



## PEER-REVIEW REPORT

**Name of journal:** *World Journal of Transplantation*

**Manuscript NO:** 74970

**Title:** Metabolic and functional effects of exercise training in diabetic kidney transplant recipients

**Provenance and peer review:** Invited manuscript; Externally peer reviewed

**Peer-review model:** Single blind

**Reviewer's code:** 03372482

**Position:** Editorial Board

**Academic degree:** MD, PhD

**Professional title:** Academic Research, Assistant Professor, Associate Professor

**Reviewer's Country/Territory:** Egypt

**Author's Country/Territory:** Greece

**Manuscript submission date:** 2022-01-12

**Reviewer chosen by:** AI Technique

**Reviewer accepted review:** 2022-01-13 07:06

**Reviewer performed review:** 2022-01-13 07:20

**Review time:** 1 Hour

<b>Scientific quality</b>	<input type="checkbox"/> Grade A: Excellent <input type="checkbox"/> Grade B: Very good <input checked="" type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
<b>Language quality</b>	<input type="checkbox"/> Grade A: Priority publishing <input checked="" type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
<b>Conclusion</b>	<input type="checkbox"/> Accept (High priority) <input type="checkbox"/> Accept (General priority) <input checked="" type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
<b>Re-review</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No



<b>Peer-reviewer statements</b>	Peer-Review: [ ] Anonymous [ <b>Y</b> ] Onymous Conflicts-of-Interest: [ ] Yes [ <b>Y</b> ] No
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### SPECIFIC COMMENTS TO AUTHORS

This randomized controlled trial aimed to investigate the effects of a 6-month home-based exercise training program on functional capacity, glucose levels, and lipid profile of diabetic KT patients. Methods: 21 type II diabetic KT recipients were randomly assigned into two groups: the exercise (n=11, aged 52.9+10.1 years) and control (n=10, aged 53.01+9.5 years). All participants at baseline and the end of the study underwent biochemical tests for fasting plasma glucose (FPG) levels, glycated hemoglobin (HbA1c) and lipid profile, and cardiopulmonary exercise testing for maximum oxygen uptake (VO<sub>2</sub>peak) estimation. The exercise group followed a 6-month supervised home-based aerobic and progressive resistance exercise program, of moderate intensity, 3 times per week, while the control group continued to receive usual care. Results: At the end of the 6-month study, the exercise group had significantly lower values in FBG by 13.4% (from 120.6+28.9 to 104.8+21.9 mg/dl, p=0.01), HbA1c by 1.5% (from 6.7+0.4 to 6.6+0.4 %, p=0.01) and triglycerides by 8.5% (from 164.7+14.8 to 150.8+11.6 mg/dl, p<0.05) and higher values in high-density lipoprotein by 10.2% (from 51.4+8.8 to 57.2+8.7 mg/dl, p<0.05) and VO<sub>2</sub>peak by 4.7% (from 22.7+3.3 to 23.8+4.2, p=0.02) than the control group. There were statistically significant differences between the two groups at the end of the study for FBG (decreased by 9.6%, p<0.05), triglycerides (decreased by 4.5%, p=0.04), and VO<sub>2</sub>peak (increased by 4.4%, p=0.01). Finally, after training, there was a moderate, positive linear relationship between VO<sub>2</sub>peak and HbA1c in the exercise group (r=0.408, p=0.03). Conclusion: The results demonstrated that a 6-month home-based mixed type exercise training program can improve functional capacity, levels of glucose, and lipid profile of diabetic KT recipients. In



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General: it's a good paper and the subject of the manuscript is applicable and useful.  
Title: the title properly explain the purpose and objective of the article  
Abstract: abstract contains an appropriate summary for the article, language used in the abstract is easy to read and understand, there are no suggestions for improvement.  
Introduction: authors do provide adequate background on the topic and reason for this article and describe what the authors hoped to achieve.  
Results: the results are presented clearly, the authors provide accurate research results, there is sufficient evidence for each result.  
Conclusion: in general: Good and the research provides sample data for the authors to make their conclusion.  
Grammar: Need Some revision. (Check The Paper Comments). Please provide the following information in the Paper  
1. Conflict of Interest  
2. Source of Funding  
Finally, this was an appealing article, in its current state it adds much new insightful information to the field. Therefore, I accept that paper to be published in your journal



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**Peer-review model:** Single blind

**Reviewer's code:** 05573818

**Position:** Peer Reviewer

**Academic degree:** MD, PhD

**Professional title:** Chief Doctor, Surgeon

**Reviewer's Country/Territory:** China

**Author's Country/Territory:** Greece

**Manuscript submission date:** 2022-01-12

**Reviewer chosen by:** AI Technique

**Reviewer accepted review:** 2022-02-16 01:12

**Reviewer performed review:** 2022-02-16 16:05

**Review time:** 14 Hours

<b>Scientific quality</b>	<input type="checkbox"/> Grade A: Excellent <input type="checkbox"/> Grade B: Very good <input type="checkbox"/> Grade C: Good <input checked="" type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
<b>Language quality</b>	<input type="checkbox"/> Grade A: Priority publishing <input checked="" type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
<b>Conclusion</b>	<input type="checkbox"/> Accept (High priority) <input type="checkbox"/> Accept (General priority) <input type="checkbox"/> Minor revision <input checked="" type="checkbox"/> Major revision <input type="checkbox"/> Rejection
<b>Re-review</b>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No



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<b>Peer-reviewer statements</b>	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
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### **SPECIFIC COMMENTS TO AUTHORS**

This is an interesting study. The authors explored the effects of a 6-month exercise training program on glycemic control, lipid profile, and functional capacity of diabetic kidney transplant recipients. They made a conclusion that a 6-month home-based mixed type exercise training program can improve functional capacity, levels of glucose and lipid profile of diabetic KT recipients. However, I have some questions. 1. The title should be changed. It is not very good in this status. 2. As for RCT, the authors missed much important information, such as the stage of diabetic nephropathy, Living habits, renal function and so on. Additionally, there existed major adverse cardiac and renal events or not. 7 of 28 KT recipients in this study quitted, why? 3. The results should be re-write and subtitle in result section would be recommended. 4. The discussion section should be re-organized.



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**Peer-review model:** Single blind

**Reviewer's code:** 05126185

**Position:** Editorial Board

**Academic degree:** PhD

**Professional title:** Associate Professor

**Reviewer's Country/Territory:** South Korea

**Author's Country/Territory:** Greece

**Manuscript submission date:** 2022-01-12

**Reviewer chosen by:** AI Technique

**Reviewer accepted review:** 2022-02-16 04:25

**Reviewer performed review:** 2022-02-23 07:03

**Review time:** 7 Days and 2 Hours

<b>Scientific quality</b>	<input type="checkbox"/> Grade A: Excellent <input checked="" type="checkbox"/> Grade B: Very good <input type="checkbox"/> Grade C: Good <input type="checkbox"/> Grade D: Fair <input type="checkbox"/> Grade E: Do not publish
<b>Language quality</b>	<input checked="" type="checkbox"/> Grade A: Priority publishing <input type="checkbox"/> Grade B: Minor language polishing <input type="checkbox"/> Grade C: A great deal of language polishing <input type="checkbox"/> Grade D: Rejection
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<b>Re-review</b>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No



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<b>Peer-reviewer statements</b>	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous Conflicts-of-Interest: <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
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### **SPECIFIC COMMENTS TO AUTHORS**

The topic is important, the design was appropriate, the data collection, analysis and interpretation were sound and the manuscript was written very well. External validity would be low given that the sample was small and it came from a single institution. But this issue was addressed well in the section of Discussion. The manuscript would be ready for publication in a current form.