Original Articles

MDCT Survey of Tracheal Diverticulum
Aydin Kurt et al.; Ankara, Samsun, Turkey

Preoperative Staging of Gastric Cancer with FDG-PET
Kazim Duman et al.; Istanbul, Ankara, Turkey

Melatonin Reduces Stanozolol Cardiac Side Effects
Gustavo Barbosa dos Santos, et al.; São Paulo, Brazil

Blue Code System
Atif Bayramoglu et al.; Erzurum, Turkey

Apoptosis Regulation in Epithelial Cells
Rezan Demiralay et al.; Isparta, Erzurum, Turkey

Episiotomy in Nulliparous Females
Saadet Unsal Boran et al.; Istanbul, Ankara, Turkey

Drain Usage After Cholecystectomy
Ersin Gurkan Dumlul et al.; Ankara, Turkey

IVT vs PST injection of TA for DME
Rao Muhammad Rashad Qamar et al.; Bahawalpur, Pakistan

Review

rTMS for Neurological and Psychiatric Disorders
Sergio Machado et al.; (INCT-TM), (IFIL/UFU), Niterói, Goiás-GO, Brazil; Santiago, Chile; México DF, México
The Eurasian Journal of Medicine is a peer reviewed medical Journal abstracted/indexed by SCOPUS, Index Copernicus, EBSCO, Gale/Cengage, CINAHL, DOAJ, ProQuest, ULAKBIM/Turkish Medical Index, Turkiye Citation Index and it is aimed to be indexed/abstracted by PubMed/MEDLINE and SCI-Expanded in near future.

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The journal’s target audience includes researchers, physicians and healthcare professionals who are interested or working in in all medical disciplines.

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MANUSCRIPT TYPES
1. Original articles
2. Case reports
3. Letters to the editor
4. Images of interest
5. Reviews

Table 1 summarizes our publication priorities. The editorial preferences in Table 1 might encourage authors who are uncertain of the significance of their reports.

ELECTRONIC MANUSCRIPT PREPARATION

The preparation of manuscripts should conform to the updated Uniform Requirements for Manuscripts Submitted to Biomedical Journals (http://www.icmje.org): All manuscripts must be submitted electronically. The manuscript file that you submit must be saved as a.doc (MS Word document). Please number the pages consecutively, in the lower right hand corner and beginning with the title page. Use the left justification feature (ragged right margins), letter quality printing, and do not use line-numbering. The paper should be arranged in this order (all in one document): title page, abstract with keywords, introduction, materials and methods, results, discussion, references, and tables and figures (as appropriate). We do ask that authors indicate that they have obtained patient consent.

Original Articles

Original articles should follow the basic structure of an abstract, introduction, Materials and Methods, results, discussion, references, and tables and figures (as appropriate). Submissions should not typically exceed 400 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 (Table 2).

Case Reports

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 ask that authors indicate that they have obtained patient consent.

Letters to the Editor

We welcome letters in response to articles published in the EAJM. These submissions can use EQUATOR (Enhancing the QUAlity and Transparency Of health Research) Network Resources (http://www.equator-network.org/) and the CONSORT (Consolidated Standards of Reporting Trials) statement in your studies*. Please refer to the COPE statements for our evaluation of manuscripts by means of publication ethics (http://publicationethics.org/).
Image of Interest
Our image section 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 subtitles for figures are necessary.

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

MANUSCRIPT FORMAT
The manuscript format must be presented in the following order:
1. Title page
2. Abstract
   - Objective
   - Materials and Methods
   - Results
   - Conclusion
3. Keywords (3 to 6)
4. Main text (tables should be inserted where cited in the text; images must be uploaded as separate files)
   - Introduction
   - Materials and Methods
   - Results
   - Discussion
5. Acknowledgements, Competing interests, Funding
6. References

DO NOT write a separate “Conclusion” heading (You may, however, begin where you believe your conclusion section to begin with “In conclusion...”).

Title page
Please provide a concise and informative title of fewer than 150 characters. Include a list of all of the contributing authors and their affiliations. Supply full correspondence details for the corresponding author, including phone and/or fax number and e-mail address. Provide a short title for the manuscript (limited to 75 characters). The title page should include the following:
1. The full name and the highest relevant academic degree(s) of each author (limit of 2 degrees);
2. The names of the departments and institutions where the work was completed by each individual author (use symbols to link the authors to their affiliations) and the current affiliations if these have changed;
3. Disclaimers, if any;
4. Any sources of support in the form of grants, equipment or drugs;
5. The name of one author who is designated to be the corresponding author, with a complete postal address, telephone number, fax number, and e-mail address (this is the address to whom reprint requests will be addressed unless the authors state that reprints will not be available); and
6. A short title (9 or fewer words), placed at the bottom of the page and identified as a footline.

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, the material or patients, the methods, the results, and the answer to the research question. If necessary, one or two sentences with background information can be included before the research question. The question and the answer should be the same as those provided in the text. Include only a few important values and avoid using abbreviations or reporting statistics. State the purposes of the study, the basic procedures (study subjects or experimental animals; observational and analytic methods), the main findings (specific data and its statistical significance), and the conclusions. Emphasize the new and important aspects of the work. Avoid abbreviations other than standard units of measurement. Information in the abstract must match the information in the text and should not contain any 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, which is the controlled vocabulary used by PubMed. The MeSH browser available online (http://www.nlm.nih.gov/mesh/MBrowser.html) provides a guide for how to select keywords.

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

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

Materials and Methods
1. Protection of Human and Animal Subjects Study
   - 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 the 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.
• The editors reserve the right to refuse work that does not conform to acceptable ethical criteria.

2. Manufacturing Information. Credit suppliers of drugs, equipment, and other materials should be described at length in the paper in parentheses at the first mention, giving specific product name and model number (if applicable), company name, and location (city, state, and country).

3. Numbers. Provide the exact numbers when possible; for example, “87 of 137 patients (63.5%)” is preferable to stating the percentage alone. Do not spell out numbers except at the beginning of a sentence.

4. Repetition. Summarize in the text, but do not repeat, the data presented in the tables and figures.

5. Abbreviations. Avoid abbreviations in the title and abstract and keep abbreviations to a minimum in the rest of the paper. The full term should precede the first use of an abbreviation in the text unless it is a standard unit of measurement.

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.

7. Units of Measurement and Symbols. Measurements of length, height, weight, and volume should be reported in metric units; temperatures, in degrees Celsius (°C); blood pressures, in millimeters of mercury (mmHg); and hematologic 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 the sample size and whether you have enough subjects to reliably address the research question.
• Papers on clinical trials should include details regarding the sample size calculation (i.e., the expected effect size, the power, the level of statistical significance and one or two-sided tests). The sample size calculation should be reproduced independently.

Methods
• Describe the methods and apparatus in sufficient detail 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 any drugs and chemicals, including the generic name, the dosage and the 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 the rate of injection. State the frequency and the time of additional doses.
• Please provide the manufacturer’s name and address for equipment, drugs and chemicals. This information should not be presented in a separate section. Credit the suppliers of drugs, equipment, and other materials described at length in the paper in parentheses at the first mention, giving the specific product name and the model number (if applicable), the company name, and the company 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 the condition of the patients or animals. Focus on the important results, i.e., the results that help to 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 the positive and the 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 results and are pertinent to the research question. Describe the limitations of the study and/or analysis, and discuss the possible implications of your conclusions. Emphasize the new and important aspects of the study. Try to explain any contradictory or unexpected results or discrepancies using 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 the 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 the first three and then add et al. The 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 One 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. Websites 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 ac-
   - cessed: June 1 2004. Work that has not yet been accepted for publication and per-
   - sonal communications should not appear in the reference list.

5. Abstract in a Journal Supplement
   • Shernan SK, Sugeng L, Weinert L, et al. Real-time three-dimensional echocardio-
   - graphic evaluation of prosthetic valves: Initial experience with a matrix transesoph-

Tables
Table(s) should be created and inserted into the text document using the “Table” and the “Insert Table” functions in your word processing package. DO NOT supply tables in a sepa-
- rate file. Tables should be numbered consecutively with Arabic numerals.

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

Figures
All submitted figures must be numbered and titled. Whether the figure consists of im-
- ages, 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.

Figure Legend(s): This (these) should be placed at the end of the manuscript.

Illustrations: General Information (for details, see the Digital Image Guide). Letters, num-
- bers, 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 the images are scanned to the proper resolution. Photomicro-
- graphs should have internal scale markers. Symbols, arrows, or letters that are used in the photomicrographs should contrast with the background. Titles and detailed explanations belong in the legends and not on the illustrations themselves.

Privacy and Confidentiality: Avoid photographs of patients; if such photographs are used, the subjects must not be identifiable (masking their eyes is inadequate). Figures should not include any written patient identification, including names, initials, and hospital numbers. Photos or illustrations that might in any way reveal the identity of a patient must be accompanied by written permission to use the photograph; moreover, the patient should be shown the manuscript and should be told if the manuscript will be available on the Internet as well as in the print publication. Cite each figure in the text in consecutive order. If a figure has been previously published, acknowledge the original source and submit written permission from the copyright holder to reproduce the material. Legends for illustrations: Legends for illustrations should be double-spaced, on a separate page from the text or the tables, and with Arabic numbers that correspond to the illustrations. Supply a detailed explanation of each figure. Define all symbols, arrows, or legends that are used to identify parts of the illustrations. For photomicrographs, explain the internal scale and identify the staining method.

DIGITAL IMAGE GUIDE
The EAJM requires that all digital artwork be prepared according to professional stand-
- ards. Digital files must meet the Journal requirements to be accepted for publication. Files that do not meet the guidelines will be rejected. Please refer to the instructions be-
- low when preparing images for publication.

A. Image Preparation Checklist. To verify that you have fulfilled the requirements for elec-
- tronic image preparation, use the following checklist. Each category is expanded below the checklist (Table 3).

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. (The journal compositors will convert these images to their final grayscale or CMYK color modes.) Note: Printing in color is expensive and is not always necessary. Please inform the Journal editors if an image requires color for clarity.

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). (For 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 neces-
- sary. (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 the 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. (The journal compositors will convert these images to their final grayscale or CMYK color modes.) Note: Printing in color is expensive and is not always necessary. Please inform the Journal editors if an image requires color for clarity.

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). (For charts created in SPSS, refer to Section C.2 on creating EPS file formats. For charts and graphs created in Microsoft Office, refer to Section C.3.)

3. Avoid ICC Profiles. Images should not contain any ICC profiles.

C. File Format. Submit only TIFF or EPS for electronic images. See instructions for submit-
- ting artwork that was 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 the proper resolution. Note: The Journal accepts TIFF images that are saved with LZW compression; choosing this option will result in smaller files. In most software programs, a TIFF is made available by choosing File/Save as… or Export/TIFF or TIF. For more information, consult the Help menu of your software.
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 any Microsoft Office programs are accepted. Do not submit Microsoft Office files that contain embedded images. When creating charts and illustrations, use the following guidelines:

- Work in black and white, not color.
- 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 the Journal compositors can access the datasheet.

4. AVOID THE FOLLOWING:

- Submitting graphics that are 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 pre-printed photographs (already published halftones). The printing process introduces distortion into the photograph that will transfer to the scan.
- Generating TIFFs within the Microsoft Office Document. Scanning Program. This proprietary program changes the image formatting in such a way that the image cannot be opened in our image evaluation program.

D. Resolution and Scanning

1. Images must be scanned at the proper resolution to ensure print quality. Use the following guidelines to select the correct scanning resolution. Images that are scanned at lower resolutions will be rejected.

   a. Scanning photographic images without text or arrows
      - Scan in RGB mode.
      - Scan at 300 dpi/px.
      - Select a target width of 7.5 cm for 1-column figures and 15.5 cm for 2-column figures.
      - Crop images tightly; do not scan the margins.
      - Use the EAJM 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/px (even if text or labels will be added after the image is scanned).
      - Select a target width of 7.5 cm for 1-column figures or 15.5 cm for 2-column figures.
      - Crop images tightly; do not scan the margins.
      - If adding labels, use an approved font. If the labels are pixilated, you may be asked for an unlabeled version.
      - Use the EAJM 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/px.
      - Select a target width of 7.5 cm* for 1-column figures and 15.5 cm* for 2-column figures.

Example Format/Color Mode/Resolution

<table>
<thead>
<tr>
<th>Type</th>
<th>Example</th>
<th>Format/Color Mode/Resolution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Photographic images without text or arrows</td>
<td><img src="example1.png" alt="Image" /></td>
<td>TIFF/RBG/300 dpi-ppi</td>
</tr>
<tr>
<td>Photographic images with text or arrows</td>
<td><img src="example2.png" alt="Image" /></td>
<td>TIFF/RBG/600 dpi-ppi</td>
</tr>
<tr>
<td>Black-and-white line art</td>
<td><img src="example3.png" alt="Image" /></td>
<td>TIFF/Grayscale/1200 dpi-ppi</td>
</tr>
<tr>
<td>Black-and-white chart or graph from Microsoft Office program</td>
<td><img src="example4.png" alt="Image" /></td>
<td>EPS/Grayscale/NA</td>
</tr>
<tr>
<td>Black-and-white line art from a professional drawing program such as Adobe Illustrator</td>
<td><img src="example5.png" alt="Image" /></td>
<td>PPT or XLS/NA (Use blacks, whites and shades of gray)/NA</td>
</tr>
</tbody>
</table>
• Images should be tightly cropped; do not scan the margins.
• If adding labels, use an approved font. If the labels are pixilated, you may be asked for an unlabeled version.
• Use the EAJM naming convention; save as a TIFF and apply LZW compression.

2. Scanning originals that are smaller than the target width
• Choose the correct color space for the photographic image or line art.
• Determine the correct resolution. If an image has a width smaller than the target width, it is necessary to compensate by increasing the scanning resolution. To increase the resolution, divide the actual width by the target width (either 7.5 cm or 15.5 cm). Multiply the answer by the target dpi and round up to the nearest hundred. The result 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" wide, then 3 divided by 2.4 = 1.25. 1.25 times 300 = 375, and round up to 400. Thus, if the 2.4" image is scanned at 400 dpi/ ppi, the Journal can properly convert the image to be 3" wide at 300 dpi.
• Use the EAJM naming convention and save.

E. Naming Files
1. Naming convention. 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 that 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.eps would be saved the next time as Smith1_v2.eps
   - Note: Always allow the software program to add the file format extension. Files that do not contain an extension will be rejected. To change a file format extension, you must use a software program; renaming a file extension does not properly convert a file. For example, simply renaming the JPG extension as TIFF does not convert the file to a TIFF image. Opening a JPG file in Photoshop (or in a comparable software program) and saving as a TIFF does properly convert the file.
   - Note: You can safely change the author last name + figure number (i.e., anything before the “dot-file format” portion) by using the Rename command.

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 the digital images; include the letter in the figure file name (for example, Smith2B.tif).

2. If images are part of an A, B, C series, scan and submit each image separately.

H. How to Submit Images. To submit digital artwork, refer to the information in the Manuscript Submission section.

Revised Manuscript
Revised manuscripts must be submitted with a revised cover letter that contains each review comment followed by the authors’ response. When submitting revised manuscripts, we strongly encourage authors to use the “track changes” feature in Microsoft Word or similar software. Otherwise, corrections should be highlighted in red text.

Manuscript Submission
Manuscripts can be submitted electronically using the EAJM online submission system (see the Journal’s Web site at www.eajm.org). Authors who mail manuscripts or images to the Journal will be asked to register at the EAJM online submission system and to submit electronic files. Copyright transfer forms and permissions can be mailed to EAJM, Atatürk Üniversitesi Tip Fakultesi EAJM office 25240 Erzurum, Turkey. Also a scanned copy should be uploaded to the manuscript submission system.

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