

# Guide for Authors

The aim of “Energy for Health” is to spread the results of research on the application of laser and magnetic field in biology and medicine. The journal will publish studies which involve basic research and clinical trials: laser-tissue interaction, effects of laser and electromagnetic field on cells.

Attention will be focused on studies devoted to explain the molecular and cellular mechanisms at the basis of the effects produced by laser and magnetotherapy.

## ARTICLE CATEGORIES

**Articles** are full-length papers presenting complete descriptions of original research, which have not been published and are not being considered for publication elsewhere.

**Letters to the editor** will be accepted and published if considered pertinent to the aim of the journal by the editorial board.

**Reviews** are topical overviews on emerging areas of research. They summarize key problems, concepts, experimental approaches, and research opportunities that characterize a subject area. Reviews should not include previously unpublished research results. The Editors generally invite them; authors who wish to submit a review should first consult with the Editors.

**Case Reports** will be considered if they present data with relevant clinical significance. Case Reports will be accepted if formatted as a research letter with 2 figures maximum, maximum length is up to 1000 words with up to 6 references and 2 tables or figures. There should be no Abstract and no headings.

## MANUSCRIPT SUBMISSION

To keep the review time as short as possible, the authors are requested to submit manuscripts (both text and art) in electronic form to the executive editor of “Energy for Health”, Dr. Monica Monici, using the following e-mail address: monica.monici@asalaser.com. Manuscripts submitted via any other method will be returned. The manuscript must be accompanied by a cover letter outlining the significance of the paper. Authors are requested to read carefully the instructions (also available at the web site [www.asalaser.com](http://www.asalaser.com)) and to follow them for the preparation of their manuscript.

## PREPARATION OF MANUSCRIPTS

Manuscripts must be written in clear, concise, grammatical English. Authors unfamiliar with English usage are encouraged to seek the help of English-speaking persons in preparing their manuscripts. Manuscripts should be double-spaced.

## TITLE PAGE

The title page (page 1) should include:

- A concise and informative title (capital bold font; not exceeding 120 characters)
- The name(s) of the author(s) (lower-case bold font, initials in capital letters)
- The affiliation(s) and address(es) of the author(s) (italics font)
- The name of the corresponding author, with complete address, e-mail address, telephone and fax numbers

## ABSTRACT

Each paper must be preceded by an abstract (page 2) that summarizes in no more than 250 words a brief introduction, the aim of the study, materials and methods; main results and conclusions. It shouldn't contain any reference.

## KEYWORDS

After the abstract, in the same page, a list of 4-6 keywords should be supplied for indexing purposes.

## INTRODUCTION

The introduction should describe the state of the art, give a short review of pertinent literature, state the purpose of the investigation. It should be as concise as possible, without subheadings.

## MATERIALS AND METHODS

The “materials and methods” section should follow the introduction and should provide enough information to enable the experiments to be reproduced.

*Patients (clinical studies):* typology of patients (age, sex,...), criteria for enrolment in the study, etc.

*Experimental model:* cellular, animal, etc.

*Instruments:* laboratory instruments used for the research.

*Methodology:* protocols and evaluation mode.

"In the case that laser sources are considered, authors are requested to specify all the necessary technical data pertinent to the experiment(s): laser type and wavelength, emission mode (continuous, pulsed), laser power (peak and average power in case of pulsed emission), laser beam dimensions, beam intensity (Watt/cm<sup>2</sup> spot area), total energy dose on the irradiated area in a single treatment (J/cm<sup>2</sup>), duty cycle. In case of laser treatment of cultured cell models, as well as in vivo and ex vivo treatments, authors are requested to specify the dimensions of the treated region, treatment duration and timing modalities (e.g. one session, multiple sessions)."

*Data analysis:* data-analysis method, statistical analysis.

## RESULTS

This section should describe the outcome of the study without any comment. Data should be presented as concisely and clear as possible.

## DISCUSSION

The discussion should be an interpretation of the results and their significance, also with reference to works by other authors. The relevance of the results in the research and clinical applications should be explained.

## CONCLUSIONS

They should be concise and effective, with reference to possible involvements in the future.

## ACKNOWLEDGEMENTS

Concise acknowledgements may be addressed to persons, public and private organizations, companies.

## REFERENCES

Reference should be made only to articles that are published or in press. The list of references should only include papers that are cited in the text. They must be progressively numbered (in square brackets) in the order in which they appear in the text and listed at the end of the paper in numerical order. Each reference should cite article title and the authors. Abbreviations of journal titles should follow those used in Index Medicus. References with correct punctuation should be styled as follows:

Reference to a journal publication:

1. Boyle WJ, Simonet WS, Lacey DL. Osteoclast differentiation and activation. *Nature*, 2003, 423: 337-342.

Reference to a book:

2. Michaeli W. Extrusion Dies. Hanser Publishers, Munich, Vienna, New York, 1984.

Reference to a chapter in an edited book:

3. Gmünder FK, Cogoli A. Effect of space flight on lymphocyte function and immunity. In: Fregly MJ, Blatteis CM, eds. *Handbook of Physiology*. Oxford:University Press, 1996, vol. 2, pp 799-813.

## FIGURES

All figures should be cited in the text and consecutively numbered with arabic numbers. Figures should be exclusively in TIFF or JPG format, with a minimum resolution of 300 dpi. Figure legends must be brief, self-sufficient explanations of the illustrations and double spaced. The legends should be prepared in a separate file in rtf format.

## TABLES

All tables should be cited in the text and consecutively numbered with roman numbers.

Each table should have a title and a legend (double spaced) explaining the table content and any abbreviation used. Each table should be prepared in a separate page.

## ABBREVIATIONS

Abbreviations should be defined at first mention preceded by the extended name.

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## PEER REVIEW

The practice of peer review is to ensure the good quality of the published papers. It is an objective process carried out on all reputable scientific journals. When a manuscript is submitted to “Energy for Health” it is assigned by the Executive Editor to a member of the Editorial Board, based on expertise. If the manuscript is consistent with the aims of the journal, the Editor sends it to colleagues for review, then decides to accept or reject the manuscript on the basis of the referee comments.