

# Review of: "Air Swallowing and Breathing Exercises Reduce the Severity of Acute Gastroesophageal Reflux Symptoms and Give a Clue into the Role of Oxygen in Digestion: A Case Report with Extended Discussion"

Necmiye Şengel<sup>1</sup>

<sup>1</sup> Gazi University

Potential competing interests: No potential competing interests to declare.

First of all, thank you for sharing this case report with me.

The title and abstract cover the main aspects of the report. In the abstract, the connection between 'using a tooth whitening gel containing the active ingredient hydrogen peroxide over 2 days' and air swallowing and breathing exercises is not completely clear. It is clear in the case report that it is air swallowing and breathing exercises that are actually effective in this regard. This transition can be made clearer. Thus, a more effective abstract will attract more attention. Keywords can be shortened by choosing more purposeful ones.

The introduction part is very descriptive.

In the case report section,

whether the patient has an additional disease,

whether the patient pays attention to his or her diet,

how many years he/she has had the symptoms, and how much they have affected his or her daily life. This section can be more detailed.

The conclusion part is clearly explained. Perhaps a suggestion can be made such as 'Air swallowing and breathing exercises can be recommended to those with reflux symptoms'.

Additionally, it can be difficult to follow abbreviations within sections. When you first use the abbreviations for each section, you can write them in clear form if you wish.