



SUBMISSION

The final version of the manuscript (in English), figures and tables should be submitted by e-mail: progress@umb.edu.pl

The text must be in **Microsoft Word** format.

- **Tables** must be in **Microsoft Word** format.
- **Photographs** must be in **JPG** or **TIFF** format, preferred **resolution 300 dpi**.
- **Drawings** must be in **JPG, GIF** or **EPS** format
- **Graphs** must be in **JPG, EPS** or **PDF** format
- Closing date

Manuscript submissions are accepted on a continuous basis.

Attachments

The manuscript **must be** accompanied by: a written TRANSFER OF COPYRIGHT and PUBLISHING STATEMENT, and in the case of experimental studies a statement that the protocol of the study and informed consent were in compliance with the

Helsinki Convention and were approved by local Ethics Committee. Upon acceptance of the manuscript, the author(s) will be asked to transfer the copyright to the publisher.

Conflicts of Interest

Authors are requested to provide a statement concerning any commercial associations or patent licenses that might result in a conflict of interest with the work presented in the submitted paper. This may be placed in the Acknowledgements sections.

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Articles should be written in **English** (either British or American spelling). Authors whose native language is not English are strongly advised to have their manuscripts checked by a professional translator or a native speaker prior to submission.

All articles are reviewed by two external experts. Additionally, all papers are reviewed by

members of the Editorial Board. For more information about Peer-Review Process, find *The Review Process* and *Review Form*.

Submitted article should be free of falsification and plagiarism. More details can be found at: http://www.ori.hhs.gov/misconduct/definition_misconduct.shtml.

RESEARCH ARTICLES

Should present original research and address a clearly stated specific hypothesis or question. Papers should provide novel approaches and new insights into the problem addressed. The total number of pages (including Tables, Figures, Photographs and References) should not exceed 24.

Research articles should be divided into the following sections:

- Title page
- Abstract (with Keywords)
- Introduction
- Materials and Methods
- Results
- Discussion

- Conclusions
- Acknowledgements
- Conflicts of Interest
- Financial Disclosure/Funding
- Authors' Contributions
- References

TITLE PAGE

The title page should contain the following information:

- Title,
- Shortened running title,
- Full names of authors and their affiliations,
- Progress in Health Sciences recommends that authorship on the following criteria:

A - Conception and study design, B - Data collection, C -Data analysis, D - Writing the paper, E - Review article, F - Approval of the final version of the article. Please indicate the specific contributions made by each author (as superscripts at surnames, e.g., Kowalski^{A,C,F})

- Corresponding author contact information (address, telephone, fax, e-mail)

ABSTRACT

Abstract, of no more than 250 words should be provided on a separate page, organized in structural form, and should consist of four paragraphs:

- Purpose
- Materials/Methods,
- Results,
- Conclusions.

The abstract should include Keywords. Keywords (3-6) or short phrases should be added to the bottom of the abstract page. Use terms from the Medical Subject Headings list from Index Medicus (www.nlm.nih.gov/mesh/MBrowser.html)

ACKNOWLEDGMENTS

Acknowledgments of the contributions of colleagues can be stated in this section.

CONFLICTS OF INTEREST

Authors must disclose any commercial, financial, or other associations that could pose a conflict of interest in connection with their submitted article and these must be disclosed in this section.

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Authors should list all funding sources related to the study and to the article preparation in this section.

AUTHORS' CONTRIBUTIONS

Authors must indicate their specific contributions to the published work. Please provide the contribution each author made to the manuscript – eg., literature

search, figures, study design, data collection, statistical analysis, data interpretation, and writing the paper

TABLES

Tables should be typed on a separate sheet of paper and a title for each one should be provided. Tables should be numbered in Arabic numerals in the order in which they are cited in the text. Vertical rules should be used. The position of each table should be indicated in the manuscript. Tables must be sent in Microsoft Word format and have no links to the main document or other archives.

FIGURES

Figures should be numbered in Arabic numerals in the order of appearance in the text, where they are referred to as Fig. 1, Fig. 2, etc. Figures that include more than one image should be labeled as a, b, c, etc. (small letters). Figure legends with descriptive titles should be provided on separate pages. If needed, a short description is also accepted. Footnotes can be included below the figure.

- **Photographs** must be in **JPG or TIFF** format, preferred **resolution 300 dpi**.
- **Drawings** must be in **JPG, GIF or EPS** format
- **Graphs** must be in **JPG, EPS or PDF** format

The total number of (Tables, Figures and Photographs) must not exceed 6. Authors are required to confirm the source of the figures and photographs by filling out authorship form and send it to the editor. The template is available for download from the journal website (Statement).

REFERENCES

Should be numbered in the order they appear within the manuscript and listed in the 'References' section see References details.

The total number of references should not exceed 30.

CASE REPORT ARTICLES

Describe an individual patient, uncommon clinical case or a new or improved method of management or treatment. The total number of pages (including Tables, Figures, Photographs and References) should not exceed 8.

Submitted **Case reports** should be divided into the following sections (in this order):

- Title page
- Abstract (with Keywords)
- Introduction
- Case presentation
- Discussion
- Conclusions

- Acknowledgements
- Conflicts of Interest
- Financial Disclosure/Funding
- References

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REVIEW ARTICLE

Only review articles from experts in the field will be considered for publication. Review articles can be submitted either upon specific invitation or editorial acceptance of an author's proposal. To submit a proposal, authors should send a title to the Editorial Office and justify their expertise in the target area, and also both the scientific relevance and lack of recent reviews on the topic.

Review articles are an attempt by one or more authors to sum up the current state of research on a particular topic. Ideally, the author searches for everything relevant to the topic, and then sorts it all out into a coherent view of the current state.

Review articles should be divided into the following sections:

- Title page
- Abstract (with Keywords)
- Introduction
- Review
- Conclusions
- Acknowledgements
- Conflicts of Interest

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The total number of (Tables, Figures and Photographs) must not exceed 3.

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REFERENCES

Should be numbered in the order they appear within the manuscript and listed in the 'References' section see References details.

The total number of references should not exceed 10.

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ABSTRACT

Abstract, of no more than **250 words** should be provided on a separate page and contain the main ideas and important conclusions.

The abstract should include **Keywords**. Keywords (3-6) or short phrases should be added to the bottom of the abstract page. Use terms from the Medical Subject Headings list from Index Medicus.

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REFERENCES Should be numbered in the order they appear within the manuscript and listed in the 'References' section see References details.

The total number of references should not exceed 50.

SHORT COMMUNICATIONS ARTICLE

Should present original research and address a clearly stated specific hypothesis or question. The total number of pages (including Tables, Figures, Photographs and References) should not exceed 8. Papers should provide novel approaches and new insights into the problem addressed.

Short communications article should be divided into the **following sections**:

- Title page
- Abstract (with Keywords)
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The total number of references should not exceed 10.

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Letters should not exceed 500 words and 5 references.

Letters may include one table or one photo.

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REFERENCES DETAILS

References should be numbered **in the order they appear** within the manuscript and listed in the 'References' section **In the text**, they should be referred to by **numbers in square brackets**. **In the 'References' section**, items should be **listed numerically in the order they are cited in the text**, not alphabetically. **All authors** of the cited items should be included, regardless of the number. Journals titles should be abbreviated as shown in Index Medicus.

In the References section of the article please **use the following citation style (exactly as it is given):**
National Library of Medicine (NLM) Bibliographic Style Citing medicine: the NLM style guide for authors, editors, and publishers, 2nd Edition 2007 <http://www.nlm.nih.gov/citingmedicine>

Journal Articles

Palti DG, Almeida CM, Rodrigues Ade C, Andreo JC, Lima JE. Anesthetic technique for inferior alveolar nerve block: a new approach. J Appl Oral Sci. 2011 Feb;19(1):11-5

Entire Books

Coffin JM. Retroviruses. New York: Cold Spring Harbor Laboratory Press; 1997. 205p.

Chapter in a Book

Varmus HE. Physical medicine. 3rd ed. Amsterdam (Netherlands): Elsevier Academic Press; 2006. Chapter 15, Magnetotherapy in children; p. 147-53.

Conference Proceedings

Standard proceedings with a book title in addition to the conference title
Teriar GR, editor. Disability at the present day. American Academy for Cerebral Palsy and Developmental Medicine 64th Annual Meeting. October 12-15, 2009. Washington, DC, USA: Wiley-Blackwell; 2010. 265 p.

Standard proceedings without a book title in addition to the conference title Mooney C, Doobitz B, editors. 3rd Annual International Nursing Conference; 2006 March 21-24; London, England. Piscataway (NJ): IEEE; 2007. 345 p.

Citations to Conference Papers

Paper from the proceedings with a book title
Goofrt S. Down syndrome. In: Hoper S, Rimkey FR, Poor G, Brain development and pathology. 2nd International Conference of Brain Research; 2007 Oct 20-23; Royal Medicine School, London, England. Amsterdam (Netherlands): Elsevier; 2008. p.155-78.

Paper from the proceedings without a book title
Meng AL, Sullivan J. an innovative conflict resolution teaching methodology.. In: Leigh H, Car S, editors. Proceedings of the 5th World Congress on Nursing; 2008 Oct 10-14; Paris, France: IASP Press; 2009. p. 245-31.

Citing Material on the Internet Journal Articles on the Internet

Whitmer K, Auer C . Phytosterols and phytosterolemia. Genes Nutr. [Internet]. 2007 Jul 10;123(8):126-9. Available from: <http://www.genesnutr.com/cgi/reprint/333/7581/1251?maxtoshow=&HITS=13>

Website

Integrative Medicine [Internet]. New York: University of New York, P. T. Goolbergh Medicine Center; 2006 [cited 2007 Oct 11]. Available from: <http://www.ganersond.org/edu/GIGR/>.

Website with author(s)

Doshi WU. Heart failure highlights in 2008. [Internet]. Rome: University of Rome, Department of Cardiology; 2007 Jan 1 [updated 2007 Jul 16; cited 2007 Nov 13]. Available from: <http://rome.edu/~jifty/>.

AUTHOR CORRECTIONS

Proof corrections should be made and returned to the Editor within 3 days of receipt. Otherwise the article will be withdrawn from a particular issue. Changes made by the author in the proofs, excluding typesetting errors are under the responsibility of the author