Author’s response to reviews

Title: Lifestyle habits in patients with established cardiovascular diseases: A European observational study

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Author’s response to reviews:

Dear editor,

We have made the corrections suggested by reviewers. All the changes are in yellow.

We have deleted this sentence with its citation ‘Two-thirds of the general population visit their general practitioner/family physician (GP/FP) at least once a year and 90% at least once every five years’.

We have included this new sentence with more recent data from EUROSTAT.

‘According to EUROSTAT data, in 2017, nearly four in ten people (38%) in the European Union (EU) went to see their generalist medical practitioner once or twice in the 12 months prior to the survey. A quarter (25%) consulted their generalist practitioner 3 to 5 times and 14% reported that they saw their generalist practitioner 6 times or more, while nearly another quarter (24%) did not go to see a generalist practitioner’.
A new publication of EUROASPIRE V has been recently published. Therefore, we have replaced data and citation of EUROASPIRE IV for EUROASPIRE V.

We have introduced another example of a cluster randomised trial done in Spain.

'Another cluster randomized clinical trial was carried out in a regular general practice setting in different health centers in Spain in 1224 patients aged under 86 years with a diagnosis of ischaemic heart disease, stroke or peripheral artery disease. It was observed that a comprehensive program of secondary prevention of cardiovascular disease in general practice was not effective in reducing cardiovascular morbidity and mortality. However, some factors associated with a healthy lifestyle were improved and anxiety and depression were reduced.'

We have included another study in Discussion.

'The Prospective Urban Rural Epidemiology (PURE) Study carried out in patients diagnosed of coronary heart disease or stroke showed that 18.5% continued to smoke, 35.1% undertook high levels of work-or leisure-related physical activity, and 39% had healthy diets. These results are difficult to compare with the results of our study since different instruments were used to measure physical activity and healthy diet, but the percentage of smokers was just slightly lower in our study.'

We believe that significant of our research is well described in conclusions.

With regards to Ethics approval in different countries we have included the following sentence:

Specific information on country ethics committees is available on corresponding authors on reasonable request.

Other changes:

We have changed the order of authors. The second author- Diana Fernandez- now is the first author, and now I am the second author, maintaining the correspondence to myself.

Sincerely,

Dr. Carlos Brotons