

### ***Author Guideline***

All manuscripts must be submitted in MS Word or RTF format using Times New Roman font size 10 and double spacing. Headings must be in **Bold**.

All the named authors must have approved the final manuscript. Pages should be numbered consecutively in the lower right corner.

The following contributions are accepted (word counts exclude abstract, tables and references):

1. Original research (Between 1000 and 3500 words).
2. Letters to the editor (Up to 400 words).
3. Scientific letters (Less than 600 words); one table or graph and not more than 5 references.
4. Review/CPD articles (Up to 1800 words).
5. Opinions (Between 600-800 words).
6. Editorials (Between 600-800 words): Scientific editorials can be used to highlight progress in any scientific field related to medicine.

### ***Format***

#### ***Title Page***

All articles must have a title page with the following information and in particular order;

Title of the article; initials, qualifications and affiliation of each author; the name, postal address, email address and telephone contact details of the corresponding author; at least 5 keywords.

#### ***Abstract***

All articles should include an abstract. The structured abstract for an original research should be between 200 and 250 words and should consist of four paragraphs labelled; Background, Method, Results and Conclusion. It should briefly describe the problem or issue being addressed in the study, how the study was performed, the major results and what the authors conclude from these results. The abstracts for articles should also no longer than 250 words and need not to follow the structured abstract format.

#### ***Keywords***

All articles should include keywords. Up to five words or short phrases should be used. Use terms from the Medical Subject Headings (MeSH) of index; Medicus; when available and appropriate. Keywords are used in five words or short phrases should be used. Keywords are used in index, the article and may be published with the abstract.

### ***Acknowledgements***

In a separate section, acknowledge any financial support received or possible conflict of interest. This section may also be used to acknowledge substantial contributions to the research or the preparation of the manuscript made by the persons other than the authors.

### ***References***

Cite references in numerical order in the text, in the superscript format. Do not use brackets. In the references section, references must be numbered consecutively in the order in which they are cited.

References should be according to the format set forth in the Uniform Requirements for Manuscripts Submitted to Biomedical Journals by the International Committee of Medical Journal Editors: (BMJ 1991; 302: 338-01 or N. Engl J. Med 1991; 324: 424-28).

Abbreviation for journal titles should follow Index Medicus format. Authors are responsible for the accuracy of all references. List all authors when there are six or fewer; when citing URLs to documents on the worldwide web, place in the reference list and use the following format: Authors of documents (If available). Title of document (if available). URL. (Accessed [date]).

The following are sample references:

#### ***Standard journal article***

List first authors:

Halpern SD, Ubel PA, Caplan AL. Solid organ transplantation in HIV-infected patients. N Engl J Med 2002; 347: 284-7.

#### ***More than six authors:***

Rose ME, Huerbin MB, Melick J. et al. Regulation of interstitial excitatory amino acids concentrations after cortical contusion injury. Brain Res 200, 935: 40-6.

#### ***Books and other monographs:***

Murray PR, Rosenthal KS, Kobayashi GS, Pfaller MA. Medical Microbiology. 4<sup>th</sup> ed. St Louis: Mosby; 2002.

#### ***Editor(s), Compiler(s) as Author:***

Gilstrap LC 3<sup>rd</sup>, Cunningham FG, Van Dorsten JP, editors. Operative obstetrics 2<sup>nd</sup> ed. New York: McGraw-Hill, 2002.

### ***Chapter in a Book:***

Meltzer PS, Kallioniemi A, Trent JM. Chromosome alterations in human solid tumors. In: Vogelstein B, Kinzler KW, editors. The genetic basis of human cancer. New York: McGraw-Hill; 2002. p.93-113.

### ***Dissertation***

Borkowski MM. Infant sleep and feeding: a telephone survey of Hispanic Americans [dissertations]. Mount Pleasant(MI): Central Michigan University; 2002.

### ***Worldwide Web (www)***

Dushay J, Abrahamson MJ. Insulin Resistance and Type 2 Diabetes; A Comprehensive Review. Available at <http://www.medscape.com/viewarticles/501569> (accessed 20 July, 2007)

### ***Tables***

Tables should be self-explanatory, clearly organised and supplemental to the text of the manuscript. Each table should include a clear descriptive title on top and should be numbered in Arabic numerals (1, 2 etc.) in order of its appearance as called out in the text. Authors should use the following symbols, in sequence, for footnotes; ‡‡, ††, \*\*, ||, §, ‡, †,\* . Standard abbreviations should also be expatiated in the footnotes, not in the header.

### ***Figures***

All figures must be inserted in the appropriate position of the electronic document. Symbols, lettering, and numbering (in Arabic numerals e.g. 1, 2 etc. in order of the text) should be placed below the figure, clear and large enough to remain legible after the figure has been reduced. Figures must have clear descriptive titles. Photographs and images: if photographs of patients are used, either the subject should not be identifiable or use of the picture should be authorized by an enclosed written permission from the subject. The position of the photographs and images should be clearly indicated in the electronic document. Images should be saved as either jpeg or png. All photographs should be scanned at a resolution of 300dpi, print optimized.

### ***Ethical Consideration***

Papers based on original research must adhere to the Declaration of Helsinki on Ethical Principles for Medical Research Involving Human subjects; and must specify from which recognized ethics committee approval for the research was obtained.

### ***Permission***

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### ***Conflict of Interest***

Authors must declare all financial contributions to their work or other forms of conflict of interest, which may prevent them from executing and publishing unbiased research. Conflict of interest exists when an author (or author's institution) has financial or personal relationships with other persons or organisations that inappropriately influence (bias) his or her opinions or actions. The following declaration may be used if appropriate: "I declare that I have no financial or personal relationship(s) which may have inappropriately influenced me in writing this paper".

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