Original Articles

Fundoplication After Heller Myotomy
Antonello Cuttitta et al.; Italy

Metabolic Syndrome and Neurotrophins
Mariyana G. Hristova; Varna, Bulgaria

Relationship Between Meniscal Tears and Tibial Slope
Tugrul Alici et al.; Istanbul, Turkey

Do CISS and DWI Aid for Lumbar Herniations?
Hasan Aydin et al.; Ankara, Turkey

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ASO and Behcet’s Disease
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Review

Glutamate Transporter Up-Regulation and Anti-Nociception
Robert L, Stephens Jr., Ohio, USA
The Eurasian Journal of Medicine

Formerly Atatürk Üniversitesi Tıp Dergisi

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4. Images of interest
5. Reviews

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Original articles
Original articles should follow the basic structure of abstract, introduction, methods, results, discussion, references, and tables and figures (as appropriate). Submissions should typically not exceed 4000 words for the abstract and 4000 words for the content; they should include no more than 35 references. Figures and/or tables should be limited to a total of ten.

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Case reports should not exceed 2000 words with two tables or illustrations, a short unstructured abstract, and ten references. Case reports should follow the basic structure of an unstructured abstract, introduction, case report, discussion, references, and tables and figures (as appropriate). We do ask that authors indicate that they have obtained patient consent.

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We welcome letters in response to articles published in the EAJM. Submissions must reach us before the next issue is published. They should be a maximum of 500 words, with one figure or table and no more than five references. Letters to the editor should include a title page and must only concern articles that were recently published in the EAJM. A response to the letter will be requested from the author of the article in question; the letter and the response will be published together if there is a response.

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Our image series consists of a case report of 250 words, a few instructional points, a maximum of two figures, and two references. We do ask that authors indicate that they have obtained patient consent if applicable. Image submissions should also include a title page, keywords and references. No additional legend subtleties for figures are necessary.

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Although they are usually commissioned, we occasionally accept unsolicited review articles.

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The manuscript format must be presented in the following order:
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2. Abstract
3. Introduction
4. Materials and Methods
5. Results
6. Discussion
7. Acknowledgements, Competing interests, Funding
8. References

NOT write a separate “Conclusion” heading (you may, however, begin your last paragraph with "In conclusion, …")

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Abstract
Please include an abstract of 400 or fewer words. The abstract should be easily understood without reference to the text (see Ann Intern Med 1987; 106: 598-604).
The abstract must have four separate, structured paragraphs (Objective, Materials and Methods, Results and Conclusion) that correspond to the research question, materials/patients and methods, results, and the answer to the question. If necessary, one or two sentences with background information may be included before the question. The question and answer should be the same as those in the text. Include only a few important values, and avoid using abbreviations or reporting statistics.

Stating the purposes of the study, basic procedures (study subjects or experimental animals; observational and analytic methods), main findings (specific data and statistical significance), and conclusions. Emphasize new and important aspects of the work. Avoid abbreviations other than standard units of measurement. Information must match the information in the text and may contain no information that is not presented in the text.

Keywords
Please provide a list of 3 to 6 keywords. The keywords should be listed alphabetically and in full without abbreviations. Keywords are best expressed as MeSH (Medical Subjects Headings) terms, the controlled vocabulary used by Pub-Med. The MeSH browser available online (http://www.nlm.nih.gov/mesh/MBrowser.html) provides a guide to the selection of keywords.

Text (Content and Style). The texts of observational and experimental articles generally include these sections: Introduction, Patients (or Materials) and Methods, Results, and Discussion. Other articles such as case reports and reviews will need other formats; authors should consult representative articles in the Journal.

Introduction
State the question you asked (or the hypothesis to be tested) and the considerations leading to the formulation of the question. Give only pertinent references. Case reports should also include an introduction section.

Materials and Methods
1. Protection of Human and Animal Subjects
   - Study subjects or animals
     - Clearly describe how the subjects or experimental animals were identified, including the control subjects (if used). For animals, see Laboratory Animals, 1985; 19: 106-108.
     - Clearly state the eligibility criteria for cases and controls in observational studies or for subjects in clinical trials.
     - All work involving human subjects is expected to have received approval from local ethics committees and the regulatory authorities (when appropriate; for example, for studies involving drug trials).
   - Animal experimentation must be performed according to the Helsinki Convention for the use and care of animals.
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6. Footnotes. Type footnotes, denoted with an asterisk, at the bottom of the page on which they are cited (do not confuse footnotes with references). Footnotes that contain information from articles that have been submitted but not accepted should be cited as “unpublished observations.” Written permission from the source should be provided (see Written Permissions).

7. Units of Measurement and Symbols. Measurements of length, weight, height, and volume should be reported in metric units; temperatures, in degrees Celsius (°C); blood pressures, in millimeters of mercury (mmHg); and hemato logic and clinical chemistry, in terms of the International System of Units (SI).

Study design
- Clearly state the main study objective(s).
- Provide an overview of the main tests or experiments.
- Consider sample size and whether you have enough subjects to reliably address the research question.
- Papers on clinical trials should include details regarding sample size calculation (i.e., expected effect size, power, level of statistical significance and one- or two-sided tests). Sample size should be reproduced independently.

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- Describe the methods and apparatus in sufficient detail as to allow other researchers to evaluate or reproduce the tests/experiments.
- If the methods have previously been published, provide only a reference or a reference and a brief description.
- Identify drugs and chemicals, including generic name, dosage and route of administration. State the form in which the drug was used (salt or base), the amount given in relation to body weight, and the route of administration; if injected, state the volume and rate of injection. State the frequency and the time of additional doses.
- Please provide manufacturer’s name and address for equipment, drugs and chemicals. This information should not be presented in a separate section. Credit suppliers of drugs, equipment, and other materials described at length in the paper in parentheses at 1st mention, giving specific product name and model number (if applicable), company name, and location (city, state, and country).

Analysis
- Clearly state and define the main outcome measure(s).
- Briefly state the statistical methods used during the analysis if they are standard. New methods should be described with justification.

Results
Keep the Results section brief. Describe the baseline characteristics or condition of the patients or animals. Focus on the important results, i.e., those that help address the research question. Present the majority of the data in figures or tables rather than in the text. Use the text to emphasize or summarize the most important observations. Present both positive and relevant negative results.

Discussion
At the beginning of the Discussion, summarize the main results and show how they address the research question. Make sure that the conclusions are consistent with the re-
sults and are pertinent to the research question. Describe the limitations of the study and/or analysis, and discuss possible implications of your conclusions. Emphasize new and important aspects of the study. Try to explain contradictory or unexpected results or discrepancies with previous findings.

Acknowledgements
All acknowledgements should be grouped into one paragraph and placed after the Discussion. Only acknowledge those who have made substantial contributions to the study.

References
Number references consecutively in the order in which they first appear in the text. Use full size Arabic numerals in square brackets. List all authors when there are six or fewer. When there are more than six authors, list only first three and add et al.

References should conform to the style used in Index Medicus (Vancouver Style), as shown in the following examples:

1. Standard Journal Article

2. Book by 1 or More Authors (including specific page numbers)

3. Chapter in a Book

4. Websites should be listed with the references and not in the text. They should only be used when an original citation is unavailable. Citations should be listed as follows:
   - WHO. Severe Acute Respiratory Syndrome (SARS). www.who.int/csr/sars/en/index.html. Date last updated: June 1 2004. Date last accessed: June 1 2004. Work that has not yet been accepted for publication and personal communications should not appear in the reference list.

5. Abstract in Journal Supplement

Tables
Tables should be created and inserted into the text document using the "Table" and "Insert Table" functions in your word processing package. DO NOT supply tables in a separate file. Tables should be numbered consecutively with Arabic numerals.

Limit decimals to a sensible number. Large tables should be avoided due to space restrictions; otherwise, they may be split. Please provide a clear footnote for all tables, making sure ALL abbreviations and symbols are defined. Explain all nonstandard abbreviations in footnotes. Identify statistical measures of variations, such as standard deviation or standard error of the mean. Do not submit tables that merely repeat information in the text. Supply permissions to use data from another published or unpublished source.

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All submitted figures must be numbered and given titles. Whether images, drawings, or graphs, we recommend that no more than four components be used for a given figure (e.g., a, b, c, d).

When there are Figure subunits DO NOT label them on the images.

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It (they) should be placed at the end of the manuscript.

Illustrations: General Information (for details, see Digital Image Guide). Letters, numbers, and symbols should be clear and even throughout, and should contrast with the background; they should be large enough to be legible when reduced for publication and should be added after images are scanned to the proper resolution. Photomicrographs should have internal scale markers. Symbols, arrows, or letters used in the photomicrographs should contrast with the background. Titles and detailed explanations belong in the legends, not on the illustrations themselves.

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The EAJM requires that digital artwork be prepared according to professional standards. Digital files must meet Journal requirements in order to be accepted for publication. Files that do not meet the guidelines will be rejected. Please refer to the instructions below when preparing images for publication.

A. Image Preparation Checklist. To verify that you have fulfilled the requirements for electronic image preparation, use the following checklist. Each category is expanded below the checklist.
   - Black-and-white images are saved in grayscale mode (not black and white).
   - Photographic images are saved in RGB color mode (not CMYK or indexed color).
   - Files are submitted in native TIFF or EPS and are not embedded in another program such as Microsoft Word, PowerPoint, or Excel.
   - Charts or illustrations created in Microsoft Office (Word, PowerPoint, Excel) are submitted in native format and do not include embedded images.
   - Charts created in SPSS, SigmaPlot or ChemDraw are submitted as EPS images.
   - All graphics are sized to 100% of their print dimensions so that no scaling is necessary (3.2" wide for 1-column figures, and 6.4" wide for 2-column figures).
   - Images have been scanned according to our scanning guidelines.
   - Files are named using our recommended naming conventions.
B. Color. When preparing digital images for publication, it is important to scan and save electronic files in the correct color space.

1. Photographic images. Images such as photographs, angiograms, echocardiograms, etc., should be scanned and saved in RGB color mode, even if the images will be printed in grayscale. (Journal compositors will convert these images to their final grayscale or CMYK color modes.) 
   - Do not use patterns for fill color; use black, white, and shades of gray.
   - Avoid 3-dimensional charts.
   - Use only Journal-approved fonts.
   - Use line weights greater than 0.5 points.
   - Submit the grouped image so that Journal compositors can access the datasheet.

2. Line art. Black-and-white images, including line drawings, charts, graphs, and ECG and EEG tracings, should be scanned and saved in grayscale mode (not black-and-white or color). 
   - Work in black-and-white, not color.
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   - Avoid 3-dimensional charts.
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3. Avoid ICC Profiles. Images should not contain any ICC profiles.

C. File Format. Submit only TIFF or EPS for electronic images. When preparing TIFF images, be sure to refer to our scanning guidelines for proper resolution. See instructions for submitting artwork created in Microsoft Office programs (Word, PowerPoint, Excel).

1. TIFF (Tagged Image File Format). TIFF is recommended for photographic images. When preparing TIFF images, be sure to refer to our scanning guidelines for proper resolution. 
   - Scan in RGB mode.
   - Select a target width of 3.2” for 1-column figures, and 6.4” for 2-column figures.
   - Crop images tightly; do not scan the margins.
   - Scan at 600 dpi/ppi.
   - If adding labels, use an approved font. If these are pixilated, you may be asked for an unlabeled version.
   - Use the proper naming convention: save as a TIFF and apply LZW compression.

2. EPS (Encapsulated Postscript). EPS is recommended for line art, charts, and illustrations that are created using professional drawing programs such as Adobe Illustrator, SPSS, ChemDraw, CorelDraw, SigmaPlot, etc. When submitting EPS files for publication, be sure to use the following guidelines:
   - Convert text to outlines or include/embed fonts. Use only Journal-approved fonts.
   - Flatten any layers.
   - Use line weights greater than 0.5 points.
   - Include an 8-bit preview/header at a resolution of 72 dpi.
   - Save color images in RGB color mode.

In most drawing programs, an EPS file is made by choosing File / Save as … or Export / EPS. For more information, consult the Help menu of your software.

3. Microsoft Office (Word, Excel, PowerPoint). Charts and illustrations created in Microsoft Office programs are accepted. Do not submit Microsoft Office files that contain embedded images. When creating charts and illustrations:
   - Use line weights greater than 0.5 points.
   - Submit the grouped image so that Journal compositors can access the datasheet.

4. AVOID THE FOLLOWING:
   - Submitting graphics downloaded or saved from Web pages. The resolution will be too low, regardless of how the image looks on screen.
   - Submitting GIF files. GIF files are never appropriate for publication.
   - Scanning preprinted photographs (already published halftones). The printing process introduces distortion into the photograph that will transfer to the scan.
   - Submitting EPS files. EPS files are never appropriate for publication.
   - Submitting TIFFs in the Microsoft Office Document Scanning program. This proprietary program changes image formatting such that the image cannot be opened in our image evaluation program.

D. Resolution and Scanning

1. Images must be scanned at the proper resolution in order to ensure print quality. Use the following guidelines to select the correct scanning resolution. Images scanned at lower resolutions will be rejected.
   - Photographic images without text or arrows: 300 dpi/ppi
   - Photographic images with text or arrows: 600 dpi/ppi
   - Black-and-white line art: 1200 dpi/ppi

a. Scanning photographic images without text or arrows 
   - Scan in RGB mode.
   - Scan at 300 dpi/ppi.
   - Select a target width of 3.2” for 1-column figures, and 6.4” for 2-column figures.
   - Crop images tightly; do not scan the margins.
   - Use the proper naming convention: save as a TIFF and apply LZW compression.

b. Scanning photographic images with text or arrows
   - Scan in RGB mode.
   - Scan at 600 dpi/ppi (even if text or labels will be added after the image is scanned).
   - Select a target width of 3.2” for 1-column figures, and 6.4” for 2-column figures.
   - Crop images tightly; do not scan the margins.
   - If adding labels, use an approved font. If these are pixilated, you may be asked for an unlabeled version.
   - Use the proper naming convention: save as a TIFF and apply LZW compression.

c. Scanning black-and-white line art
   - Scan in grayscale mode.
   - Scan at 1200 dpi/ppi.
   - Select a target width of 3.2” for 1-column figures, and 6.4” for 2-column figures.
   - Images should be tightly cropped; do not scan the margins.
   - If adding labels, use an approved font. If these are pixilated, you may be asked for an unlabeled version.
   - Use the proper naming convention: save as a TIFF and apply LZW compression.

Resolution and Scanning Quick Reference Table
2. Scanning originals that are smaller than the target width:
   - Choose the correct color space for photographic images or line art.
   - Determine the correct resolution. If an image has a width smaller than the target width, it is necessary to compensate with an increase in the scanning resolution. To do this, divide the actual width by the target width (either 3.2" or 6.4"). Multiply the answer by the target dpi and round up to the nearest hundred. This will determine the scanning dpi.
   - Use the following example:
     If an image is 2.4" wide and needs to be 300 dpi/ppi at 3.2" wide, then
     3.2 divided by 2.4 = 1.33
     1.33 times 300 = 399 Round up to 400.
     Thus, if the 2.4" image is scanned at 400 dpi/ppi, the Journal can properly convert the image to 3.2" wide at 300 dpi.
   - Use the proper naming convention and save.

E. Naming Files:
1. Please use the following naming convention for electronic images:
   Author last name + figure number.file format
   For example: Okur1.eps or Okur1A.tif

2. Revising images. Any time you revise an image and resubmit it to the Journal, you need to add a version number to ensure that the image will be re-evaluated.
   - For example: Smith1_v2.eps would be saved the next time as Smith1_v3.eps.

F. Approved Fonts. Please use one of the following fonts for text in labels, graphs, and charts:
   - Adobe Garamond
   - Arial
   - Helvetica
   - Symbol
   - Times New Roman
   - Univers LT

G. Labels:
1. Do not place figure labels (A, B, C, etc.) on digital files; include the letter in the figure file name (for example, Smith2B.tif).
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