

## ANSWERING REVIEWERS



October 28, 2013

Dear Editor,

Please find enclosed the edited manuscript in Word format (file name: 5508-review.doc).

**Title:** Current nutritional strategy for nonalcoholic fatty liver disease

**Author:** Kenichiro Yasutake, Motoyuki Kohjima, Kazuhiro Kotoh, Manabu Nakashima, Makoto Nakamuta, Munechika Enjoji

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

**ESPS Manuscript NO:** 5508

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

1 Format has been updated

2 Revision has been made according to the suggestions of the reviewer

(1) *Reviewed by 02445121*

The contents was too long, the total page was 27. The author was suggested to make paper preciser.

Ans: We remade paper somewhat shorter and preciser.

(2) *Reviewed by 00742311*

“present concrete nutritional care planning”: The abstract suggests that a therapeutic plan is part of the review. However, besides general recommendations concerning restricted calories, fat, etc. no such plan was identified.

Ans: It is very difficult to prescribe the restriction precisely because nutritional condition is different among patients. Then concrete nutritional suggestion, which is generally applied, is presented at the last part of each chapter.

The same applies to the title. “Current nutritional strategy” suggests there is one accepted strategy, whereas multiple conflicting approaches are actually adopted worldwide.

Ans: The word “strategy” was changed to “strategies”.

Overall the text is well written and well researched, and thus representing an important contribution.

- Thank you.

Language needs correction at a few points, such as :...has maintains the change...toy lagniappes

Ans: We corrected some spelling and grammatical errors.

(3) *Editor's comments*

[a1] Please write a summary of less than 100 words to outline the most innovative and important arguments and core contents in your paper to attract readers.

Ans: A summary of less than 100 words (Core tip) were presented

[a2] Please delete et al, and list all the authors' names.

Ans: References: We deleted "et al", and listed all the authors' names.

3 References and typesetting were corrected

Thank you again for publishing our manuscript in the *World Journal of Gastroenterology*.

Sincerely yours,

A handwritten signature in black ink, reading "Munechika Enjoji". The signature is written in a cursive, flowing style with a long horizontal stroke at the end.

Munechika ENJOJI, MD, PhD

Health Care Center

Fukuoka University

8-19-1 Nanakuma, Jonan-ku

814-0180 Fukuoka, Japan

Fax: +81-92-863-0389

E-mail: [enjoji@adm.fukuoka-u.ac.jp](mailto:enjoji@adm.fukuoka-u.ac.jp)

## ANSWERING REVIEWERS



November 11, 2013

Dear Editor,

Please find enclosed the edited manuscript in Word format (file name: 5508-revised.doc).

**Title: Dietary habits and behaviors associated with nonalcoholic fatty liver disease**

**Author:** Kenichiro Yasutake, Motoyuki Kohjima, Kazuhiro Kotoh, Manabu Nakashima, Makoto Nakamuta, Munechika Enjoji

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

**ESPS Manuscript NO:** 5508

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

1 Format has been updated

2 Revision has been made according to the suggestions of the reviewer

1) The title of the paper is “current nutritional strategy for NAFLD”-which may be concentrating on the treatment, but the full text just represented and discussed about the dietary habits and behaviors associated with NAFLD including the main cause of excess energy intake and so on.-which focused on the pathogenesis of the nutritional status in NAFLD. So, we suggest the author revised the title slightly.

Ans: According to the comment, we revised the title. [Title page]

2) Page 4 Line 17: NAFLD patients with excess energy intake have shown improvements following weight loss resulting from restricted energy intake; e.g., 600-800 kcal/day, 25-30 kcal/kg (standard weight)/day, or baseline minus 500-1,000 kcal/day. So what’s the improvement: BMI ? WHR? ALT level? HOMR-IR? Pathology? It would be better to list the detailed results of the different studies in the table.

Ans: We prepared the table showing the study design and improved items. [Table 1]

3) Page 4: Generally, a desirable health behavior is attained by changes that progress through five stages: a precontemplation stage, a contemplation stage, a preparation stage, an action stage ,a maintenance stage. What’t the definition of each stage? How to evaluate? By questionnaire? Is it routinely used in clinical practice?

Ans: We wrote the explanation regarding upper reviewer’s questions. [page 4, line 18–page 5, line 2]

4) Page 5 Line4: This trend may be similar in patients with NAFLD.---The author should list the reference.

Ans: We introduced a study on patients with NAFLD and listed the reference. [page 5, line 5–7; reference #30]

5) Page 7 last line: Mice with a Clock gene mutation eat during the daytime, when normal mice do not eat. ---The sentence doesn’t make sense. The author should check it again.—so the author means the normal mice do not eat during the daytime?

Ans: We removed the sentence, because it did not make sense.

Feeding Clock-mutated mice a high energy diet accelerated weight gain and the symptoms of the metabolic syndrome. According to the literatures, different clock genes may have different functions in the food intake. So

the author should indicate the detailed genes.

Ans: We indicated the detailed genes, period (per) genes. [page 8, line 1,2]

6) About Vitamine E: According to the U.S. Practice Guideline for the Diagnosis and Management of NAFLD, Vitamin E administered at daily dose of 800 IU/day improves liver histology in non-diabetic adults with biopsy-proven NASH and therefore it should be considered as a first-line pharmacotherapy for this patient population. Until further data supporting its effectiveness become available, vitamin E is not recommended to treat NASH in diabetic patients, NAFLD without liver biopsy, NASH cirrhosis, or cryptogenic cirrhosis.

Ans: Thank you for your kind advice. The statement of the U.S. Practice Guideline for the Diagnosis and Management of NAFLD was shown in the text. [page 13, line 10–15]

The author should represent his opinion about Vit E in NAFLD. Is it used in all patients with NAFLD and what's the dosage.

Ans: My opinion was represented in the text. [page 13, line 18, 19]

7) Grammar mistakes, for example: Page 3 Line 7: In addition, the prevalence of NAFLD in children and adolescents is increasing, and has reported to be about 10%. Page 9 Line 14: the Unitrd States has been proposed to decrease.

Ans: All grammatical errors which I found were corrected.

3 References and typesetting were corrected

Thank you again for publishing our manuscript in the *World Journal of Gastroenterology*.

Sincerely yours,

Munechika ENJOJI, MD, PhD  
Health Care Center  
Fukuoka University  
8-19-1 Nanakuma, Jonan-ku  
814-0180 Fukuoka, Japan  
Fax: +81-92-863-0389  
E-mail: enjoji@adm.fukuoka-u.ac.jp