

Ten Tips of Writing Medical Articles

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Why Ten Tips?

- ✓ **For authors**

 - : to **prepare** the better manuscript and be published

- ✓ **For reviewers**

 - : to **review** manuscripts easier

- ✓ **For Editors**

 - : to **select** and edit manuscripts efficiently

Purpose of Publication

- ✓ Scientific communication among professionals
- ✓ Transition of private new knowledge to public known knowledge
- ✓ Academic benefits

TEN Tips 1

Keep Design of Articles:

→ *Design article contents and structure before writing*

- Scientific contents: Tables and Figures
- Conclusion: Novel
- Target journal: Factor considered
→ Scope, JIF, Publication feasibility, expense
- Authors in order and contributors
- References

TEN Tips 2

Keep Formatting Requirements of Target Journal

- Keep journal's format in details as possible
 - ✓ Uniform and structure
 - ✓ Capitals, symbols, length, files, references
- Uniforms
 - ✓ Vancouver style
 - ✓ Harvard style
 - ✓ Mixed style

Vancouver Style

- Predominantly used in the health and physical sciences
- The Vancouver system is *numerical*
 - : Each piece of work cited within the text is identified by a unique Arabic number.
 - : The numbers are assigned in the order of citation.
 - : If a piece of work is cited more than once, **the same citation number must be used.**
- A list of references must be provided at the end of the scientific text.

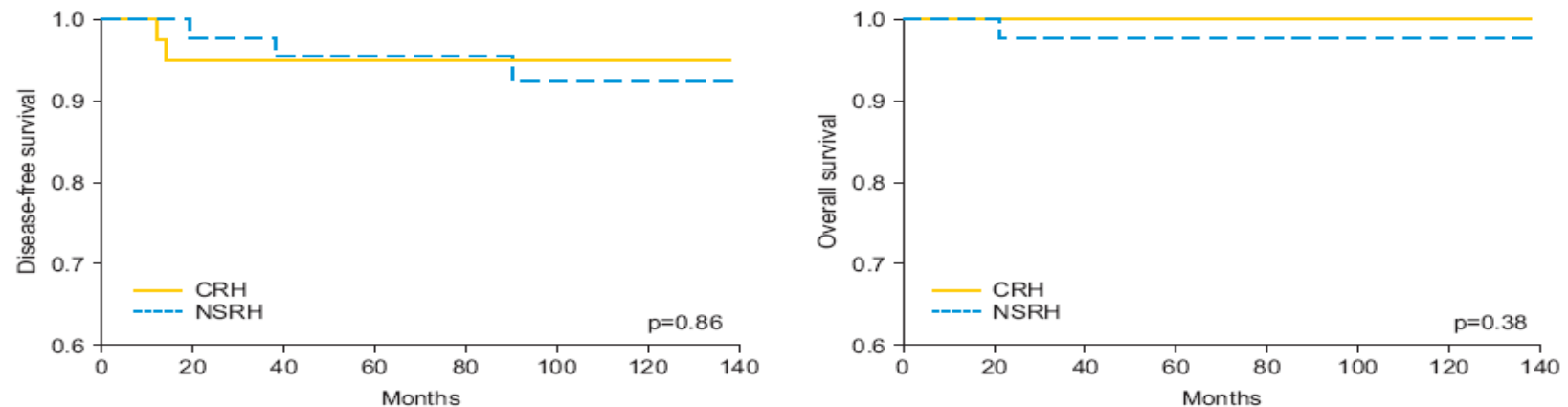


Fig. 4. (A) Disease-free survival and (B) overall survival in patients with cervical cancer treated by conventional radical hysterectomy (CRH) or nerve-sparing radical hysterectomy (NSRH).

Ideal surgical management of cervical cancer should reduce early and late morbidity without compromising oncological disease control. Although CRH has been confirmed to be a standard treatment modality resulting in reduced risk of pelvic recurrence for FIGO stage IB1–IIA cervical cancer, it has been criticized for its high rate of postoperative pelvic organ dysfunction, especially urinary dysfunction. According to the literatures, urinary dysfunction (sensory loss, storing and voiding dysfunctions, urinary incontinence, and detrusor instability) is the most common long-term complication following CRH. The incidence has been reported to occur in 70% to 85% of reported studies [2,15,16]. Nowadays, postoperative QoL has become a more important issue, considering that more than 90% of the patients with cervical cancer could survive for a long time [2]. Deterioration of QoL after the surgery is believed to be the result of nerve injury during the procedure. In general, sympathetic branches of the hypogastric nerve and the vesical branch of the pelvic plexus stimulate the urethral sphincter and inhibit the detrusor muscle of the bladder, while parasympathetic branches of the pelvic splanchnic nerve and the vesical branch of the pelvic plexus relax the

the operation, many factors including postoperative inflammation, local edema, temporary electrical injury, and decreased blood supply may influence the voiding function irrespective of nerve injury. Also, the bladder function after RH could be improved by 12 months after the operation [11,23,24]. Therefore, reliable data should be obtained for a long-time period of at least 1 year. The strong point of this study is in assessing the efficacy of NSRH in preserving voiding function. Both objective and subjective evaluations of voiding function using both UDS and IPSS were performed preoperative and at 1, 3, and 12 months after the surgery. In our study, increased RU volume and decreased compliance were maintained over a one year after the CRH. These results were compatible with those in the previous reports [15,21]. Differences in subjective urinary symptoms by questionnaire-based IPSS were more significant than that on UDS. Subjective voiding dysfunction seems to be strengthened because all parameters should be coordinated to maintain normal urination and even a malfunctioning detail could affect the general sense of normal voiding. The results from this study support the claim that NSRH is very effective method for increasing the QoL of cervical cancer survivors.

ensuring the oncologic safety. Most of the studies were retrospective analysis without control or non-randomized historical comparison, and they mainly focused on the comparison of urinary dysfunctions between CRH and NSRH without long-term survival results.

For relevant survival analysis, well-designed RCTs with sufficient number of cases and adequate duration of follow-up are the basic prerequisites for drawing a conclusion. Till date, only three small-scale RCTs have reported the clinical data of NSRH [10-12], and two of them only focused on the efficacy of NSRH in reducing the postoperative morbidity without survival results [11,12], and the other study reported only the 2-year DFS rate for a small number of patients [10]. A recently published systematic review of oncological outcomes of NSRH concluded that the evidence addressing the oncologic safety of NSRH over that of CRH is neither adequate nor statistically relevant [27]. The authors emphasized that properly designed, prospective randomized noninferiority trial with more than five hundred cases in each arm is needed to assess the equality of survival [27].

Although the number of enrolled patients in this study were not enough to assess the noninferior oncologic outcome of NSRH compared to that of CRH, long-term follow-up duration of over 10-year period compensated for this limitation to some extent, and this study provided the evidence for the safety of NSRH. Late recurrence after 5 years occurs occasionally in patients with cervical cancer, although more than two-thirds of recurrences develop within 2 years after diagnosis. Therefore, 10-year DFS has been reported to show the total outcome of treatment for cervical cancer [28,29]. In fact, one out of the five recurred cases in this study was diagnosed with recurrence at the 7-year follow-up.

In conclusion, the results of this study provided evidence that NSRH should be regarded as a very effective modality to

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Harvard Style

- Used predominantly in the humanities and social sciences.
- The works cited in the running texts are identified by the name of the author(s) and the year of publication
- Many journals have their own styles for citations and references.
- As with the Vancouver style, a list of references must be provided at the end of the scientific text.

Among them, *in vitro* EDR assay has offered the potential of selecting optimal treatments based on responsiveness of various types of malignancy as measured using *in vitro* assay. *In vitro* chemo-sensitivity/resistance assays have been spotlighted following the development of *in vitro* EDR assay (Kern and Weisenthal 1990). However, the interest in sensitivity assays has been declining because of their relatively low positive predictive accuracy and lack of demonstrable survival advantage among patients treated with assay-directed chemotherapy versus those treated with empirical therapy (Eltabbakh et al. 1998).

In addition, the accuracy to predict chemo-sensitivity is known to be approximately 60%, whereas the ability to predict drug resistance is probably >95%. This difference is contributed to Bayes theorem which states that the predictive accuracy of any laboratory test is a function both of the characteristics of the technology and of the biology of the disease to which the test is applied (Hillner 1987). Many solid tumors including EOC tend to be chemo-resistant. In such clinical circumstances where chemo-sensitive disease is significantly less frequent than chemo-resistant disease, Bayes theorem may predict that chemo-sensitivity will be more difficult to accurately predict than chemo-resistance.

On the other hand, *in vitro* EDR assay has been developed as an exclusion test to identify drugs unlikely to demonstrate response, and a clinical trial has demonstrated that *in vitro* EDR assay has >99% accuracy in identifying which chemotherapeutic agents will not effect a clinical response in cancer patients. Furthermore, this assay has a higher accessibility rate, a shorter turnaround time (about 5 days), and a very low false negative rate (Tanigawa et al. 1982; Sondak et al. 1984).

Materials and methods

Study population

We conducted a prospective cohort study including patients with EOC treated at Seoul National University Hospital and Samsung Medical Center between December 2005 and August 2007. The current study was approved by the Institutional Review Board of Seoul National University Hospital and Samsung Medical Center.

The inclusion criteria were as follows; patients with a histological confirmation of EOC; those treated with staging laparotomy followed by adjuvant taxane- and platinum-based chemotherapy; those with Eastern Co-operative Oncology Group performance (ECOG) status 0–1; those with elevated serum CA-125 levels at the time of diagnosis; those without any underlying disease which may have affected survival; and those who gave their signed informed consent for the use of human tissue samples and the current study protocol.

Optimal surgery was defined as a residual tumor ≤ 1 cm in maximal diameter, and suboptimal surgery as a residual tumor >1 cm in maximal diameter. Platinum-resistance was defined as the response to platinum-based chemotherapy with a minimum treatment-free interval <6 months while platinum-sensitivity as the response to it with a minimum treatment-free interval ≥ 6 months.

In vitro extreme drug resistance assay

Following frozen section histological confirmation of EOC, viable tissues (1–5 g) from primary ovarian tumors were obtained during staging laparotomy. They were immedi-

Conflict of interest statement The authors declare that there are no conflicts of interest.

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TEN Tips 3

Keep Consistency:

→ *Keep consistent flow in the same order of concepts and words throughout the manuscript*

- Title
- Abstract
- Text
- Key words

TEN Tips 4

Keep Scientific Confidence:

→ *Authors should be confident for their results and make clear conclusions based on the confidence*

- All authors are responsible for data
- Author's confidence can produce scientific value
- Scientific confidence is the core of an article

Our results indicate that combination of [18F]-FDG-PET/CT and [124I]-PET/CT affords a valuable diagnostic method that can be used to make therapeutic decisions in terms of whether further surgery is required or whether radioactive-iodine treatment is appropriate in patients with DTC who are tumor-free on conventional imaging studies but who have high Tg levels. **However, continuing and cooperative study are still necessary, due to existence of a considerable number of patients who could not be localized tumor recurrence by these diagnostic modalities.**

TEN Tips 5

Keep Your Story:

→ *One article must make a story (stories) of interest and novelty*

TEN Tips 6

Keep Sentences Simple:

→ ***Make sentences short within 30 words in a sentence!***

- Short and simple sentences for better readability
- The shorter, the better!!!
- The longer the subject, the worse readable!

Example (wrong)

In unadjusted and multivariable-adjusted logistic regression analyses, after adjusting for BMI, diastolic BP, LDL-cholesterol, triglyceride, ALT, HOMA-IR, log(hsCRP) and alcohol intake, apoB was found to be independently related to the risk of CHD using FRS in healthy Korean men, and the link between apoB and the risk of CHD was found to be dose-response relationship, and in addition, apoB with a high risk showed a tendency to increase risk of developing CHD.

Example (good)

The apoB was found to be independently related to the risk of CHD using FRS in healthy Korean men by unadjusted and multivariable-adjusted logistic regression analyses, after adjusting for BMI, diastolic BP, LDL-cholesterol, triglyceride, ALT, HOMA-IR, log (hsCRP) and alcohol intake. The relation between apoB and the risk of CHD was in dose-response relationship. In addition, apoB with a high risk showed a tendency to increase risk of developing CHD.

TEN Tips 7

Keep Attractive Titles

→ *Only 10% of title readers read abstract after screening articles by title*

- Meeting point with readers in the web: **Title**
- Attractive titles invite readers!

TEN Tips 7

- Titles must be professional to readers
- Simple, clear, specific → Sexy!!!!
- Combination of keywords
- Important one first
- Informative and specific enough
- Web DB friendly
- Titles describing results or methods

TEN Tips 7

- Title form
 - ✓ Phrase
 - ✓ Sentence
 - ✓ Title and subtitle
- Within 12-15 words, 100 spaces
 - ✓ **'A'** (stimulating, inhibitory) **Effects of 'B'** (drugs, materials, methods) **on 'C'** (diseases, patients, diagnosis, findings) **in 'D'** (area, time, population)
- Follow the instruction of target journal

TEN Tips 7

- Clear expression
- Avoid
 - ✓ Serial number
 - ✓ Abbreviations
 - ✓ Commercial brand names
- Inadequate expression to avoid
 - ✓ Them, A-, Of, On, Results, Study (Studies), Notes on, An approach to, A study of, Some aspects of, Investigation of, Observation on, A novel method for, The effect of,,,,,

TEN Tips 7

- 2004년 서울에서 발생한 비정형성 폐염 67례의 보고
- Report of 67 cases of atypical pneumonia in Seoul, 2004
- **Epidemic atypical pneumonia: Sixty-seven cases in Seoul in 2004**
- **Epidemic atypical pneumonia in Seoul: 67 cases experienced in 2004**

TEN Tips 8

Keep Attractive Abstracts

→ *Only 10% of abstract readers read the text. Finally, only 1% of title reads read text.....*

- **Attractive title and good abstract** may call citation.

TEN Tips 8

Writing Good Abstract

- Structured or Unstructured abstract
- Clear and understandable, essential core contents
- Length limit: 250 words
- Most readers read abstract only with Tables or Figures, and decide citation

TEN Tips 8

Writing Flow: Question to Answer

- Background or Purpose
- How: Materials and Methods
- What: Results
- So what: conclusion

TEN Tips 8

Do!!!

- Follow guidelines if any
- Keep limited length of words
- Keep the uniform
- Describe core results in detail with numeric data
- Explain abbreviations within abstract
- Make a clear conclusion, same as in the text

Do not!!!

- Number the results
- Include any content which is not described in the text
- Review, cite references
- Refer to Tables or Figures
- Mention anything which is not in the text

TEN Tips 9

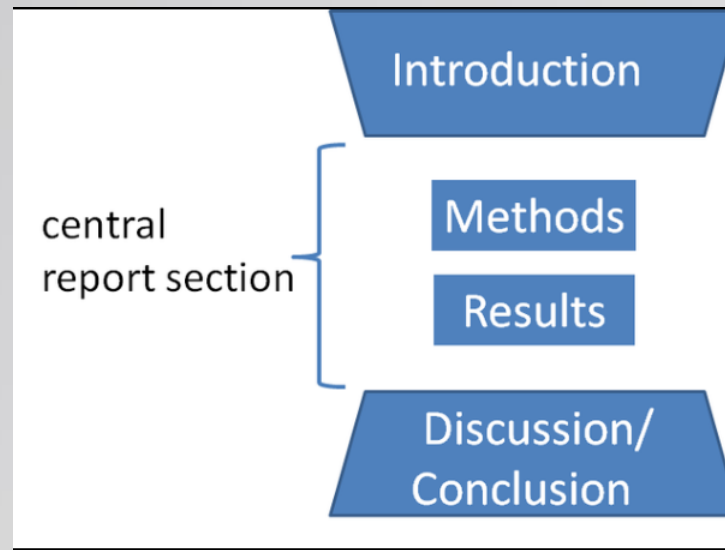
Keep Rule of First & Last:

→ *Organize text structure by Topic at the first and Resolution at the last*

- Open and close of individual issues or items and the whole text better understanding
- Topic paragraph & conclusion paragraph
- Topic sentence & resolution sentence

TEN Tips 8

- **IMRAD text**



- Paragraph scheme for instruction
- ✓ 2-3 paragraphs
- ✓ First: **Topic paragraph to open**
- ✓ Middle: **Extension paragraph to challenge**
- ✓ Last: **Resolution paragraph to close**

TEN Tips 8

Structure for Introduction

- **Topic paragraph**
 - ✓ Introduce audience to the article by explaining known factors
- **Extension paragraph**
 - ✓ Challenge from known to unknown
- **Resolution paragraph**
 - ✓ Summarize what is done

TEN Tips 8

Structure for Discussion

- **Topic paragraph to Open**

- ✓ Characterize core results or answer the question

- **Extension paragraph to Challenge & Act**

- ✓ Explain core results one by one with literature review
- ✓ Concentrate supporting data for conclusion

- **Describe limitations**

- **Conclusion paragraph to Close**

- ✓ Describe scientific conclusion in present tense by summarizing resolution sentences of each paragraph

TEN Tips 10

Keep Connecting Words:

→ *Link sentences by repeating common keywords within a paragraph. That keeps fluent flow of reading and easy understanding*

Praziquantel has been **used comprehensively** in both clinics and field as a broad-spectrum anthelmintic for the treatment of trematode or cestode infections. Though it is regarded as safe generally, **the comprehensive use of praziquantel** inevitably induces several **common adverse reactions**, such as, abdominal pain, diarrhea, dizziness, sleepiness, and headache.¹ Most of these **adverse reactions** are transient and rapidly subside without specific treatment. In addition to these **common adverse reactions** an **anaphylactic reaction** may occur, but it is very rare and neglected usually. A search of the literature revealed that two cases of **anaphylactic shock** have been attributed to praziquantel.²⁻³

TEN Tips 10

Recommendation of writing order

- Tables & figures
- Abstract
- Results
- Materials and methods
- Introduction
- Discussion

Summary of Ten Tips (Ten Keep)

- Keep **Design of articles**
- Keep **Formatting Requirements of Target Journal**
- Keep **Consistency**
- Keep **Scientific Confidence**
- Keep **Your Story**
- Keep **Sentences Simple**
- Keep **Attractive Titles**
- Keep **Attractive Abstracts**
- Keep **Rule of First & Last**
- Keep **Connecting Words**