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Author 1^{1*}, Author 2²...(Type the Author(s)'s Name Here)

(Put * above the corresponding author and give telephone number, fax number and email ID in the footer)

¹Type the Affiliation with address here

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ABSTRACT (ARIAL, BOLD, 11 FONT, LEFT ALIGNED, CAPS)

The abstract should be concise and informative. It should not exceed 300 words in length. It should briefly describe the purpose of the work, techniques and methods used, major findings with important data and conclusions. Different sub-sections, as given below, should be used. No references should be cited in this part. Generally non-standard abbreviations should not be used, if necessary they should be clearly defined in the abstract, at first use.

SAMPLE ABSTRACT:

Aims: Here clearly write the aims of this study. Sample: To correlate platelet count, splenic index (SI), platelet count/spleen diameter ratio and portal-systemic venous collaterals with the presence of esophageal varices in advanced liver disease to validate other screening parameters.

Study design: Mention the design of the study here.

Place and Duration of Study: Sample: Department of Medicine (Medical Unit IV) and Department of Radiology, Services Institute of Medical Sciences (SIMS), Services Hospital Lahore, between June 2009 and July 2010.

Methodology: Please write main points of the research methodology applied. Sample: We included 63 patients (40 men, 23 women; age range 18-75 years) with liver cirrhosis and portal hypertension, with or without the medical history of gastrointestinal bleeding. Clinical as well as hematological examination (platelet count) and ultrasonography (gray as well as color Doppler scale including splenic index and splenorenal/ pancreaticoduodenal collaterals) was done besides upper GI endoscopy for esophageal varices. Platelet count/spleen diameter ratio was also calculated.

Results: Kindly make sure to include relevant statistics here, such as sample sizes, response rates, P-values or Confidence Intervals. Do not just say "there were differences between the groups". sample: Out of 63 patients, 36 patients with small varices (F1/F2) and 27 with larger (F3) varices were detected on endoscope. Significant increase in mean splenic index from low (86.7 +/- 27.4) to high (94.7 +/- 27.7) grade varices was documented. Opposite trend was found with platelets (120.2 +/- 63.5 to 69.8 +/- 36.1) and platelets/splenic diameter ratio (1676.7 to 824.6) declining significantly. Logistic regression showed splenic collaterals and platelets are significantly but negatively associated with esophageal varices grades.

Conclusion: Non-invasive independent predictors for screening esophageal varices may

decrease medical as well as financial burden, hence improving the management of cirrhotic patients. These predictors, however, need further work to validate reliability.

Note: Review paper may have different types of subsections.

Keywords: [Put four to eight keywords } (Arial, inclined, 10 font, justified)

(Note: 1. Case Reports should follow the structure of Abstract, Introduction, Presentation of Case, Discussion, Conclusion, Acknowledgements, Competing Interests, Authors' Contributions, Consent (where applicable), Ethical approval (where applicable), and References plus figures and/or tables. Abstract (not more than 250 words) of the Case reports should have the following sections: Aims, Presentation of Case, Discussion and Conclusion. Only Case Reports have word limits: Papers should not exceed 2000 words, 20 references or 5 figures. Other Type of papers have no word limits.

2. Review papers may have different headings of the sections and are exempted from following these suggestions.

3. Research Papers and Short Notes should follow the structure of Abstract, Introduction, Methodology, Results and Discussion, Conclusion, Acknowledgements, Competing Interests, Authors' Contributions, Consent (where applicable), Ethical approval (where applicable), and References plus figures and/or tables.)

1. INTRODUCTION (ARIAL, BOLD, 11 FONT, LEFT ALIGNED, CAPS)

[(Arial, normal, 10 font, justified) (Detailed instruction about this section is given below. After reading these instructions, please delete this paragraph and begin typing your text here. If you are using copy-paste option then select 'match destination formatting' in paste option OR use 'paste special' option and select 'unformatted Unicode text' option).

Provide a factual background, clearly defined problem, proposed solution, a brief literature survey and the scope and justification of the work done.]

2. MATERIAL AND METHODS / EXPERIMENTAL DETAILS / METHODOLOGY (ARIAL, BOLD, 11 FONT, LEFT ALIGNED, CAPS)

[(Arial, normal, 10 font, justified) (Detailed instruction about this section is given below. After reading these instructions, please delete this paragraph and begin typing your text here. If you are using copy-paste option then select 'match destination formatting' in paste option OR use 'paste special' option and select 'unformatted Unicode text' option).

Give adequate information to allow the experiment to be reproduced. Already published methods should be mentioned with references. Significant modifications of published methods and new methods should be described in detail. This section will include subsections. Tables & figures should be placed inside the text. Tables and figures should be presented as per their appearance in the text. It is suggested that the discussion about the tables and figures should appear in the text before the appearance of the respective tables and figures. No tables or figures should be given without discussion or reference inside the text.

Tables should be explanatory enough to be understandable without any text reference. Double spacing should be maintained throughout the table, including table headings and footnotes. Table headings should be placed above the table. Footnotes should be placed below the table with superscript lowercase letters.

Each figure should have a caption. The caption should be concise and typed separately, not on the figure area. Figures should be self-explanatory. Information presented in the figure

should not be repeated in the table. All symbols and abbreviations used in the illustrations should be defined clearly. Figure legends should be given below the figures.

Some guidelines for Medical papers:

Randomized controlled trials should follow the CONSORT (Consolidated Standards of Reporting Trials) guidelines (<http://www.consort-statement.org>).

Case reports, case series, cross-sectional and other observational studies should follow the STROBE (Strengthening the Reporting of Observational Studies in Epidemiology) guidelines (<http://www.strobe-statement.org>). If the detailed methods are explicitly stated in the manuscript for single case studies, STROBE may be avoided.

Authors producing systematic reviews and meta-analyses should follow the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines (<http://www.prisma-statement.org>).

Note: Review paper may have different types of subsections.

2.1 Subheading Subheading (ARIAL, BOLD, 11 FONT, LEFT ALIGNED) - second level heading.

2.1.1 Sub-subheading (ARIAL, BOLD, 10 FONT, LEFT ALIGNED, underlined)- third level heading.

***2.1.1.1 Sub-sub-subheading* (ARIAL, ITALICS, BOLD, 10 FONT, LEFT ALIGNED)** - fourth level heading.]

3. RESULTS AND DISCUSSION

[(Detailed instruction about this section is given below. After reading these instructions, please delete this paragraph and begin typing your text here. If you are using copy-paste option then select 'match destination formatting' in paste option OR use 'paste special' option and select 'unformatted Unicode text' option). **Note: Review paper may have different types of subsections.**

Results should be clearly described in a concise manner. Results for different parameters should be described under subheadings or in separate paragraph. Table or figure numbers should be mentioned in parentheses for better understanding.

The discussion should not repeat the results, but provide detailed interpretation of data. This should interpret the significance of the findings of the work. Citations should be given in support of the findings. The results and discussion part can also be described as separate, if appropriate.

Guideline for Reporting *P* values:

P is always italicized and capitalized.

i) Correct expression: ($P = .05$). Wrong Expression: ($P < .05$), unless $P < .001$.

ii) The *P* value should be expressed to 2 digits whether or not it is significant. If $P < .01$, it should be expressed to 3 digits.

iii) When rounding, 3 digits is acceptable if rounding would change the significance of a value (eg, $P = .049$ rounded to $.05$).

iv) Expressing *P* to more than 3 significant digits does not add useful information since precise *P* values with extreme results are sensitive to biases or departures from the statistical model.

121 v) Reporting actual *P* values avoids this problem of interpretation. *P* values should not be
 122 listed as not significant (NS) since, for meta-analysis, the actual values are important and not
 123 providing exact *P* values is a form of incomplete reporting.
 124 vi) Do not use 0 before the decimal point for statistical values *P*, alpha, and beta because
 125 they cannot equal 1.

126
 127 Tables & figures should be placed inside the text. Tables and figures should be presented as
 128 per their appearance in the text. It is suggested that the discussion about the tables and
 129 figures should appear in the text before the appearance of the respective tables and figures.
 130 No tables or figures should be given without discussion or reference inside the text.

131
 132 Tables should be explanatory enough to be understandable without any text reference.
 133 Double spacing should be maintained throughout the table, including table headings and
 134 footnotes. Table headings should be placed above the table. Footnotes should be placed
 135 below the table with superscript lowercase letters. Sample table format is given below.

136
 137 **Table 1. Physical, chemical and biological properties of experimental soil (0-20 cm)**
 138

Particulars	Value	Methods
Sand (%)	61.3	Pipette Method [1]
Silt (%)	21.4	
Clay (%)	17.3	
Bulk density, Mg m ⁻³	1.64	Core Sampler [2]
pH (1 : 2.5:: Soil : Water)	5.20	Glass Electrode pH Meter [3]
Organic carbon (g kg ⁻¹)	2.9	Glass Electrode pH Meter [4]
Total N, %	0.049	Modified Kjeldahl Method [5]

139 **Moisture content on oven dry weight basis*
 140

141 Each figure should have a caption. The caption should be concise and typed separately, not
 142 on the figure area. Figures should be self-explanatory. Information presented in the figure
 143 should not be repeated in the table. All symbols and abbreviations used in the illustrations
 144 should be defined clearly. Figure legends should be given below the figures.] A sample
 145 figure is given in figure 1.

146
 147

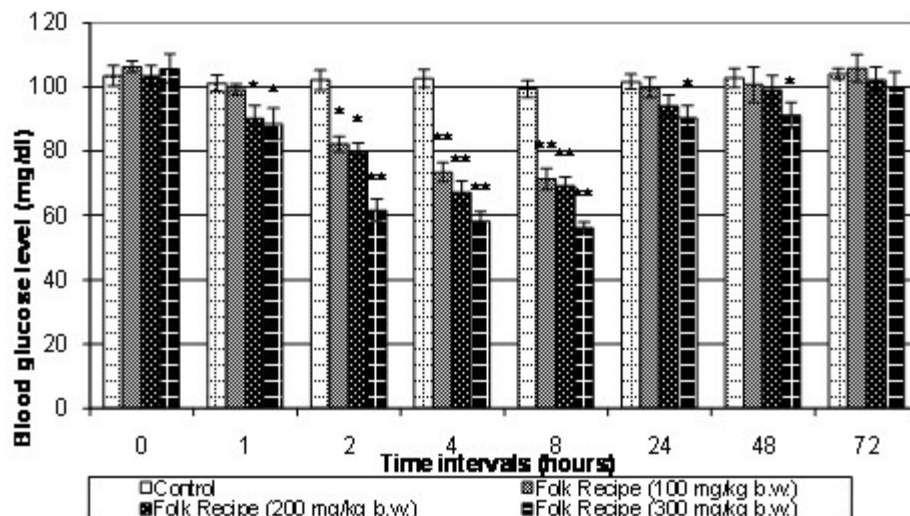


Fig. 1. Effect of different doses of aqueous extract of Folk Recipe (100, 200, 300 mg/kg) on blood glucose levels at different time intervals in normal rabbits

*Test drugs: significant from normal control, * $P < 0.05$; ** $P < 0.001$*

Mean $\pm$ S.E.M = Mean values $\pm$ Standard error of means of six experiments

3.1 Subheading Subheading (ARIAL, BOLD, 11 FONT, LEFT ALIGNED) - second level heading.

3.1.1 Sub-subheading (ARIAL, BOLD, 10 FONT, LEFT ALIGNED, underlined)- third level heading.

***3.1.1.1 Sub-sub-subheading* (ARIAL, ITALICS, BOLD, 10 FONT, LEFT ALIGNED) - fourth level heading.]**

4. CONCLUSION

[This should briefly state the major findings of the study. If you are using copy-paste option then select 'match destination formatting' in paste option OR use 'paste special' option and select 'unformatted Unicode text' option]

ACKNOWLEDGEMENTS

A brief acknowledgement section may be given after the conclusion section just before the references. The acknowledgments of people who provided assistance in manuscript preparation, funding for research, etc. should be listed in this section. All sources of funding should be declared as an acknowledgement. Authors should declare the role of funding agency, if any, in the study design, collection, analysis and interpretation of data; in the writing of the manuscript. If the study sponsors had no such involvement, the authors should so state.

184 **COMPETING INTERESTS**

185

186 Declaration of competing interest should be placed here. All authors must disclose any
187 financial and personal relationships with other people or organizations that could
188 inappropriately influence (bias) their work. Examples of potential conflicts of interest include
189 employment, consultancies, honoraria, paid expert testimony, patent
190 applications/registrations, and grants or other funding. If no such declaration has been made
191 by the authors, SDI reserves to assume and write this sentence: "Authors have declared that
192 no competing interests exist."

193

194 **AUTHORS' CONTRIBUTIONS**

195

196 Authors may use the following wordings for this section: " 'Author A' designed the study,
197 performed the statistical analysis, wrote the protocol, and wrote the first draft of the
198 manuscript. 'Author B' and 'Author C' managed the analyses of the study. 'Author C'
199 managed the literature searches..... All authors read and approved the final manuscript."

200

201 **CONSENT (WHERE EVER APPLICABLE)**

202

203 No manuscripts will be peer-reviewed if a statement of patient consent is not presented
204 during submission (wherever applicable).

205 This section is compulsory for medical journals. Other journals may require this section if
206 found suitable. It should provide a statement to confirm that the patient has given their
207 informed consent for the case report to be published. Journal editorial office may ask the
208 copies of the consent documentation at any time.

209

210 Authors may use a form from their own institution or SDI Patient Consent Form 1.0. It is
211 preferable that authors should send this form along with the submission. But if already not
212 sent during submission, we may request to see a copy at any stages of pre and post
213 publication.

214

215 If the person described in the case report has died, then consent for publication must be
216 collected from their next of kin. If the individual described in the case report is a minor, or
217 unable to provide consent, then consent must be sought from their parents or legal
218 guardians.

219

220 Authors may use the following wordings for this section: "All authors declare that 'written
221 informed consent was obtained from the patient (or other approved parties) for publication of
222 this case report and accompanying images. A copy of the written consent is available for
223 review by the Editorial office/Chief Editor/Editorial Board members of this journal."

224

225

226 **ETHICAL APPROVAL (WHERE EVER APPLICABLE)**

227

228 This section is compulsory for medical journals. Other journals may require this section if
229 found suitable. If human subjects are involved, informed consent, protection of privacy, and
230 other human rights are further criteria against which the manuscript will be judged. It should
231 provide a statement to confirm that the authors have obtained all necessary ethical approval
232 from suitable Institutional or State or National or International Committee. This confirms
233 either that this study is not against the public interest, or that the release of information is
234 allowed by legislation.

235

All manuscripts which deal with animal subjects must be approved by an Institutional Review Board (IRB), Ethical Committee, or an Animal Utilization Study Committee. , and this statement, and approval number, must accompany the submission. If required, author should be ready to submit a scanned copy of the IRB or Ethical Committee Approval at any stage of publication (Pre of post publication stage). The manuscript should contain information about any post-operative care and pain management for the animals.

For manuscripts involving animal experiments, Authors may use the following wordings for this section "All authors hereby declare that "Principles of laboratory animal care" (NIH publication No. 85-23, revised 1985) were followed, as well as specific national laws where applicable. All experiments have been examined and approved by the appropriate ethics committee"

All manuscripts which deal with the study of human subjects must be accompanied by Institutional Review Board (IRB) or Ethical Committee Approval, or the national or regional equivalent. The name of the Board or Committee giving approval and the study number assigned must accompany the submission. If required, author should be ready to submit a scanned copy of the IRB or Ethical Committee Approval at any stage of publication (Pre of post publication stage).

For manuscripts involving human experiments, Authors may use the following wordings for this section: "All authors hereby declare that all experiments have been examined and approved by the appropriate ethics committee and have therefore been performed in accordance with the ethical standards laid down in the 1964 Declaration of Helsinki."

REFERENCES

References must be listed at the end of the manuscript and numbered in the order that they appear in the text. Every reference referred in the text must also present in the reference list and vice versa. In the text, citations should be indicated by the reference number in brackets [3].

Only published or accepted manuscripts should be included in the reference list.

Articles submitted for publication, unpublished findings and personal communications should not be included in the reference list but may be mentioned in the text (e.g., T Nelson, Purdue University, USA, Unpublished results or personal communication). Avoid citing a "personal communication" unless it provides essential information not available from a public source, in which case the name of the person and date of communication should be cited in parentheses in the text. For scientific articles, obtain written permission and confirmation of accuracy from the source of a personal communication. Unpublished result which has been accepted for publication in any journal should be cited as "in press".

Journal name abbreviations should be those found in the NCBI databases (Link: <http://www.ncbi.nlm.nih.gov/nlmcatalog/journals>).

All references should follow the following style:

Reference to a journal:

For Published paper:

1. Hilly M, Adams ML, Nelson SC. A study of digit fusion in the mouse embryo. Clin Exp Allergy. 2002;32(4):489-98.

289 Note: List the first six authors followed by et al.
290 Note: Use of a DOI number for the full-text article is encouraged. (if available).
291 Note: Authors are also encouraged to add other database's unique identifier (like PUBMED
292 ID).

293

294 For Accepted, unpublished papers.

295 Same as above, but "In press" appears instead of the page numbers.

296

297 1. Saha M, Adams ML, Nelson SC. Review of digit fusion in the mouse embryo. J Embryol
298 Exp Morphol. 2009;49(3): (*In press*).

299

300

301 Note: List the first six authors followed by et al.

302 Note: Use of a DOI number is encouraged (if available).

303 Note: Authors are also encouraged to add other database's unique identifier (like PUBMED
304 ID).

305

306 For Articles not in English

307 Forneau E, Bovet D. Recherches sur l'action sympathicolytique d'un nouveau dérivé du
308 dioxane. Arch Int Pharmacodyn. 1933;46:178-91. French.

309

310 **Reference to a book:**

311

312 Personal author(s)

313 Rang HP, Dale MM, Ritter JM, Moore PK. Pharmacology. 5th ed. Edinburgh: Churchill
314 Livingstone; 2003.

315

316 Editor(s) or compiler(s) as authors

317 Beers MH, Porter RS, Jones TV, Kaplan JL, Berkwits M, editors. The Merck manual of
318 diagnosis and therapy. 18th ed. Whitehouse Station (NJ): Merck Research Laboratories;
319 2006.

320

321 Authored chapter in edited publication

322 Glennon RA, Dukat M. Serotonin receptors and drugs affecting serotonergic
323 neurotransmission. In: Williams DA, Lemke TL, editors. Foye's principles of medicinal
324 chemistry. 5th ed. Philadelphia: Lippincott Williams & Wilkins; 2002.

325

326

327

328 **Reference to Web-resource or Electronic articles.**

329 Hugo JT, Mondal SC. Parallels between tissue repair and embryo morphogenesis: a
330 conceptual framework. Global Health. 2006;16:4. Accessed 29 March 2012.

331 Available: <http://www.globalizationandhealth.com/content/1/1/14>.

332

333 Anonymous. Parallels between tissue repair and embryo morphogenesis: a conceptual
334 framework. Global Health. 2006;16:4. Accessed 29 March 2012.

335 Available: <http://www.globalizationandhealth.com/content/1/1/14>.

336

337

338 **Reference to Organization as author**

339 Diabetes Prevention Program Research Group. A study of digit fusion in the mouse embryo.
340 J Embryol Exp Morphol. 2009;49(2):259–276.

341

342

343

344

345 **DEFINITIONS, ACRONYMS, ABBREVIATIONS**

346 Here is the Definitions section. This is an optional section.

347 **Term:** Definition for the term

348

349 **APPENDIX**

350