Author’s response to reviews

Title: Association Between Healthy Lifestyle Score and Breast Cancer

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Version: 2 Date: 12 Dec 2019

Author’s response to reviews:

Dear Editor,

Thank you very much for your letter informing us of your decision regarding the manuscript entitled “Association Between Healthy Lifestyle Score and Breast Cancer” (NUTJ-D-19-00277). The manuscript has been revised according to the editor’s comments. Responses to the reviewer’s comments have been provided below. Revised texts have been provided in red font. Thank you so much in advance.

Yours Sincerely,

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Reviewer #1

Thank you for addressing my earlier comments. I have a few additional (minor) comments as below:

1. Introduction, lines 30-31: Lifestyle factors which have been convincingly linked to breast cancer could be presented here - e.g. alcohol, overweight/obesity, physical inactivity - in addition to the factors listed (many of which are non-modifiable).
Authors: Thank you for your comment. Agreed. Corrected.

2. Method, line 59: Why were those with a history of hormone replacement therapy excluded? HRT has been linked to breast cancer risk and is a potentially modifiable (lifestyle) factor which could have been included here.
Authors: This part was discussed in limitation part in discussion, lines 295-296. We did not consider hormone use because it is not part of lifestyle, rather it’s a medication use to control hormone levels.

3. Method: line 63-64: I'm not sure that you can say controls were selected from the general adult population, as you say later they were patients from 2 health care centers. Is it possible that those attending health care centers regularly ("for their annual personal checkup") differ from the general population?
Authors: In the manuscript we mentioned that controls were randomly selected from “apparently healthy women” which we think must clarify this point as they will be considered from general adult population. They were not patients. Healthy adults attending healthcare centers for different reasons were considered as controls.

4. Method, line 87-89: These first two sentences are repetitive - the second sentence is sufficient.
Authors: Thank you. Agreed. Corrected.

5. Results, line 160-168: This information is repeated from the methods section and is redundant here (as per my comment on an earlier version of this manuscript).
Authors: Thank you. Agreed. Corrected.

6. Results, line 226-236: Can you make it clear that this information is related to diet scores - on first reading this seems to be a repeat of the earlier healthy lifestyle score analysis.
Authors: Thank you. Agreed. Corrected.

7. Discussion, lines 283-289: Can you move the explanation (lines 325-334) as to why you didn't include these additional behaviors (breastfeeding, BMI, alcohol) in your lifestyle score up to here?
Authors: Thank you. Agreed. Corrected.