

## PEER-REVIEW REPORT

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

**Manuscript NO:** 71539

**Title:** Protective Effects of Physical Activity Against Health Risks Associated With Type 1 Diabetes: "Health Benefits Outweigh The Risks"

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

**Peer-review model:** Single blind

**Reviewer's code:** 04722749

**Position:** Peer Reviewer

**Academic degree:** MD

**Professional title:** Doctor

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

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

**Manuscript submission date:** 2021-09-11

**Reviewer chosen by:** AI Technique

**Reviewer accepted review:** 2021-09-18 07:44

**Reviewer performed review:** 2021-09-26 15:47

**Review time:** 8 Days and 8 Hours

Scientific quality	<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 Grade E: Do not publish
Language quality	<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
Conclusion	<input type="checkbox"/> Accept (High priority) <input checked="" type="checkbox"/> Accept (General priority) <input type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
Re-review	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No



**Baishideng  
Publishing  
Group**

7041 Koll Center Parkway, Suite  
160, Pleasanton, CA 94566, USA  
**Telephone:** +1-925-399-1568  
**E-mail:** bpgoffice@wjgnet.com  
<https://www.wjgnet.com>

**Peer-reviewer  
statements**

Peer-Review: ☒ Anonymous ☐ Onymous

Conflicts-of-Interest: ☐ Yes ☒ No

### **SPECIFIC COMMENTS TO AUTHORS**

The authors have submitted a manuscript entitled "The Protective Effects of Physical Activity Against The Health Risks Associated With Type 1 Diabetes: "The Health Benefits Outweigh The Associated Risks of Physical Activity" the manuscript is informative and well written.

## PEER-REVIEW REPORT

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

**Manuscript NO:** 71539

**Title:** Protective Effects of Physical Activity Against Health Risks Associated With Type 1 Diabetes: "Health Benefits Outweigh The Risks"

**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:** Ethiopia

**Manuscript submission date:** 2021-09-11

**Reviewer chosen by:** AI Technique

**Reviewer accepted review:** 2021-10-18 06:10

**Reviewer performed review:** 2021-10-18 07:11

**Review time:** 1 Hour

<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 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: [ <input type="checkbox"/> ] Anonymous [ <input checked="" type="checkbox"/> Y ] Onymous Conflicts-of-Interest: [ <input type="checkbox"/> ] Yes [ <input checked="" type="checkbox"/> Y ] No
-------------------------------------	---

## SPECIFIC COMMENTS TO AUTHORS

the review was intended to discuss the health benefits of physical activity (PA) in T1DM patients. The present review article was done by using a comprehensive literature search. The search was performed by using the different electronic databases: "Cochrane Library", Web of Science, PubMed, HINARI, EMBASE, Google for grey literature, Scopus, African journals Online, and Google Scholar for the articles published up to June 21, 2021. The present review article focused on the effects of PA on many outcomes such as blood glucose (BG) control, physical fitness, endothelial functions, insulin sensitivity, well-being, body defense system, blood lipid profile, insulin resistance, cardiovascular diseases (CVDs), insulin requirements, blood pressure (BP), and mortality. The present review found that many studies have recommended the use of PA for the effective management of T1DM. PA is a component of comprehensive lifestyle modifications, which is a significant approach for the management of T1DM. It provides several health benefits, such as improving BG control, physical fitness, endothelial functions, insulin sensitivity, well-being, and body defense system. Besides this, it reduces blood lipid profile, insulin resistance, CVDs, insulin requirements, BP, and mortality. Overall, PA has significant and essential protective effects against the health risks associated with T1DM. Even though PA has several health benefits for patients with T1DM, these patients are not well engaged in PA because of the barrier such as a fear of exercise-induced hypoglycemia in particular. However, several effective strategies are identified to control exercise-induced hypoglycemia in these patients. Finally, the present review concludes that PA should be recommended for the management of patients with T1DM because of its significant many health benefits or protective effects of its associated



**Baishideng  
Publishing  
Group**

7041 Koll Center Parkway, Suite  
160, Pleasanton, CA 94566, USA  
**Telephone:** +1-925-399-1568  
**E-mail:** [bpgoffice@wjgnet.com](mailto:bpgoffice@wjgnet.com)  
**https://**[www.wjgnet.com](http://www.wjgnet.com)

health risks. It also provides suggestions for the future direction of research on this area in advance. In 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 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 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 Comments in the Paper). 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

## RE-REVIEW REPORT OF REVISED MANUSCRIPT

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

**Manuscript NO:** 71539

**Title:** Protective Effects of Physical Activity Against Health Risks Associated With Type 1 Diabetes: "Health Benefits Outweigh The Risks"

**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:** Ethiopia

**Manuscript submission date:** 2021-09-11

**Reviewer chosen by:** Han Zhang (Online Science Editor)

**Reviewer accepted review:** 2022-01-05 09:50

**Reviewer performed review:** 2022-01-05 09:53

**Review time:** 1 Hour

<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
<b>Conclusion</b>	<input type="checkbox"/> Accept (High priority) <input checked="" type="checkbox"/> Accept (General priority) <input type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
<b>Peer-reviewer</b>	Peer-Review: <input type="checkbox"/> Anonymous <input checked="" type="checkbox"/> Onymous



**Baishideng  
Publishing  
Group**

7041 Koll Center Parkway, Suite  
160, Pleasanton, CA 94566, USA  
**Telephone:** +1-925-399-1568  
**E-mail:** bpgoffice@wjgnet.com  
<https://www.wjgnet.com>

statements

Conflicts-of-Interest: [ ☐ ] Yes [ ☒ ] No

#### **SPECIFIC COMMENTS TO AUTHORS**

In 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. 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

## RE-REVIEW REPORT OF REVISED MANUSCRIPT

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

**Manuscript NO:** 71539

**Title:** Protective Effects of Physical Activity Against Health Risks Associated With Type 1 Diabetes: "Health Benefits Outweigh The Risks"

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

**Peer-review model:** Single blind

**Reviewer's code:** 04722749

**Position:** Peer Reviewer

**Academic degree:** MD

**Professional title:** Doctor

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

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

**Manuscript submission date:** 2021-09-11

**Reviewer chosen by:** Han Zhang (Online Science Editor)

**Reviewer accepted review:** 2022-01-04 14:03

**Reviewer performed review:** 2022-01-06 18:39

**Review time:** 2 Days and 4 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
<b>Conclusion</b>	<input type="checkbox"/> Accept (High priority) <input checked="" type="checkbox"/> Accept (General priority) <input type="checkbox"/> Minor revision <input type="checkbox"/> Major revision <input type="checkbox"/> Rejection
<b>Peer-reviewer</b>	Peer-Review: <input checked="" type="checkbox"/> Anonymous <input type="checkbox"/> Onymous





**Baishideng  
Publishing  
Group**

7041 Koll Center Parkway, Suite  
160, Pleasanton, CA 94566, USA  
**Telephone:** +1-925-399-1568  
**E-mail:** bpgoffice@wjgnet.com  
<https://www.wjgnet.com>

statements

Conflicts-of-Interest: [ ] Yes [Y] No

## SPECIFIC COMMENTS TO AUTHORS

I have no comments.    Congratulations