

## Format for ANSWERING REVIEWERS

May 31, 2015

Dear Editor,



Please find enclosed the edited manuscript in Word formation (file name: 17836-review.doc).

**Title:** Dairy: A Lower Percent Investment in the Volatile Hypertensive Environment

**Author:** Miriam E. Pearman and Hirofumi Tanaka

**Name of Journal:** World Journal of Hypertension

**ESPS Manuscript NO:** 17836

The manuscript has been improved according to the suggestions of the reviewers:

1. Format has been updated
2. Revision has been made according to the suggestions of the reviewer:

### **Reviewer 0053616:**

*It is a brief review on the benefits of low-fat dairy intake to BP reduction, and its potential physiological mechanisms. It is clear and well-written, with updated references. My only suggestion is to change the title, because the present one (A Lower % Investment in Dairy in the Volatile Hypertensive Environment) did not convey on the review issue.*

Thank you for taking the time to review our manuscript, and we appreciate the compliments. In regards to editing the title to convey the subject of our editorial more clearly, we hope that the new title is better received:

“Dairy: A Lower Percent Investment in the Volatile Hypertensive Environment”

### **Reviewer 00631853:**

*This is a very interesting editorial that extends our knowledge on the favorable influence of low-fat dairy consumption on hypertension. The manuscript is coherent and easy to follow, and the references are appropriate. A minor point: The symbol “%” in the title could be replaced by the terms such as “percent” or “percentage”, etc.*

Thank you for taking the time to review our manuscript. We are grateful for your complimentary feedback. We have adjusted the title to make it clearer:

“Dairy: A Lower Percent Investment in the Volatile Hypertensive Environment”

### **Reviewer 0070411:**

*This is a very interesting and well-written manuscript. In this paper, the author introduces a novel concept about the hypotensive effect of low-fat dairy intake on blood pressure and the underlying mechanism. This contribution will certainly prove a useful reading for the readers of the World Journal of Hypertension. Minor comment: Dairy intake has shown to be associated with adverse retinal vascular changes in older adults. The author should add some information about the potential side effects of dairy intake.*

Thank you for taking the time to review our manuscript, and we appreciate the compliments. We have done the literature search of studies investigating the association between dairy intake and retinal vascular health. We have not found any studies that demonstrated the “adverse” effects of daily intake retinal vascular changes. We did, however, find studies showing “beneficial” effects of dairy intake on retinal structure. These research findings are consistent with our present editorial. In the revised editorial, we have included a brief discussion regarding end-organ vascular health and dairy intake.

**Reviewer 00505149:**

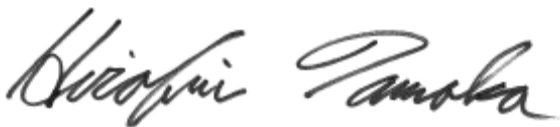
*The manuscript briefly summarized the recent findings regarding the beneficially effect of dairy milk on hypertension. Although the supporting evidence is limited, it might give us a novel idea of simply adding milk into the routine diet to reduce blood pressure. The author might need to add more information to convince readers that consumption of milk does not contribute to increase blood cholesterol and cardiovascular disease. Dairy milk may have dual role in reduced blood pressure and increased risk of cardiovascular disease because of cholesterol. The author might need to describe what are the major components in the milk to contribute decreased blood pressure and the underlying mechanism.*

Thank you for taking the time to review our manuscript. Please know that we are grateful for your compliments and feedback. We have discussed the major components of milk that contribute to decreased blood pressure and the underlying mechanisms in the body of the editorial: the calcium-vitamin D pathway, milk proteins and their ACE-inhibitory properties, and Lactobacillus Heveticus through bacterial fermentation/ ACE inhibition. You have also asked for further information to convince readers that milk consumption does not increase blood cholesterol and CVD. This issue has been included in the editorial: “recent reviews and meta-analyses on dairy and blood pressure have found no such link between full-fat dairy and CVD.” A well-designed intervention study employing full fat dairy would best address this question. However, to date, no dietary intervention studies have been conducted, as is already mentioned at the end of the second to last paragraph.

3. References and typesetting were corrected.

Thank you again for publishing out editorial in the World Journal of Hypertension.

Sincerely,

A handwritten signature in black ink, reading "Hirofumi Tanaka". The signature is fluid and cursive, with the first name and last name clearly distinguishable.

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