Reviewer’s report

**Title:** Beneficial Effects of Physical Activity in an HIV-infected Woman with Lipodystrophy: a case report

**Version:** 2 **Date:** 30 May 2010

**Reviewer:** Peter Plomgaard

**Which of the following following best describes what type of case report this is?:** Findings that shed new light on the possible pathogenesis of a disease or an adverse effect

**Has the case been reported coherently?:** Yes

**Is the case report authentic?:** Yes

**Is the case report ethical?:** Yes

**Is there any missing information that you think must be added before publication?:** Yes

**Is this case worth reporting?:** Yes

**Is the case report persuasive?:** Yes

**Does the case report have explanatory value?:** No

**Does the case report have diagnostic value?:** No

**Will the case report make a difference to clinical practice?:** Yes

**Is the anonymity of the patient protected?:** Yes

**Comments to authors:**

Mendes and co-workers report a case where a HIV positive women suffering for HAART induced lipodystrophy circumventing a 12 weeks resistance-training program reduces the lipodystrophy and improving the lipid profile.

Few studies have been performed on this question, however the existing knowledge all indicate that exercise improve both the metabolic and lipodystrophic profile in this condition. However this a important issue. The report is well written.

A few questions arose.

Lindegaard B et al. (J Clin Endocrinol Metab. 2008 Oct;93(10):3860-9. Epub
2008 Jul 15.), performed a study comparing endurance and resistance exercise effects on HAART induced lipodystrophy in HIV positive men and found beneficial effects of both training modalities, why was resistance training chosen?

Was an OGTT performed before and after the training period?

Do you observe any improvement on cardiovascular parameters before and after the training?

**Quality of written English:** Acceptable