improvement of insulin resistance, steatosis and also liver fibrosis.
Overweight or obese patients with hepatitis C following a lifestyle intervention (specific dietary intervention and physical activity) for 1-year had significant improvements in body weight, lipidic and hepatic profiles.

The link

http://www.cnmp.ro:8083/pncli2/program4/competitie/main/index.php?&we=26531b94a8aa9ff7df5c5d983a506cd6&wf=detail&id=2343&wchk=d52ec897477954a8e5a061ab59d4ec9e

Other changes:

In table 3 for mean change the results were expressed as means±SD and 95% confidence intervals

in table 4 for variables abnormally distributed we used median±interquartile ranges (25th and 75th percentiles)

in table 5 for variables abnormally distributed we used median±interquartile ranges (25th and 75th percentiles)