



Author's Reply

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To cite this article: SeonAe Yeo (2010) Author's Reply, Hypertension in Pregnancy, 29:1, 122-122, DOI: [10.3109/10641950903436249](https://doi.org/10.3109/10641950903436249)

To link to this article: <https://doi.org/10.3109/10641950903436249>



Published online: 29 Oct 2009.



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We initiated the intervention at 18 weeks, a realistic time point that clinicians can introduce exercise programs through prenatal care.

At the time of the data analyses for this paper, we retrieved a total of 79 participants' outcome data from their medical records, although all participants but one had completed the intervention. Later we retrieved all participants' outcome data from their medical records including those who discontinued the interventions in less than 10 weeks. Final analysis indicates the same trend, which has been submitted elsewhere.

Although we followed all participants throughout the births, available data at different pregnant stages differed because not all subjects made all weekly lab visits consistently.

The data collection was finalized due to ending of the funding. The data monitoring board was established according to the institution's review board, which mandated interim reports twice a year.

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