Author’s response to reviews

Title: Nutrition in primary and secondary prevention of cardiovascular risk in the continental and Mediterranean regions of Croatia

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Author’s response to reviews:

Dear Editor-in-chief of BMC Cardiovascular Disorders,

Thank you for all comments that helped in improvement of this manuscript.

Here are point-by-point responses to the comments:

Editor comments-

- Baseline clinical characteristics of studied individuals are added in new table (Table 1), providing more data about differences in risk factors in those that are newly diagnosed vs. those that are known CVD, including limitations paragraph
- Abstract

“This effect is more evident in secondary prevention, bearing in mind the greater awareness of patients with risk factors already present” changed to “This effect is more evident in patients with known cardiovascular disease”
- Background
  - ”comparing continental countries with the Mediterranean countries of Europe” changed to “in continental compared to Mediterranean countries”
  - “A study conducted in India…” – a new reference was added providing differences in intake of diet high in saturated fat and cholesterol in the inhabitants of the southern parts of India
  - “A connection between the Mediterranean diet and reduction in level of oxidized low-density lipoprotein (LDL) and blood pressure was also observed.” – three new references were added

- Results
  - “In both regions, women and men equally use continental food” - “use” changed to “consume”
  - Addressed more that woman have a higher index of healthy food

- Discussion
  - The discussion is rewritten
  - The main result is emphasized - “In this study, there was no differences in diet by region, however patients who had known cardiovascular disease tended to have a healthier diet than those who did not.” - “Compared to those with chronic disease, those who presented with ACS were more like to eat cured and red meat, dairy, and olive oil and less likely to eat fruit”
  - It is more explained and discussed, providing new references about fish, vegetable and olive oil consumption, including cardiac rehabilitation

- Conclusion
  - Changed to: “In Croatia, those with known chronic heart disease have a healthier eating pattern than those who present for the first time with acute coronary syndrome, regardless of historical geographic differences in eating patterns.”
Reviewer comments

- Background section, page 4, line 48-56: new references (18,19,20) were added and discussed
- In the results section, line 29-30 "although there was a trend for patients who had risk factors to eat healthier" p-value (p<0.1) is added
- Baseline clinical characteristics of studied individuals (including smoking) are added in table 1; It is more explained and discussed, providing new references about fish, vegetable and olive oil consumption

With regards

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