

## ESPS PEER-REVIEW REPORT

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

**ESPS manuscript NO:** 13639

**Title:** Exercise guidelines for gestational diabetes mellitus

**Reviewer's code:** 02446589

**Reviewer's country:** Afghanistan

**Science editor:** Yue-Li Tian

**Date sent for review:** 2014-08-28 19:04

**Date reviewed:** 2014-11-05 23:43

CLASSIFICATION	LANGUAGE EVALUATION	SCIENTIFIC MISCONDUCT	CONCLUSION
<input checked="" type="checkbox"/> Grade A: Excellent	<input checked="" type="checkbox"/> Grade A: Priority publishing	Google Search:	<input checked="" type="checkbox"/> Accept
<input type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language polishing	<input type="checkbox"/> The same title	<input type="checkbox"/> High priority for publication
<input type="checkbox"/> Grade C: Good	<input type="checkbox"/> Grade C: A great deal of language polishing	<input type="checkbox"/> Duplicate publication	<input type="checkbox"/> Rejection
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade D: Rejected	<input checked="" type="checkbox"/> No	<input type="checkbox"/> Minor revision
<input type="checkbox"/> Grade E: Poor		BPG Search:	<input type="checkbox"/> Major revision
		<input type="checkbox"/> The same title	
		<input type="checkbox"/> Duplicate publication	
		<input type="checkbox"/> Plagiarism	
		<input checked="" type="checkbox"/> No	

## COMMENTS TO AUTHORS

This study covers the beneficial effect of exercise as a tool of treatment as part of the continuum of care for women with gestational diabetes mellitus and offers valuable guidelines for this group of subjects. The problem is well-defined and the paper was written in understandable way. Although the problem discussed concisely, the article contains the entire aspects of the problem. In conclusion this review addresses an important health problem and provides a message that may improve life quality of pregnant women with diabetes.

## ESPS PEER-REVIEW REPORT

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

**ESPS manuscript NO:** 13639

**Title:** Exercise guidelines for gestational diabetes mellitus

**Reviewer's code:** 00183347

**Reviewer's country:** Thailand

**Science editor:** Yue-Li Tian

**Date sent for review:** 2014-08-28 19:04

**Date reviewed:** 2014-10-05 21:47

CLASSIFICATION	LANGUAGE EVALUATION	SCIENTIFIC MISCONDUCT	CONCLUSION
<input type="checkbox"/> Grade A: Excellent	<input type="checkbox"/> Grade A: Priority publishing	Google Search:	<input type="checkbox"/> Accept
<input type="checkbox"/> Grade B: Very good	<input checked="" type="checkbox"/> Grade B: Minor language polishing	<input type="checkbox"/> The same title	<input type="checkbox"/> High priority for publication
<input checked="" type="checkbox"/> Grade C: Good	<input type="checkbox"/> Grade C: A great deal of language polishing	<input type="checkbox"/> Duplicate publication	<input checked="" type="checkbox"/> Rejection
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade D: Rejected	<input checked="" type="checkbox"/> Plagiarism	<input type="checkbox"/> Minor revision
<input type="checkbox"/> Grade E: Poor		[Y] No	<input type="checkbox"/> Major revision
		BPG Search:	
		<input type="checkbox"/> The same title	
		<input type="checkbox"/> Duplicate publication	
		<input type="checkbox"/> Plagiarism	
		[Y] No	

## COMMENTS TO AUTHORS

new things, a summary of new topic

## ESPS PEER-REVIEW REPORT

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

**ESPS manuscript NO:** 13639

**Title:** Exercise guidelines for gestational diabetes mellitus

**Reviewer's code:** 00053423

**Reviewer's country:** Brazil

**Science editor:** Yue-Li Tian

**Date sent for review:** 2014-08-28 19:04

**Date reviewed:** 2014-12-05 19:49

CLASSIFICATION	LANGUAGE EVALUATION	SCIENTIFIC MISCONDUCT	CONCLUSION
<input type="checkbox"/> Grade A: Excellent	<input checked="" type="checkbox"/> Grade A: Priority publishing	Google Search:	<input type="checkbox"/> Accept
<input checked="" type="checkbox"/> Grade B: Very good	<input type="checkbox"/> Grade B: Minor language polishing	<input type="checkbox"/> The same title	<input type="checkbox"/> High priority for publication
<input type="checkbox"/> Grade C: Good		<input type="checkbox"/> Duplicate publication	
<input type="checkbox"/> Grade D: Fair	<input type="checkbox"/> Grade C: A great deal of language polishing	<input type="checkbox"/> Plagiarism	<input type="checkbox"/> Rejection
<input type="checkbox"/> Grade E: Poor	<input type="checkbox"/> Grade D: Rejected	<input checked="" type="checkbox"/> No	<input checked="" type="checkbox"/> Minor revision
		BPG Search:	<input type="checkbox"/> Major revision
		<input type="checkbox"/> The same title	
		<input type="checkbox"/> Duplicate publication	
		<input type="checkbox"/> Plagiarism	
		<input checked="" type="checkbox"/> No	

## COMMENTS TO AUTHORS

The manuscript of Padayachee and Coombes contains a review of several important aspects related to gestational diabetes mellitus, with particular emphasis on recommendations for women with GDM of doing regular physical activity, both aerobic and resistance exercise, at moderate intensity. Guideline of exercise during pregnancy recommends 30 minutes or more of moderate exercise on most, if not all, days a week. (ACOG 2002 reaffirmed 2009). In the guide line, they listed medical or obstetric complications that contraindicate performing physical activity. Additionally, they made recommendations of activities that should be avoided during pregnancy. Regarding management of type 2 diabetes the better recommendation would be 150 minutes/week at least 3 days, or 30 minutes 5 days a week. Minor question: Aerobic activity should be at least of moderate intensity corresponding approximately to 40-60% of V02 max, did sedentary obese should not also achieve this goal? If, yes comment and include it in table 5. For resistance exercise, the recommended frequency is at least 2 and ideally 3 times a week. I think it would improve the quality of the review to include more complete information in table 5.