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## PEER-REVIEW REPORT

**Name of journal:** World Journal of Gastroenterology

**Manuscript NO:** 39001

**Title:** Fiber-enriched diet helps to control symptoms and improves esophageal motility in NERD

**Reviewer's code:** 00503535

**Reviewer's country:** Japan

**Science editor:** Ze-Mao Gong

**Date sent for review:** 2018-03-27

**Date reviewed:** 2018-04-01

**Review time:** 4 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input checked="" type="checkbox"/> Grade B: Very good	<input checked="" type="checkbox"/> Grade B: Minor language	(High priority)	<input checked="" type="checkbox"/> Anonymous
<input type="checkbox"/> Grade C: Good	polishing	<input type="checkbox"/> Accept	<input type="checkbox"/> Onymous
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
<input type="checkbox"/> Grade E: Do not	language polishing	<input checked="" type="checkbox"/> Minor revision	topic of the manuscript:
publish	<input type="checkbox"/> Grade D: Rejection	<input type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input type="checkbox"/> No

### SPECIFIC COMMENTS TO AUTHORS

In this manuscript, the authors tried to evaluate the effect of dietary fiber on the presence of gastroesophageal reflux, esophageal acidity, lower esophageal sphincter pressure and clinical manifestations of non-erosive gastroesophageal reflux disease (NERD) in

patients with low dietary fiber intake. The study was uniquely designed and the results were very interesting. Limitations of this study were also stated. However, some more questions were raised as follows: 1) NERD is a multifactorial disease, so NERD patients are not suitable for this acid-reflux study. 2) In this study, intake of dietary fibers resulted in increasing of LES minimal resting pressure, decrease in number of acid, weakly-acid and total refluxes and it was associated with as twice as low frequency of heartburn and GERD-Q score in patients with NERD. Which mechanisms?

#### **INITIAL REVIEW OF THE MANUSCRIPT**

##### ***Google Search:***

- ☐ The same title
- ☐ Duplicate publication
- ☐ Plagiarism
- ☐ No

##### ***BPG Search:***

- ☐ The same title
- ☐ Duplicate publication
- ☐ Plagiarism
- ☐ No

## PEER-REVIEW REPORT

**Name of journal:** World Journal of Gastroenterology

**Manuscript NO:** 39001

**Title:** Fiber-enriched diet helps to control symptoms and improves esophageal motility in NERD

**Reviewer's code:** 00504187

**Reviewer's country:** Italy

**Science editor:** Ze-Mao Gong

**Date sent for review:** 2018-03-27

**Date reviewed:** 2018-04-04

**Review time:** 7 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input type="checkbox"/> Grade B: Very good	<input checked="" type="checkbox"/> Grade B: Minor language	(High priority)	<input checked="" type="checkbox"/> Anonymous
<input type="checkbox"/> Grade C: Good	polishing	<input type="checkbox"/> Accept	<input type="checkbox"/> Onymous
<input checked="" type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
<input type="checkbox"/> Grade E: Do not	language polishing	<input type="checkbox"/> Minor revision	topic of the manuscript:
publish	<input type="checkbox"/> Grade D: Rejection	<input checked="" type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input type="checkbox"/> No

### SPECIFIC COMMENTS TO AUTHORS

This paper is proposing an evaluation of increased fiber intake to improve clinical and laboratory outcome (mainly esophageal motility) of NERD patients. The results are not clear-cut however, and there several drawbacks. It is not clear to me why the authors

choose NERD patients instead of clearly diagnosed GERD patients. The outcome of NERD patients after antireflux therapy is more unpredictable and intricate and this will make any evaluation more tricky. Obviously, to identify a satisfactory number of NERD patients is also difficult and this can explain the low number of patients reported in the paper, which indeed affects the results. The authors should explain the reason for their choice. As said above, the number of patients is relatively low to extrapolate any conclusion, especially in such a debatable issue. Several references are coming from Russian literature, which does not mean that they are unreliable, but certainly the reader would be more confident with results or conclusions coming from papers published in high-impact gastroenterological journals. An example is the validation of the “dietary questionnaire”. Accordingly, even in the discussion it is well outlined how different are the fiber intake guidelines between Russian and US population, a difference that can have some influence in the methods and can raise some questions about the reliability of the conclusions. Psyllium was taken into consideration for this trial to enrich the amount of fiber. However, it would be nice to compare the ingested amount of different types of fibers instead of Psyllium only, whose influence on esophageal motility is indeed still unknown, how it was outlined by the authors. Patients included in the study had previous responses to PPI or anti H<sub>2</sub> therapy. Considering how less powerful are anti H<sub>2</sub> drugs in the treatment of GERD, this raises the question about how the patient populations was homogeneous (patients responding to anti H<sub>2</sub> have usually a less severe disease). The comparison of the results of the paper with those of Sun XH (ref.42) does not seem correct. Actually, while fatty meals were responsible in that paper of increased numbers of reflux episodes and increased percent of time with pH< 4, in the present study no significant changes in the mean esophageal pH and proportion of time with pH<4 in the lower esophagus were found during the study. Absence of symptoms and improved GERD Q score decrease cannot be considered totally reliable in the

evaluation of patients, that should be as much as possible objective, i.e. by evaluation of acid exposure in esophageal mucosa. In this paper the exposure to acid was not significantly changed after dietary fiber enrichment, therefore raising some doubts about its effectiveness. Moreover, the number of Transient Esophageal Relaxations, a well known important factor in the genesis of GERD, were not significantly influenced by the use of fibers. In the methods is written: "No PPIs, H<sub>2</sub>-hystamine receptors blockers and prokinetics were allowed during the study. Antacid use was allowed when needed." However, antacid use may affect the results. Did the patient use alginate in case of esophageal burning? In this case the number of patients and the amount should be specified. In conclusion, the hypothesis of the paper that fiber intake may have an influence on esophageal motility and NERD management is not clearly and strongly supported by the paper. Likely the role of fibers is overemphasized. The number of patients is low for such types of studies. English style could be improved.

## INITIAL REVIEW OF THE MANUSCRIPT

### *Google Search:*

- ☐ The same title
- ☐ Duplicate publication
- ☐ Plagiarism
- ☐ No

### *BPG Search:*

- ☐ The same title
- ☐ Duplicate publication
- ☐ Plagiarism
- ☐ No

## PEER-REVIEW REPORT

**Name of journal:** World Journal of Gastroenterology

**Manuscript NO:** 39001

**Title:** Fiber-enriched diet helps to control symptoms and improves esophageal motility in NERD

**Reviewer's code:** 00189256

**Reviewer's country:** Ukraine

**Science editor:** Ze-Mao Gong

**Date sent for review:** 2018-03-27

**Date reviewed:** 2018-04-07

**Review time:** 10 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input type="checkbox"/> Grade A: Excellent	<input checked="" type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input checked="" type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language	(High priority)	<input checked="" type="checkbox"/> Anonymous
<input type="checkbox"/> Grade C: Good	polishing	<input checked="" type="checkbox"/> Accept	<input type="checkbox"/> Onymous
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
<input type="checkbox"/> Grade E: Do not	language polishing	<input type="checkbox"/> Minor revision	topic of the manuscript:
publish	<input type="checkbox"/> Grade D: Rejection	<input type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input type="checkbox"/> No

### SPECIFIC COMMENTS TO AUTHORS

You have prepared an article devoted to the urgent problem of clinical medicine. The material is presented logically and correctly. Selected methods are adequate to the research problems and the aim. I recommend the article for publication.



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## INITIAL REVIEW OF THE MANUSCRIPT

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- ☐ No

### *BPG Search:*

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- ☐ Duplicate publication
- ☐ Plagiarism
- ☐ No

## PEER-REVIEW REPORT

**Name of journal:** World Journal of Gastroenterology

**Manuscript NO:** 39001

**Title:** Fiber-enriched diet helps to control symptoms and improves esophageal motility in NERD

**Reviewer's code:** 02535775

**Reviewer's country:** Turkey

**Science editor:** Ze-Mao Gong

**Date sent for review:** 2018-03-27

**Date reviewed:** 2018-04-09

**Review time:** 13 Days

SCIENTIFIC QUALITY	LANGUAGE QUALITY	CONCLUSION	PEER-REVIEWER STATEMENTS
<input checked="" type="checkbox"/> Grade A: Excellent	<input checked="" type="checkbox"/> Grade A: Priority publishing	<input type="checkbox"/> Accept	Peer-Review:
<input type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language	(High priority)	<input checked="" type="checkbox"/> Anonymous
<input type="checkbox"/> Grade C: Good	polishing	<input type="checkbox"/> Accept	<input type="checkbox"/> Onymous
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of	(General priority)	Peer-reviewer's expertise on the
<input type="checkbox"/> Grade E: Do not	language polishing	<input checked="" type="checkbox"/> Minor revision	topic of the manuscript:
publish	<input type="checkbox"/> Grade D: Rejection	<input type="checkbox"/> Major revision	<input type="checkbox"/> Advanced
		<input type="checkbox"/> Rejection	<input type="checkbox"/> General
			<input type="checkbox"/> No expertise
			Conflicts-of-Interest:
			<input type="checkbox"/> Yes
			<input type="checkbox"/> No

### SPECIFIC COMMENTS TO AUTHORS

To Authors, The article entitled " Fiber-enriched diet helps to control symptoms and improves esophageal motility in NERD" was reviewed. This article needs minor revisions; 1. Abbreviation could not be stated at the title ( NERD), please write the whole





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name 2. All abbreviations written in the text should be evaluated and explanation of them should be written when first using (e.g.GSAS-ds score). This should be done at the tables also and explanations should be added below the tables ( $M \pm SD$  = Mean or median ?).

#### **INITIAL REVIEW OF THE MANUSCRIPT**

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- ☐ No