

REVIEWER'S REPORT

Manuscript No.: IJAR- 56841

Title: Effectiveness of a Digital Lifestyle Medicine Program in Adults With Metabolic Syndrome
A Narrative Review

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

- Digital health integrates technology, such as AI, mobile apps, and wearable sensors, into healthcare to improve patient outcomes, enhance accessibility, and reduce costs. Key applications include telemedicine, electronic health records (EHRs), and personalized health monitoring. It empowers consumers to manage their health while enabling professionals to deliver more efficient, data-driven care.**
- Lifestyle medicine is an evidence-based medical specialty that uses therapeutic lifestyle interventions—primarily a whole-food, plant-predominant diet, physical activity, sleep, stress management, avoidance of risky substances, and social connection—to prevent, treat, and reverse chronic diseases like type 2 diabetes, heart disease, and obesity. It focuses on addressing the root causes of illness rather than just managing symptoms, often reducing the need for medication.**
- Metabolic syndrome is a cluster of conditions—abdominal obesity, high blood pressure, high blood sugar, high triglycerides, and low HDL cholesterol—that significantly increase the risk of heart disease, stroke, and type 2 diabetes. Affecting up to one-third of U.S.**

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adults, it is driven by insulin resistance, inactivity, and genetics, and is typically managed through lifestyle changes.

4. Mobile health refers to the use of mobile and wireless technologies—such as smartphones, wearable devices, and apps—to support health objectives, patient care, and research. It enables remote monitoring, personalized health management, and enhanced communication between patients and clinicians, often utilizing AI for data analysis.
5. eHealth (electronic health) refers to the use of information and communication technologies—such as the internet, digital tools, and mobile apps—to improve healthcare delivery, management, and patient outcomes. It covers a broad range of digital services aimed at enhancing efficiency, reducing costs, and enabling remote care.
6. Behavior change is the structured process of modifying habits, actions, or attitudes—such as quitting smoking or improving diet—to enhance health, well-being, or efficiency. It is a gradual, multistage journey often driven by environmental cues and intentional, strategic steps rather than immediate, spontaneous events.
7. Cardiometabolic risk (CMR) refers to a cluster of interrelated factors—principally abdominal obesity, high blood pressure, high triglycerides, low HDL cholesterol, and high blood sugar—that significantly increase the likelihood of developing cardiovascular disease, type 2 diabetes, and stroke. It is a systemic, often reversible condition driven by insulin resistance, chronic inflammation, and visceral adiposity.
8. Key words are given excellent.
9. Abstract is awesome!
10. Significant points are given. But seems only theoretical part. It should be shown in result and discussion part clearly.
11. Summary points also be given.
12. References should be in alphabetical order.
13. After those changes good to publish in your journal.