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The Editor-in-Chief

Journal of Biomedicine and Translational Research

Dear Prof. Sultana MH Faradz MD, PhD,

I am pleased to submit an original research article titled “The Effects of Exercise on Spleen Fibrosis and Macrophage Number in D-Galactose-Induced Aging Rat Model”for consideration to be published in the Journal of Biomedicine and Translational Research. In this study, we used d-Galactose to induce aging in rat model and found that it caused fibrosis and an increased number of macrophages in the spleen. The aging rat model was given low and moderate-intensity exercise as the intervention. We discovered that low and moderate-intensity treadmill exercise for four weeks could not lower the percentages of fibrosis fraction area, even though the data had shown a down-trend pattern suggesting that maybe the 4-week duration was not long enough to give the optimum beneficial effects in reducing fibrosis. However, the moderate-intensity treadmill exercise was found to be effective in lowering the number of macrophages.

We believe that this manuscript will be of interest to the readers of your journal and appropriate for publication in the Journal of Biomedicine and Translational Research because it provides preliminary findings on the effects of light and moderate-intensity exercise in aging rats that can later be translated to a management protocol for elderly patients with spleen inflammation and/or fibrosis to improve their clinical outcomes.

This manuscript has not been published and is not under consideration for publication elsewhere. We have no conflicts of interest to disclose.

Thank you for your consideration.

Sincerely,

Widya Wasityastuti