

[Clinical and Experimental Reproductive Medicine(CERM)] Complete submissions. Temporary number [20200073]

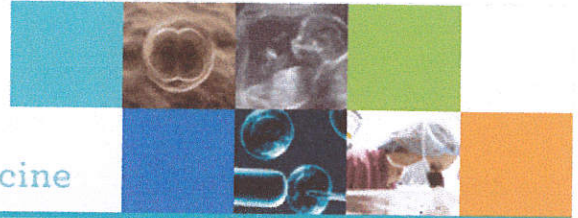
2 messages

Clin Exp Reprod Med <cerm_manuscript@ecerm.org>
To: Lilik Herawati <lilik_heraw@fk.unair.ac.id>

Fri, Jul 17, 2020 at 7:37 AM

CERM

Clinical and Experimental Reproductive Medicine



Complete [Clinical and Experimental Reproductive Medicine(CERM)] submissions.

Sender : Korean Society for Reproductive Medicine
Recipient : Lilik Herawati
Date Submitted : 17-Jul-2020 09:37
Temporary number: 20200073
Category of Submission : New
Type of Manuscript : Original Articles
Subspecialty : Experimental -Reproductive Endocrinology

Abstract

Moderate Intensity Exercise Increases Ovarian Follicles More Than Mild And Heavy Intensity Exercise In Mice

Background: Exercise is one of the risk factors for infertility women. Research on the effects of exercise with various intensities to folliculogenesis has not shown clear results. Objective: To analyze the differences of the intensity of exercise on the folliculogenesis of mice. Materials and Methods: Nineteen female mice balb/c (age 3-4 months) weight 13-25 grams were randomized divided into 4 groups: control; mild (swimming with additional load 3% of body weight); moderate (swimming with additional load 6% of body weight); heavy (swimming with additional load 9% of body weight). The duration of the swimming increased gradually every week, 5 times per week for 4 weeks. At the end of the treatment, ovarian extraction was carried out and hematoxylin eosin (HE) staining was performed to identify folliculogenesis. Results: There were a significant differences in the number of total follicles between the control and moderate ($p= 0.036$) and between mild and moderate ($p= 0.005$). The mean of primary follicles number at moderate was higher than mild ($p= 0.006$). The mean number of secondary, tertiary, and graaf follicles did not differ significantly between groups ($p\geq 0.05$). However, there was an increasing tendency in the number of total follicles and each phase of the follicle after exercise, especially moderate intensity. Conclusion: The exercise of various intensities affect the total number of follicles and primary follicles. There is an increase trend of each phase of the follicle after exercise. The moderate intensity exercise has a better effect than other exercise intensities.

Manuscript file:

- A_cerm_20200073_1_00.docx (47KBytes)	Manuscript file
- A_cerm_20200073_2_00_6296.docx (12KBytes)	Table
- A_cerm_20200073_2_00_6297.docx	Table

(13KBytes)

- [A_cerm_20200073_3_00_6298.pptx](#)
(65KBytes)

Figure

- [A_cerm_20200073_3_00_6299.pptx](#)
(1016KBytes)

Figure

- [A_cerm_20200073_4_00_6300.pdf](#) (31KBytes)

Copyright Transfer
Form

- [A_cerm_20200073_5_00_6301.pdf](#)
(189KBytes)

Author's Signature
Form

-

Dear Dr. Lilik Herawati:

Thank you for submitting your manuscript to *Clinical and Experimental Reproductive Medicine(CERM)*.

Your Original Articles titled "Moderate Intensity Exercise Increases Ovarian Follicles More Than Mild And Heavy Intensity Exercise In Mice" has been received by the electronic manuscript submission system of *Clinical and Experimental Reproductive Medicine(CERM)* and has been numbered 20200073 temporarily. And CERM ID number will be assigned shortly, and we will be in touch with you in due course.

Sincerely,

Byung Chul Jee, M.D.
Editor-in-Chief

Clinical and Experimental Reproductive Medicine(CERM) Editorial Office
CHA BIO COMPLEX, Room 727, Pangyo-ro 335, Bundang-gu, Seongnam-si, Gyeonggi-do, Korea

Tel: +82-31-881-7377

Fax: +82-31-881-7959

E-mail : cerm_manuscript@eCERM.org

Website : <http://submit.eCERM.org/>

Copyright© Korean Society for Reproductive Medicine (KSRM). All right reserved.

Lilik Herawati <lilik_heraw@fk.unair.ac.id>
To: fitrikurniarahayu02@gmail.com

Fri, Jul 17, 2020 at 8:12 AM

[Quoted text hidden]

Manuscript ID [CERM-20-562] Letter of decision 1st - Major revision

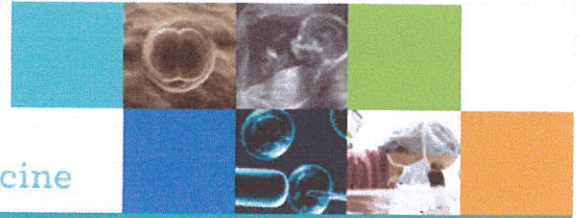
5 messages

Clin Exp Reprod Med <cerm_manuscript@ecerm.org>
To: "lilik_heraw@fk.unair.ac.id" <lilik_heraw@fk.unair.ac.id>

Thu, Aug 20, 2020 at 9:51 AM

CERM

Clinical and Experimental Reproductive Medicine



[Clinical and Experimental Reproductive Medicine(CERM)] Review result : 1st

Date sent - August 20, 2020
Date of Decision - August 20, 2020
Manuscript ID - **CERM-20-562**
Title - Moderate Intensity Exercise Increases Ovarian Follicles More Than Mild And Heavy Intensity Exercise In Mice
Corresponding Author - Lilik Herawati
Review result - **Major revision**

Dear Dr. Lilik Herawati:

We received the reports from the reviewers on the manuscript which you submitted to *Clinical and Experimental Reproductive Medicine(CERM)*. Major revision is required as noted in the reviewer(s) comments. Such revisions must be made if you wish to resubmit your manuscript for consideration for publication.

Please review all of the comments issued by the reviewers and respond to them point by point.

To submit the revised manuscript, please use the online submission system (submit.ecerm.org).

When submitting your revised manuscript, you will be able to respond to the comments made by the reviewer(s) in the space provided. You can use this space to document any changes you make to the original manuscript. In order to expedite the processing of the revised manuscript, please be as specific as possible in your response to the reviewer(s).

Because we are trying to facilitate timely publication of manuscripts submitted to Clinical and Experimental Reproductive Medicine(CERM), your revised manuscript should be uploaded as soon as possible. If it is not possible for you to submit your revision in a reasonable amount of time, we may have to consider your paper as a new submission. I would appreciate it if you submit your revised manuscript within 8 weeks.

Once again, thank you for submitting your manuscript to *Clinical and Experimental Reproductive Medicine(CERM)* and we look forward to receiving your revision.

Sincerely,

Byung Chul Jee, M.D.

Reviewer's comments:

#1 reviewer :

This manuscript describes a possible association of exercise with pregnancy outcome by analyzing the differences of the intensity of exercise on the folliculogenesis on mice.

Even though authors concluded a better effect on folliculogenesis with the moderate intensity exercise, this conclusion have been derived from the data, which were obtained only from the small group size.

This manuscript would have given more interests or bigger impacts to readers of CERM if it includes a larger study group to confirm the preliminary results. Furthermore,

there must be many other factors, which come together with exercise, such as stress hormone etc.. Those factors might be able to affect the experimental results as well.

Authors should control the rest of factors rather than exercise if they want to produce more exact experimental outcomes. M&M must be more detailed. Each procedure for each group was not clear to understand.

Even though this manuscript has many aspects that should be improved for the publication, this study still has possibility to emerge to interrogate the correlation of

exercise with pregnancy outcomes. At this point, this manuscript would be suitable for the publication at CERM if it includes 1) more concrete data from larger study

group (>10 mice/each group, each stage), 2) more detailed M&M, 3) further evaluation or discussion for other factors, which come together with exercise, that possibly

affect folliculogenesis.

#2 reviewer :

In the manuscript entitled "Moderate intensity exercise increases ovarian follicles more than mild and heavy intensity

exercise in mice", authors characterize the effects of the intensities of exercise on the number of ovarian follicles in

mice. Many concerns have been raised by this reviewer and the shreds of evidence are too poor to support their hypothesis.

* Major points

1. This reviewer thinks the title seems too ambiguous to show the author's hypothesis. Please title of this manuscript

should be re-addressed. The title of the manuscript cannot completely contain the significance of this paper.

2. In this study, this review do not agree the experimental design was appropriate. Please answer how 3, 6, 9% of body

weight represents the intensity of exercise applied in the present study.

3. Authors used only 19 mice to demonstrate the intensity of exercise affect total and the primary follicle numbers in this

study. This reviewer strongly suggest the number of mouse per group should be increased.

4. The objective of this study should be readdressed in the introduction.

5. This reviewer strongly suggest please make an figure for explaining the exact scheme of this study. It may increase the

understanding of this study for the readers.

6. This reviewer is wondering the estrous cycle of mice at the end of exercise (4 weeks after exercise) was same in all

nineteen mice? If not, the folliculogenesis in the mice was obviously different and it may cause the differences between

control and exercise groups.

7. Authors showed us the number of totla and primary follicle were increased by moderate exercies for 4 weeks. However, the

mechanism how moderate exercise increase the ovarian quality when comparing control, mild and heavy exercise. Please provide

the more notable evidences at gene and protein levels. If not, please describe the

plausible mechanism.

8. In this study, this reviewer thinks figure 1 is not required. Please re-organizing the structure of manuscript.

*Minor points

1. Please check the author's guideline for clinical and experimental reproductive medicine.

<https://ecerm.org/authors/authors.php>

2. Please provide the information of materials and reagents authors used in this study.

3. Please provide the criteria for follicle counting.

4. Please provide the exact full names of the abbreviations used in the manuscript.

Clinical and Experimental Reproductive Medicine(CERM)Final revision after English-proofreading : CERM-20-562

4 messages

Clin Exp Reprod Med <cerm_manuscript@ecerm.org>
To: Lilik Herawati <lilik_heraw@fk.unair.ac.id>

Thu, Oct 1, 2020 at 2:05 PM

CERM

Clinical and Experimental Reproductive Medicine



[Clinical and Experimental Reproductive Medicine(CERM)] final revision after English-proofreading

Manuscript ID : CERM-20-562
Date Submitted : 2020/10/01 16:05
Title : Differences of Various Intensity Exercise on Folliculogenesis in Mice, Which one is Better?
Corresponding Author : Lilik Herawati

Dear Dr. Lilik Herawati:

This attachment file is the final revision version of manuscript after English-proofreading. Please review carefully and let us know your acceptance.

Please, attach the final manuscript after the revision according to English-proofreading.

1. Yes, I agree the proofreading. [Agree](#)
2. No, I do not agree it. [Disagree](#)

Sincerely,

Clinical and Experimental Reproductive Medicine(CERM) Editorial Office
Department of Obstetrics and Gynecology CHA Bundang Medical Center, CHA University
59 Yatap-ro, Bundang-gu, Seongnam-si, Gyeonggi-do, Korea

Tel: +82-31-881-7377

Fax: +82-31-881-7959

E-mail : cerm_manuscript@eCERM.org

Website : <http://submit.eCERM.org/>