Author’s response to reviews

Title: Adherence to “Dietary Approaches to Stop Hypertension” eating plan in relation to gastric cancer

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Author’s response to reviews:

Dear editor

We believe that the editor and reviewers’ suggestions have been very helpful in improving our manuscript. We have made a considerable effort to take into account the interesting suggestions proposed by the reviewers. Authors hope that these changes to the manuscript will facilitate the decision to publish this study in your journal. In any case, we are open to consideration of any further comment on our answers. We provide point-by-point response to reviewers.

Yours sincerely,

On behalf of the co-authors
Kazem Zendehdel

Reviewer #2:

Background

Lines 61-62: In Iran, the estimated Age-Standard Rate (ASR) is 26.1 per 100,000 in men and 11.1 in women (2)- Can you please add per 100,000 after 11.1 for clarity.
Answer: done

Lines 67-68: For instance, there is strong evidence that consumption of salt-preserved foods or processed meats is positively associated with the risk (6-10).- Could define the amount of process meats consumed and indicate the level of gastric cancer risk associated?
Answer: we added the requested information.
I have suggested some edits in these sentences: The World Cancer Research Fund and American Institute for Cancer Research in their latest review indicated there is limited evidence to support an association between fruit consumption and gastric cancer risk. This review also did not find a strong relationship between vegetable, nuts and dairy food consumption and the risk of gastric cancer (10).
Answer: we tried to improve the paragraph.

Lines 79 and 91: dairies-Incorrect spelling. I think you mean dairy.
Line 93: life style: Please join these two words together. There is a full-stop needed after reference 28.
Answer: done

Methods:

Lines 102: diagnosing- I think this should be diagnosed.
Lines 105: Coming- I think this should be came.
Answer: done

Line 131: As the Iranian population mainly consumes refined grains- Can you provide a supporting evidence.
Answer: references are added

Line 149: general information- What specific information are you referring to?
Answer: we tried to clarify them

Line 150: health bachelor- Please rephrase to health professional
answer: they were not professionals and they have just graduated. therefore, we corrected it to bachelor of health.

Results

Line 191: dairies- Please change to dairy food
Answer: done

Discussion:

Lines 210-212: The DASH dietary pattern was initially suggested to manage hypertension(19); however, its beneficial effects on metabolic syndrome, gestational diabetes, obesity, and some cancers have also been reported(38-42).- This information has already been provided in previous sections.
Answer: we tried to modify the paragraph.

Lines 212-213: In this case-control study, we found that adherence to the DASH dietary pattern was inversely associated with gastric cancer.- This has already been stated at the start of the discussion.
Answer: We omitted this part.
Line 223: Association of the DASH dietary pattern and risk of gastric cancer was not studied before. - This is stated multiple times
   Answer: We omitted this part.

Lines 224-225: several studies have examined the association between other healthy dietary patterns and risk of gastric cancer. - Supporting references are needed here.
   Answer: we add some references.

Line 228: some documents - What you mean by this?
   Answer: we changed it to "some studies".

Line 234: This is in opposite to earlier publications. - Supporting references needed.
   Answer: references were added.

Lines 242-243: Prior investigations have shown the involvement of oxidative stress in the pathophysiology of several cancers. - Supporting references needed.
   Answer: we add some references.