Author's response to reviews

Title: Physical ExeRcise Following Esophageal Cancer Treatment (PERFECT) Study: design of a randomized controlled trial

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Author’s response to reviews:

Dear Dr Solera,

We have carried out the corrections from the Editorial Office and provided the requested responses in our cover letter, below.

Editorial office BMC Cancer

Date: February 3rd, 2017
Dear Dr. Solera,

Please find attached our manuscript entitled “Physical ExeRcise Following Esophageal Cancer Treatment (PERFECT) Study: design of a randomized controlled trial” which we would like to be considered for publication in BMC Cancer.

After esophageal cancer surgery, patients experience a clinically significant deterioration of health-related quality of life, both on the short and long term. Since esophageal cancer currently belongs to the malignancies with the fastest rising incidence rates in the Western world, interventions aimed at improving quality of life are needed. Physical exercise has the potential to improve quality of life. In the current Physical ExeRcise Following Esophageal Cancer Treatment (PERFECT) study, we investigate the effects of physical exercise following esophageal cancer surgery. The primary outcome is the between-group change of health-related quality of life from baseline to 12 weeks.

This is the first randomized controlled trial investigating the effect of a supervised exercise program after surgery in patients with esophageal cancer. The 12-week combined aerobic and resistance exercise program is supervised by a physiotherapist near the patient’s home-address, thereby closely resembling daily practice. Results of the PERFECT study will provide important evidence on effects of physical exercise in esophageal cancer patients.

Ethical and external funding approval for the PERFECT study have been obtained. We confirm that our study protocol has undergone peer-review by the funding body. Copies of the ethical and funding approval documentation have been forwarded to BMCSeriesEditorial@biomedcentral.com. The PERFECT study is currently ongoing, i.e. we are still recruiting patients and collecting data. No manuscripts of this study have already been published or have been submitted to a journal. Our manuscript adheres to SPIRIT guidelines for reporting study protocols. A completed SPIRIT checklist has been included as an additional file.

We look forward to your opinion as to the suitability of the PERFECT study design for inclusion in BMC Cancer.

Yours sincerely,

On behalf of all co-authors,

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