

Journal Name:	British Journal of Medicine and Medical Research
Manuscript Number:	Ms_BJMMR_29418
Title of the Manuscript:	Follow up Type 2 diabetes mellitus: a comparison between intensive diet, physical exercise and lifestyle intervention with medication controlled management
Type of the Article	

General guideline for Peer Review process:

This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound.

To know the complete guideline for Peer Review process, reviewers are requested to visit this link:

(<http://www.sciencedomain.org/page.php?id=sdi-general-editorial-policy#Peer-Review-Guideline>)

PART 1: Review Comments

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Compulsory REVISION comments	Very poor English – The article should be re-written completely	The manuscript has been re-written according to reviewer comments and recommendation
Minor REVISION comments	<p>Of 1850 patients with newly diagnosed type 2 diabetes participants who had appropriate blood samples stored at -70°C and available from study visits at baseline n = 1,386 patients available and while 482 patients lost follow up No. of patients are not tallying. 1386 + 482= 1868 and not 1850. How many patients were allocated to Diet restriction and how many patients for oral medication treatment. What is the male female distribution in each group?</p> <p>Were there equal distribution in terms of ethnicity , occupation , monthly income , physical exercise, sport activity , cigarette smoking , shisha smoking and consanguinity in both groups.? Otherwise how can you see the differences?.</p> <p>Usually the blood sample storage is at 15-24°C and not at - 70°C</p> <p>Conclusion: Exercise contributes to glycemic control and blood pressure reduction, and may improve several of the cardiovascular consequences of Type 2 Diabetes such as impaired endothelial function</p> <p>How did you come to this conclusion?</p>	<p>1. A total of 1386 patient were available during follow up and included in the study and we have removed 464 patients either lost follow up or they had incomplete information.</p> <p>2. Subjects located in each group as follows: diet, lifestyle, physical exercise n= 556; metformin n=617; sulfonylurea n=139 and sitagliptin n=74 patients</p> <p>3. Participants were classified for comparison to one of two interventions: either to medication therapy or an intensive physical exercise and lifestyle modification program [PhyExILS]. Goals for PhyExILS participants were to achieve and maintain a reduction of ≥7 % of initial body weight through a calorie-controlled, low-fat diet and to engage in physical activity of moderate intensity, for ≥150 min per week</p> <p>4. 1386 were approached and assigned to receive either conventional therapy (dietary restriction) or intensive medical therapy (metformin, sulfonylurea, sitagliptin) for glucose control and available for the analysis of the changes with intervention at over 1 year. All patients were initiated on diet, lifestyle, physical exercise n= 556 patients, metformin n= 617 patients (generic 1000 mg twice daily after gradually build-up dose over 2 weeks) and/or sulfonylurea n=139 (usually glimepiride 4mg daily) patients or sitagliptin 100 mg daily which was used for a minority of patients n=74.</p> <p>5. We agree with the reviewer that usually the blood sample storage is at 15-24°C and not at - 70°C and we have revised manuscript.</p> <p>6. We have re-written and stated conclusion very clearly.</p>
Optional/General comments		