

Manuscript Preparation Guidelines

Scope

Athero Update is the official newsletter of the Indian Society of Atherosclerosis Research, Delhi Chapter. The **Athero Update** publishes original scientific and specialized articles on all aspects of atherosclerosis, cardiovascular diseases, hypertension including biochemical aspects, pathogenesis and clinical management.

Manuscript Categories:

1. **Editorials:** Commentary and analysis on articles published in the current issue. Editorials should not exceed **1500 words** with up to **10 references**.
2. **Research Articles:** Original research findings and should include comprehensive data, methodology, and analysis.
Submitted article must be unpublished or has not been sent to another journal for review.
3. **Review Articles**
Mini reviews: It provide a comprehensive overview of a topic based on existing literature.
Systematic Reviews
4. **Case Reports:** Submissions of practical diagnostic and management considerations, focusing on **1 to 3 patients**. Patient identification must be omitted from descriptions, photographs, or pedigrees.

Manuscript Preparation

Manuscripts should be prepared using Microsoft Word (.doc/.docx). The text must be double-spaced with 1-inch margins, justified to the left margin, and formatted in Times Roman **12-point font**. All pages should be numbered. Full paper should be up to 2,500 words (excluding references, tables, and figures).

Covering Letter

The cover letter should address the Editor-in-Chief.

Title Page

The title should clearly convey the article's focus without abbreviations and include the study design (e.g., "case-control study").

Author Information:

1. Full names of all authors(first name, middle initial, last name)
2. highest academic degrees
3. Affiliations (Department, Institution, City, State, and Country)
4. Corresponding author's e-mail address
5. ORCID ID (if available)
6. A running head of no more than **45 characters**

Manuscript Format

Abstract:

- Up to 250 words
- Include: Background, Objectives, Methods, Results, and Conclusion
- Do not include references, tables, or figures.
- Provide 4–6 keywords
- Authors must disclose any interests on the title page. If there are no interests to declare then please state this: ‘Declarations of interest: None’.

Main Manuscript:

Introduction

Introduction should be clear, pointing to the the problem and the purpose of the study with references wherever required.

Materials and Methods

Materials & methods include type of study conducted, place where study performed.

The experimental part should include a description of materials and methods used. If the article deals with a new method or modified method, full description should follow.

Methods used in statistical analyses should be indicated.

Ethics. When reporting experiments on human subjects, manuscripts must include assurance that informed consent was obtained and that the study was performed in conformance with the Declaration of Helsinki ethical guidelines.

Results

Results should be precise and clear, statistically processed and expressed according to the International System of Units (SI).

Discussion

Results should be discussed and compared to reference results. Conclusions should be drawn on the basis of these comparisons. Indicate the conclusions that may be drawn and place them in the context of a critical appraisal of previous work. Do not repeat in detail data or other material given in the introduction or the results section. Link the conclusions with the goals of the study.

Conclusion

Conclusions should be linked with the goals of the study, but avoid unqualified statements and conclusions not completely supported by your data. Distinguish clearly new information from previous finding

Acknowledgments

Acknowledgements should be placed at the end of the text.

Sources of Funding

Indicate financial support, gifts, technical assistance, and advice. Names of the funding organizations should be written in full.

Units of measurement

The units of measurement when possible must belong to the International System of Units (SI).

Conflict of Interest Declaration

Authors must disclose: 1) all relevant potential conflicts of interest for each named author and/or a statement of no-conflicts if there are none relevant to the contents of the article for any author(s), 2) disclosure of how the article is funded, and in specific, the disclosure of any and all pharmaceutical company funding (partial of total) or a statement that there was no involvement of a pharmaceutical/other company (if this is the case) and 3) comprehensive explanation of the role of the sponsors in article preparation (if the article is sponsored in part or whole).

Plagiarism Policy

Authors must conduct a plagiarism check using available software before submission

Declaration of generative AI use

Authors must declare the use of generative AI tools in the manuscript preparation process upon submission of the paper.

References- Cite references in the text using numbers in square brackets, e.g., [1], [2]. List references in the order they appear in the manuscript.

Tables & Figures

- 1) Number tables and figures consecutively.
- 2) Provide a title/caption for each table and figure.
- 3) All tables and figures must be cited in the text.

Authorship Form

All authors must complete and sign the copyright, authorship responsibility, and financial interest statements shown on the accompanying authorship form. All author names must be clearly printed on the form, and each author's signature should appear next to his/her name. Manuscripts cannot be accepted until this completed form is submitted.