

Review Form 3

Journal Name:	Cardiology and Angiology: An International Journal
Manuscript Number:	Ms_CA_130026
Title of the Manuscript:	Trenbolone and the Heart: worse than we thought?
Type of the Article	Letter to the Editor

PART 1: Comments

	Reviewer's comment	Author's Feedback <i>(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.	Certainly, here are a few sentences regarding the importance of this manuscript for the scientific community: This manuscript contributes significantly to the growing body of evidence regarding the serious cardiovascular risks associated with trenbolone abuse. By presenting three case reports with post-mortem toxicological analyses, it highlights the potential for severe and potentially fatal cardiac complications, including cardiomegaly, advanced coronary artery disease, and heart failure. These findings underscore the urgent need for further research into the specific mechanisms of trenbolone-induced cardiotoxicity and the development of effective strategies for prevention and early detection of cardiac damage in individuals using this substance. This information is crucial for clinicians, researchers, and public health officials to better understand the dangers of trenbolone abuse and to inform evidence-based interventions to mitigate its harmful effects.	
Is the title of the article suitable? (If not please suggest an alternative title)	<ul style="list-style-type: none"> * Trenbolone: A Stealthy Threat to the Heart? * Cardiovascular Risks of Trenbolone Abuse: Emerging Evidence 	
Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here.	I didn't find any abstract here in the article. it was an letter to editor	
Is the manuscript scientifically, correct? Please write here.	It was a letter to editor.	
Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.	<p>The provided references appear to be sufficient and recent for the topic of trenbolone and its cardiovascular effects. They include:</p> <ul style="list-style-type: none"> * Review articles: These provide an overview of the existing literature on AAS and cardiovascular health, including studies on left ventricular dysfunction and cardiomyopathy. * Case reports: These describe specific cases of trenbolone abuse associated with cardiac complications, adding valuable clinical evidence. * A study on trenbolone use and knowledge among users: This provides insights into the cultural and social context of trenbolone use, which can be helpful for understanding the scope of the problem. However, to further strengthen the argument, it might be beneficial to include additional references that specifically address: <ul style="list-style-type: none"> * The pharmacological properties of trenbolone: This could include studies on its mechanism of action, its potential for cardiovascular toxicity at the cellular and molecular level, and its effects on various cardiovascular risk factors. * Epidemiological studies: Studies that investigate the prevalence of trenbolone use and its associated 	

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	<p>health risks in larger populations could provide more robust evidence.</p> <ul style="list-style-type: none">* Animal studies: While the focus is on human health, studies on the cardiovascular effects of trenbolone in animal models could provide valuable insights into its potential mechanisms of toxicity. Here are some potential additional references:* Review articles on the cardiovascular effects of AAS:<ul style="list-style-type: none">* Kanayama G, Baggish AL, Pope HG Jr, et al. Anabolic-androgenic steroids and the heart. <i>Nat Rev Endocrinol.</i> 2008;4(5):270-282.* Van der Merwe L, Myburgh KH. The cardiovascular effects of anabolic-androgenic steroids: a review. <i>Sports Med.</i> 2005;35(12):1017-1036.* Studies on the pharmacological properties of trenbolone:<ul style="list-style-type: none">* Parra A, Prieto-Lafuente L, Esteve-Mérida B, et al. Trenbolone: a review of its metabolism, pharmacokinetics, and effects in livestock. <i>J Anim Sci.</i> 2003;81(10):2550-2561.* Pelissier AL, Kintz P. Trenbolone: a review of its use, analysis, and toxicity. <i>Forensic Sci Int.</i> 2011;210(1-3):1-11.* Epidemiological studies on AAS use:<ul style="list-style-type: none">* Pope HG Jr, Brower KJ. Epidemiology of anabolic-androgenic steroid use among adolescents. <i>Sports Med.</i> 2000;29(1):1-17.* Anabolic-androgenic steroid use among adolescents: a review. <i>Sports Med.</i> 2000;29(1):1-17. <p>By incorporating these additional references, the letter to the editor can provide a more comprehensive and evidence-based perspective on the potential dangers of trenbolone abuse.</p>	
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<p>Is the language/English quality of the article suitable for scholarly communications?</p>	<p>Yes .</p>	
<p><u>Optional/General</u>comments</p>	<p>This Letter to the Editor effectively highlights the potential cardiovascular risks associated with trenbolone abuse. Here are some optional/general comments:</p> <p>Strengths:</p> <ul style="list-style-type: none"> * Clear and concise: The letter succinctly presents the key concerns regarding trenbolone's cardiotoxicity. * Data-driven: It supports its claims with evidence from published studies and case reports. * Focus on a critical issue: The letter addresses an important public health concern, given the increasing use of AAS, including trenbolone. * Call to action: It emphasizes the need for increased awareness and rigorous cardiac monitoring in individuals using trenbolone. <p>Potential Areas for Enhancement:</p> <ul style="list-style-type: none"> * Specificity on "mythification": While the letter mentions "mythification" of trenbolone's effects, it could be more specific about the nature of these myths (e.g., rapid muscle gain, low risk of side effects, effectiveness for fat loss). * Expand on the "underground market": Briefly mentioning the dangers of obtaining trenbolone from the underground market (e.g., contamination, inconsistent dosing) could further emphasize the risks. * Consider a stronger call to action: The letter could explicitly call for further research, including clinical trials, to investigate the long-term cardiovascular effects of trenbolone use and to establish safe dosage limits (if any). * Highlight the need for public health interventions: The letter could emphasize the need for public health campaigns to raise awareness about the dangers of trenbolone abuse among athletes, bodybuilders, and the general public. <p>Overall:</p> <p>This Letter to the Editor effectively conveys a crucial message about the potential dangers of trenbolone abuse. By incorporating some of the suggested enhancements, the letter can further strengthen its impact and contribute to a better understanding of this important public health issue.</p> <p>Here's a breakdown:</p> <p>Strengths:</p> <ul style="list-style-type: none"> * The letter highlights a potentially serious public health concern regarding the cardiovascular risks of trenbolone abuse. * It cites relevant scientific literature to support its claims. * It presents a concise and informative summary of the available evidence. <p>Weaknesses:</p> <ul style="list-style-type: none"> * Potential for competing interests needs to be addressed transparently. * The limitations of case reports in establishing causality should be more explicitly acknowledged. * The letter could benefit from a more nuanced discussion of the available evidence, considering both the potential risks and the limitations of the current data. * A discussion of the ethical implications of trenbolone use, given its unapproved status for human consumption, would be valuable. <p>Recommendations for Major Revision:</p> <ul style="list-style-type: none"> * Address potential competing interests: Clearly disclose any financial, academic, or personal interests that could have influenced the author(s)'s work. * Strengthen the discussion of limitations: Explicitly acknowledge the limitations of case reports in establishing causality and the need for further research, such as well-designed epidemiological studies and clinical trials. 	

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	<p>* Provide a more balanced assessment: While acknowledging the potential risks, the letter should also consider the limitations of the current data and avoid overly strong or alarmist language.</p> <p>* Discuss the ethical implications: Given trenbolone's unapproved status for human use, the letter should discuss the ethical implications of its use and the importance of public health education and regulatory measures.</p> <p>By addressing these concerns, the authors can significantly improve the quality and impact of their work.</p>	
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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>	

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