

December 5, 2014

Dear Editor,

Please find enclosed the revised manuscript in Word format (file name: 12948\_revised.doc).

**Title:** Effect of aerobic and anaerobic exercises on glycemic control in type 1 diabetic youths  
Systematic review of the latest literature

**Author:** Andrea Lukács, László Barkai

**Name of Journal:** *World Journal of Diabetes*

**ESPS Manuscript NO:** 12948

The manuscript has been improved according to the suggestions of reviewers:  
The discussion below responds directly to the specific comments made by Reviewers. The reviewer's comments are in bold and italicized. The authors' comments are in normal font. The manuscript as a whole went through English correction.

**Reviewer #1:**

*Terms like "effects on glucose metabolism" should be carefully used, as the studies covered include HbA1c analysis only.*

We agreed with Reviewer and refined the sentence: ...effects on glycemic control...

*In general, the manuscript requires an overview to provide better categorization of results, and better suggestions from authors regarding future studies to be held, instead of just stating the need for randomized controlled trials with great sample sizes.*

We were grateful for the comments and suggestions. We restructured our paper and made other synthesis. Please read it in the Results, Discussion and Conclusion sections.

**Reviewer #2:**

*Terms that may not be familiar to an international audience, such as "troika" should be better defined.*

We accepted Reviewer's perception and refined the sentence: Joslin believed in "troika" ('group of three') in the treatment of diabetes symbolizing insulin, diet and exercise correlation.

*Terms such as "myocardial thickness" may not have been used appropriately.*

We considered the remark and we changed the sentence with the addition of a reference. "Both types of exercise increase the mechanical efficiency of the heart (cardiac adaptation), changes in morphology and functionality of the left ventricle." (Dickhuth H-H, Scharhag J, Röcker K, König D: Cardiovascular adaptation and exercise. International SportMed Journal, 2012, 13(1): 1-7)

*Some content is not well supported and referenced, such as the mention that most studies recommend low or moderate intensity exercise for youth with T1D. The rationale for not using meta-analysis is unclear. Could effect sizes be presented?*

We agreed with the Reviewer's comments and found our sentences not substantiated, so we omitted them.

~~The most studies recommend low or moderate intensity exercises for patients with T1D with appropriate carbohydrate intake. In adulthood, this activity can be easily formed, but School-aged children engage a combination of moderate- and high-intensity sessions in their everyday sport~~

activities.

~~Meta-analyses could not be included, because of different age and publication date, but the relevant studies were utilized.~~

*Better organization and synthesis of study designs and findings are needed. The section on results was presented as a list of each study, rather than providing some categorization of similarities and differences, or strengths and weaknesses of the studies.*

We followed the Reviewer's suggestions and restructured the studies and made other synthesis. Please read it in the Results section.

*The conclusion section presented new information and again was somewhat disorganized. A summary that would provide key information and suggestions for new directions for inquiry on exercise intervention in this population would be useful.*

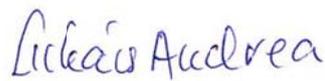
We accepted the Reviewer's remark and rewrote the Conclusion section.

Thank you very much for evaluating our manuscript for the World Journal of Diabetes.

Sincerely yours,



László Barkai, MD, PhD, DSc,  
University of Miskolc  
Faculty of Health Care  
3515 Miskolc-Egyetemváros  
Hungary  
Fax: +36 46 366961  
E-mail: [barkai.l@t-online.hu](mailto:barkai.l@t-online.hu)



Andrea Lukács, PhD  
University of Miskolc  
Faculty of Health Care  
3515 Miskolc-Egyetemváros  
Hungary  
Fax: +36 46 366961  
E-mail: [lukacs.andrea@ymail.com](mailto:lukacs.andrea@ymail.com)