To the attention of

Revista de la Facultad de Ciencias Médicas de la

Universidad Nacional de Córdoba

Dear Editor,

we submit to your attention the enclosed manuscripts entitled **“Effectiveness of two physical activity programs on non-alcoholic fatty liver disease. A randomized controlled clinical trial”** for publication on Revista de la Facultad de Ciencias Médicas de la Universidad Nacional de Córdoba.

We provide our explicit assurance that all authors have participated actively in the study, have seen and approved the submitted manuscript, the study complies with current ethical considerations and the manuscript reports unpublished work not under consideration elsewhere.

This manuscript has been submitted solely to Revista de la Facultad de Ciencias Médicas de la Universidad Nacional de Córdoba and it has not been previously published, either in whole or in part, nor have the findings been posted online. As the corresponding author I confirm that I have had full access to all aspects of the research and writing process, and take final responsibility for the paper

Our contribution is a modest paper. Our objective was to estimate the effectiveness of two physical activity programs by performing a Randomized Clinical Trial. We hypothesized that an aerobic program is more effective to reduce fat liver content and it may be prescribed by the General Practitioner, it is easily implemented in any setting (outdoor and indoor) and it is less expensive than any other form of physical activity.

We think the paper shed light in those general practitioner daily situations for patients who don’t seek medical attention for non-alcoholic fatty liver disease and more in general in those situations when liver biopsy cannot be proposed for ethical reasons (as is this situation) and when other more sophisticated technologies such as vibration control transient elastography with controlled attenuation parameter are unavailable or are too expensive. Our research is oriented to find preventive strategies by changing life styles that can be maintained over time in a soft way. In this sense we are trying to change the way of eating in our population by coming in behind to the ancient Mediterranean diet. In this research we were able to quantify the effectiveness of aerobic training and suggest to transfer it to the daily general practitioner work.

Non-alcoholic fatty liver disease prevalence is about 25% in this and other western populations. This burden cannot find a solution in the hospital setting but a public health level. Primary and secondary prevention at younger ages may be the highway to solve this public health threat.

Looking forward to hearing from you,

Yours sincerely,

Alberto Rubén Osella

Castellana Grotte, Thursday, October 18th, 2018

Corresponding Author:

Dr Alberto R Osella

Laboratorio di Epidemiologia e Biostatistica

IRCCS Saverio de Bellis

Via Turi, 27

70013 Castellana Grotte (BA), Italy

Tel +39 080 4994655

Fac +39 0804994650

e-mail: arosella@irccsdebellis.it