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REVIEWER'S REPORT

Manuscript No.: IJAR-56818

Title: Radiologic Biomarkers in Lifestyle Medicine: Imaging as an Objective Endpoint of Behavioral Interventions.

Recommendation:

Accept as it is

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality	Excellent			
Clarity		Good		
Significance	Excellent			

Reviewer's ID: Dr. Sumathi

Detailed Reviewer's Report

- 1. Imaging biomarkers are objective, quantifiable characteristics derived from medical images (CT, MRI, PET, ultrasound) that indicate normal biological processes, pathogenic processes, or responses to therapeutic interventions. They facilitate disease diagnosis, staging, and prognosis assessment, allowing for precise, non-invasive monitoring of treatment efficacy.**
- 2. Lifestyle medicine is an evidence-based medical approach that uses therapeutic lifestyle interventions—primarily nutrition, physical activity, sleep, stress management, social connection, and avoidance of risky substances—to prevent, treat, and reverse chronic diseases. It addresses the root causes of conditions like type 2 diabetes and heart disease, shifting focus from merely managing symptoms to restoring health.**
- 3. MASLD, formerly known as NAFLD, is a common chronic liver condition characterized by excess liver fat (steatosis) linked to metabolic issues, not alcohol. Affecting over 30% of adults, it is driven by obesity, type 2 diabetes, and insulin resistance. Treatment focuses on lifestyle changes, particularly weight loss through diet and**

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exercise, to prevent progression to more severe stages like inflammation (MASH) or fibrosis.

4. Atherosclerosis is a chronic, progressive disease characterized by the buildup of plaque—fats, cholesterol, and other substances—inside artery walls, causing them to harden and narrow. This restriction limits oxygen-rich blood flow to tissues, often causing no symptoms until it results in serious events like heart attacks or strokes.
5. Osteoporosis is a "silent" bone disease characterized by weak, brittle bones due to low bone mass and density, significantly increasing fracture risk. It often has no symptoms until a bone breaks, though height loss and stooped posture can occur. Key risks include aging (over 50), being female, menopause, and smoking.
6. Sarcopenia is the age-related loss of muscle mass, strength, and function, typically starting around age 30 but accelerating after 60, affecting 10–20% of older adults. Caused by hormonal changes, reduced protein synthesis, and inactivity, it causes weakness, falls, and mobility issues. Treatment relies on resistance exercise and proper nutrition.
7. CIMT test is a noninvasive, safe ultrasound scan of the neck arteries that measures the thickness of the inner two layers (intima and media). It acts as a surrogate marker for early atherosclerosis, identifying plaque buildup, and predicting the risk of heart attacks and strokes. It is used for cardiovascular risk assessment in adults.
8. Body composition refers to the ratio of fat mass to fat-free mass (muscle, bone, water, and organs) in the body, providing a more accurate picture of health than weight or BMI alone. A healthier composition—lower fat and higher muscle—improves fitness, mobility, and reduces disease risk. It is optimized through strength training, adequate protein intake, and consistent, healthy lifestyle habits.
9. Key words are given excellent
10. Abstract is given meaningful.
11. Result part should show with tables and graphs for values.
12. Summary points can also be included.
13. References should be in alphabetical order.
14. After a small changes good to publish in your journal.