

Review Form 1.6

Journal Name:	Journal of Advances in Medicine and Medical Research
Manuscript Number:	Ms_JAMMR_89865
Title of the Manuscript:	TEMPERANCE IN HEALTH AND DISEASE
Type of the Article	

General guideline for Peer Review process:

This journal's peer review policy states that **NO** manuscript should be rejected only on the basis of '**lack of Novelty**', provided the manuscript is scientifically robust and technically sound. To know the complete guideline for Peer Review process, reviewers are requested to visit this link:

(<https://www.journaljammr.com/index.php/JAMMR/editorial-policy>)

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PART 1: Review Comments

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Compulsory REVISION comments	<ol style="list-style-type: none"> 1) The abstract can't accurately reflect the content of manuscript. Rewrite the abstract by including the main ideas in the body of manuscript to enhance new insights and novelty of your paper 2) To increase the novelty of your paper show the metabolism of alcohol by schematic illustrations such as graphs 3) Delete the sentence said "The NMDA system is also important in alcohol withdrawal" under pharmacologic effects of alcohol and add it under alcohol withdrawal subtitle 4) Under the subtitle "how much alcohol is too much? add binge drinking and how much alcohol consumption is said to be binge alcohol consumption 5) You were written in the manuscript as "Not drinking alcohol also is the safest option for women who are lactating" why it is not recommended? Is alcohol excreted through breast? If exclusively breastfeeding mothers drinking high amount of alcohol, when she have to breastfeeding her child? discuss the mechanism how alcohol excreted through breast feeding and its half life 6) You said "Low levels of alcohol consumption can increase high density lipoprotein cholesterol", Describe the effect of light to moderate alcohol consumption on low-density lipoprotein cholesterol, apolipoprotein (a), vascular smooth muscle cell proliferation and migration, platelet aggregation, insulin resistance and insulin sensitivity, plasma homocysteine and light amount of alcohol intake acts as cardioprotective, discuss the mechanism how low amount of alcohol consumption protects the cardiac 7) You were jotdown as "Alcohol has been implicated in several cardiovascular disorders like hypertension, arteriosclerosis and stroke". According to recent guidelines lines less than 1 cup and less than 2 cups of alcohol intake in hypertensive individuals is recommended in women and men respectively; justify your statement 8) Add the effects of low to chronic amount of alcohol intake in diabetic patients 9) Under Alcohol Abuse and Children you were written up "Fetal alcohol syndrome (FAS) is one of the most common direct consequences of parental alcohol use in the United States, caused by alcohol consumption by the mother during pregnancy", to increase the quality of your manuscript add some birth deformities that may also be correlated with Fetal alcohol syndrome such as Neural tube defects, Cardiac deformities, Oro-facial clefts, Renal abnormalities, Atopic dermatitis, Behavioral and developmental disturbances, Psychiatric disorders 10) Differences between men and women in alcohol intake handling and Variability in alcohol handling has somewhat overlap statements, so paraphrase this two subtitle under one subtitle 11) Add on your manuscript the definitions and symptoms of hangover syndrome on physical and mental 12) The conclusion justified by the results of the study didn't explain articulately the body of manuscript, please write it again 	
Minor REVISION comments	<ol style="list-style-type: none"> 1) Add under Variability in alcohol handling: Why "f (bioavailability) of alcohol is high in women than men?" The bioavailability of alcohol is high in women than men when compared together because women has low amount of alcohol dehydrogenase enzyme 2) How alcohol consumption causes loss of thiamine (vitamin B1)? 	

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	3) By what mechanism Alcohol use decreases inhibition and increases the inclination to risky sexual behaviour?	
<u>Optional/General</u> comments	<p>1) Under starting to drink alcohol; you were written as “research has shown”....., instead saying “National Research Council (US) and Institute of Medicine (US) Committee on Developing a Strategy to Reduce and Prevent Underage Drinking” has shown thatis preferable</p> <p>2) In the body of your paper you were said the research has found, shown, etc instead this words write the author of the research as the above, to escalate the quality of your paper and attract the audience</p>	

PART 2:

	Reviewer’s comment	Author’s comment <i>(if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
Are there ethical issues in this manuscript?	<i>(If yes, Kindly please write down the ethical issues here in details)</i>	

Reviewer Details:

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