1. In the title page, the corresponding author should only provide the e-mail address and not the co-authors.

2. In the title page, authors must also write their details in specific columns/headers of a table.

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<th>Name and Initial</th>
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3. The Copyright Transfer Statement must be hand signed by all authors.

4. The word count for manuscript should not exceed: 2,500 words (for original articles); 500 words (for case reports); 4000 words (for review articles).

5. A structured abstract should be included on the blinded manuscript (for original article only). It must be 150-250 words and should be divided into the following sections:
   a. Purpose (stating the main purposes and research question)
   b. Methods
   c. Results
   d. Conclusions

6. Insert a capsule on the blinded manuscript - not more than 50 words. A capsule is a short paragraph that provides the essence of the study or a shortened version of your work. It must be no more than 50 words. It can be placed on the title page and/or blinded manuscript of the submission.

7. Insert 3-5 keywords on the blinded manuscript.

8. Photographs with legends must be 8 x 13 cm size (width x height).

9. Tables should not be more than 5 and it must be labeled.

10. Create a running title on the blinded manuscript not more than 5 words. A running title is the same as a running head printed at the top of every page of an article.

11. The reference list should be in Vancouver style and should not exceed: 15 references (original articles); 3 references (case reports); 30 references (review articles).

12. Please attached scanned copies of 1st pages of articles mentioned on your reference list, as a supplementary file (for review purposes only). If it can be found on PubMed, copy and paste the url link.