



## Author guidelines

Congratulations!, You have reached the most important page of the journal. This section will provide all the necessary instructions to ensure your submission to the SLJC conforms to the standards and format applicable to the journal.

Submissions to the SLJC is via the official Journal email ☐: [slhj.submissions@gmail.com](mailto:slhj.submissions@gmail.com). If you have any queries they can be sent to [slhj.editor@gmail.com](mailto:slhj.editor@gmail.com).

All submissions will be subjected to internal peer review and external review will be solicited at the discretion of the editorial board.

The manuscript should have a title page, which should include a) title, b) author names & affiliation, c) corresponding author d) contact information of the corresponding author email, contact number.

The manuscript should contain an abstract, limited to 250 words, with sections on introduction, methods, results, discussion and conclusions (format may vary according to the type of manuscript)

The body of the manuscript should include a) introduction, b) results and findings or case report, c) discussion d) conclusion e) references. Where applicable please include a) acknowledgements b) conflicts of interest statement, c) consent d) ethical approval.

In regard to references, please utilize an accepted referencing software and avoid manual input. The style to be utilized is “numbered”. Use a [ ] for the reference within the text with a relevant number. An example of a reference is as follows.

Bitigen, A., et al., *Mitral regurgitation and ventricular septal defect as a complication of penetrating cardiac trauma: a case report*. Turkish Thoracic Cardiovascular Surgery Magazine, 2010. **18**(1): p. 058-060.

## Submitting a manuscript to the journal

From the Editorial Desk

In regard to the manuscript word count, limit reports to 1500 words with 3 images or tables. For all other articles up to a maximum of 4000 words is allowed.

The manuscript should be typed in

- font Calibri
- size 12
- with double line spacing
- and should include line and page numbering
- use SI units: Please ensure that all special characters used are embedded in the text
- and should not have breaks in your manuscript

File formats which are accepted for submission include Microsoft word (DOC, DOCX).

In regard to preparing figures, please follow the formatting instructions below.

- Figures should be provided as separate files and not embedded in the main manuscript file.
- Each figure of a manuscript should be submitted as a single file that fits on a single page in portrait format(with acceptable quality).
- Tables should NOT be submitted as figures but should be included in the main manuscript file.
- Multi-panel figures (those with parts a, b, c, d etc.) should be submitted as a single composite file that contains all parts of the figure.



- Figures should be numbered in the order they are first mentioned in the text, and uploaded in this order along with an appropriate title.
- Figure titles (max 20 words) and legends (max 200 words) should be provided in the main manuscript, not in the graphic file.
- Each figure should be closely cropped to minimize the amount of white space surrounding the illustration.
- Individual figure files should not exceed 5 MB. If a suitable format is chosen, this file size is adequate for extremely high quality figures.
- Please note that it is the responsibility of the author(s) to obtain permission and consent where and when relevant.

When creating and including tables please follow the formatting instructions below.

- Tables should be numbered and cited in the text in sequence using Arabic numerals (i.e. Table 1, Table 2 etc.).
- Tables less than one A4 or letter page in length can be placed in the appropriate location within the manuscript.
- Tables larger than one A4 or letter page in length can be placed at the end of the document text file. Please cite and indicate where the table should appear at the relevant location in the text file so that the table can be added in the correct place during production.
- Table titles (max 20 words) should be included above the table, and legends (max 200 words) should be included underneath the table.
- Tables should not be embedded as figures or spreadsheet files, but should be formatted using 'Table object' function in your word processing program.
- Color and shading may not be used.

We hope these instructions are simple and easy to follow and look forward to your submission for our next issue.