TABLE OF CONTENTS

- Description p.1
- Editorial Board p.2
- Guide for Authors p.5

DESCRIPTION

Polish Annals of Medicine is an international, scientific journal that publishes full-length original articles, clinical research, reviews, and case studies on medicine and related disciplines. The aim of Polish Annals of Medicine is to enhance research activities, especially those of the authors of the younger generation and stimulate them to share and disseminate the scientific knowledge worldwide, by integration of various medical, clinical and academic centres.

Covering multiple medical disciplines, Polish Annals of Medicine seeks to investigate health practices from various perspectives. The journal encourages articles from a diversity of views and insights and from numerous disciplines and methods such as basic science, clinical medicine, health care sciences, integrative and complementary sciences, experimental medicine and general medicine. Main areas of interest includes, but are not limited to:

**Sports Medicine:**
- Physical Therapy
- Sports Therapy
- Rehabilitation
- Orthopedics and Sports Medicine
- Sensory Systems

**Dental and Medical Problems:**
- Dentistry
- Immunology and Allergy
- Gastroenterology
- Hematology
- Oncology
- Obstetrics and Gynecology
- Dermatology
- Neurology
- Medical Chemistry
- Venereology
- Behavioral Neuroscience

**Nutrition:**
- Food Science
All articles submitted to the journal are subject to double-blind peer review. Each article is also reviewed by Section Editor.

*Polish Annals of Medicine* is the official journal of Warmia and Mazury Medical Chamber in Olsztyn of the Polish Medical Association and University of Warmia and Mazury.

**EDITORIAL BOARD**

*Editor-in-Chief*

Ireneusz M. Kowalski, Department of Rehabilitation, Faculty of Medical Science, University of Warmia and Mazury, ul. Żołnierska 18 A, 10-561, Olsztyn, Poland

*Deputy Editor-in-Chief*

Katarzyna Glińska-Lewczuk, University of Warmia and Mazury, Olsztyn, Poland

*Executive Editors*

Wanda Badowska, Department of Clinical Pediatrics, University of Warmia and Mazury, Olsztyn, Poland

Christina Ciecierski, Department of Economics, Northeastern Illinois University, Chicago, USA

Ewa Dzika, Department of Medical Biology, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland

Tomasz Giżewski, Department of Materials Science and Metallurgy, University of Cambridge, Cambridge, UK

Waldemar Grzegorzewski, Department of Pharmacology and Toxicology, Faculty of Medical, University of Warmia and Mazury, Olsztyn, Poland

Ewa Iżycka-Świeszewska, Department of Pathology and Neuropathology, Medical University of Gdańsk, Gdańsk, Poland

Wojciech Kiebzak, Faculty of Medical Sciences, The Jan Kochanowski University of Humanities and Sciences in Kielce, Kielce, Poland

Jan Miciński, Department of Cattle Breeding and Milk Evaluation, Faculty of Animal, University of Warmia and Mazury, Olsztyn, Poland

Sergiusz Nawrocki, Department of Oncology, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland

Agnieszka Owczarczyk-Saczonek, Department of Dermatology Sexually Transmitted Diseases and Clinical Immunology, University of Warmia and Mazury, Olsztyn, Poland

Bogusław Pierożyński, Department of Chemistry, University of Warmia and Mazury, Olsztyn, Poland

Waldemar Placek, Chair and Department of Dermatology, Sexually Transmitted Diseases and Clinical Immunology, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland

Juozas Raistenskis, Faculty of Medicine, Vilnius University, Vilnius, Lithuania

Jadwiga Snarska, Department of General Surgery, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland

Anna Westfeld

*Statistical Editor*

Birutė Strukciūnienė, Faculty of Health Sciences, Klaipėda University, Klaipėda, Lithuania

Joanna Wojtakiewicz, Department of Radiology, Medical University of Gdańsk, Gdańsk, Poland

Anna Žurada, Department of Anatomy, Faculty of Medical Sciences, University of Varmia and Masuria, Olsztyn, Poland

**Statistical Editor**

Anna Westfeld
Language Editor
Katarzyna Wolos-Klosowicz

Native speaker
Michael Thoene

Editorial Board
Elżbieta Bandurska-Stankiewicz, Department of Internal Diseases, Clinic of Endocrinology, Diabetes, University of Warmia and Mazury, Olsztyn, Poland
Jan D Bos, Department of Dermatology, University of Amsterdam, Amsterdam, Netherlands
Thomas Brodowicz, Graduate Business Economist, General Hospital Internal Medicine, Medical University Vienna, Vienna, Austria
Riki Brown, Beit Rivka Geriatric Rehabilitation Center Day Hospital, Petach Tikva, Israel
Robert Bucki, Department of Physiology, University of Pennsylvania, Philadelphia, Pennsylvania, USA
Arie Burstin, Beit Rivka Geriatric Rehabilitation Center Day Hospital, Petach Tikva, Israel
WenChieh Chen, Technische Universitaet Muenchen, Munich, Germany
Aaron A. Cohen-Gadol, Department of Neurological Surgery, Indiana University, Indianapolis, Indiana, USA
Krzysztof Czaja, Department of Veterinary and Comparative Anatomy, Pharmacology, Washington State University, Washington, USA
Margaret Czart, Department of Medical Education Distant Medical Education Office, University of Illinois at Chicago
Waldemar Dębiński, Brain Tumor Center of Excellence, Department of Neurosurgery, Wake Forest University School of Medicine Medical Center, Winston-Salem, North Carolina, USA
Antoni Duttkiewicz, Department of Surgery, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland
István Gera, Department of Periodontology, Semmelweis University, Budapest, Hungary
Jerzy Gielecki, Department of Anatomy, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland
Monika L. Gloviczki, Gonda Vascular Center, Mayo Clinic, Rochester, USA
Robert Gniadecki, Department of Dermatology, Bispebjerg Hospital, University of Copenhagen, Copenhagen, Denmark
Michał Hadała, Faculty of Physiotherapy, Universitat de València, Valencia, Spain
Jana Hercogová, Department of Dermatovenereology, Bulovka Hospital and Charles University, Prague, Czech Republic
Rudolf Walter Hoffmann, Clinic for Fish and Reptiles, University of Munich, Munich, Germany
Elżbieta Jarocka-Cyrta, Department of Clinical Pediatrics, University of Warmia and Mazury, Olsztyn, Poland
Marcin Józwik, Frauenklinik und Brustzentru Gynakologische Onkologie Beckenbodenrekonstruktion, Ostalb-Klinikum Aalen, Aalen, Germany
Judyta Juranek, Department of Medicine, NYU Langone Medical Center, New York, USA
Marek K. Jurkowski, Department of Medical Physics, Maria Sklodowska-Curie Memorial Cancer Centre and Institute of Oncology, Gliwice, Poland
Janis Kisis, Department of Insectology and Dermatology, Riga Stradins University, Riga, Latvia
Joanna Kitińska, Department of Biochemistry and Molecular, Georgetown University, Washington, USA
Wojciech Kloc, Department of Neurology and Neurosurgery and Stem Cell Research Laboratory, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland
Zbigniew Kmiec, Department of Histology, Medical University of Gdańsk, Gdańsk, Poland
Jarosław Krejza, University of Maryland Medical Center, Baltimore, Maryland, USA
Aleksandras Kriščiūnas, Department of Rehabilitation, Kauno Medicinos Universiteto Klinikos, Kaunas, Lithuania
Janus Kulikowski, Faculty of Life Sciences, University of Manchester, Manchester, UK
Valva Lesauskaite, Laboratory of Molecular Cardiology, Lithuanian University of Health Sciences, Kaunas, Lithuania
Marios Loukas, Department of Anatomical Sciences, St. George’s University School of Medicine, PO Box 7, St. George’s, Grenada
Mariusz Majewski, Department of Human Physiology, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland
Miroslav Maršálek, Department of Animal Husbandry, University of South Bohemia, České Budějovice, Czech Republic
Vladimer Margvelashvili, Department of Stomatology and Maxillo-Facial Surgery, Tbilisi State University, Tbilisi, Georgia
Paulius Matusevičius, Lithuanian Veterinary Academy, Department of Animal Science, Lithuanian University of Health Sciences, Kaunas, Lithuania
Agnieszka Owczarczyk-Saczonek, Department of Dermatology Sexually Transmitted Diseases and Clinical Immunology, University of Warmia and Mazury, Olsztyn, Poland
Zilvinas Padaiga, Dean of the International Relations and Study Center, Lithuanian University of Health Sciences, Kaunas, Lithuania
Dariusz Pawlak, Department of Pharmacodynamics, Medical University of Białystok, Białystok, Poland
Anna Pawłowska, Department of Pediatrics, City of Hope, Duarte, California, USA
Maciej Pech, Klinik für Radiologie und Nuklearmedizin, University of Magdeburg, Magdeburg, Germany
Dymiry Yu Pinchuk, City Centre of Rehabilitation Treatment for Children with Psychoneurological Disabilities, Saint Petersburg State University, St Petersburg, Russian Federation
Marcia Ramos-e-Silva, Sector of dermatology University Hospital and School of Medicine, Federal University of Rio de Janeiro, Rio de Janeiro, Brazil
Mark J. Ratain, Center for Personalized Therapeutics, Associate Director for Clinical, University of Chicago, Chicago, Illinois, USA
Johannes Ring, Department of Dermatology and Allergology Biederstein, University of Munich, Munich, Germany
Ralf Schmidseder, University Medical Center of the Johannes Gutenberg University Mainz, Frankfurt, Germany
Neil Shah, Catholic University of Leuven, Leuven, Belgium
Nikolai Shkarov, National Genetic Laboratory, Medical University of Sofia, Sofia, Bulgaria
Andrzej Słominski, Department of Pathology and Laboratory Medicine, University of Tennessee Health Science Center, Memphis, Tennessee, USA
Vasiliy B. Smychek, Scientific Research Institute for Medical and Social Assessment and, Belarusian State Medical University, Minsk, Belarus
Jerzy Stanek, University of Cincinnati, Cincinnati, USA
Marian Sulik, Department of Pathomorphology, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland
Miguel Angel Torres Torres, Centro de Rehabilitación Integral, Guadalajara, Mexico
Richard Shane Tubbs, Seattle Science Foundation, 550 17th Avenue, Suite 600, Seattle, WA 98122, Seattle, Washington, WA 98122, USA
Dariusz Uryszka, Orthopaedic Department, District Hospital, Lincolnshire, Lincolnshire, UK
Piotr Walczak, The Russell H. Morgan Department of Radiology and Radiological Science, Johns Hopkins University School of Medicine, Baltimore, USA
Yanusz Wegrowski, Laboratoire de Biochimie Médicale et Biologie Moléculaire, Interaction Celluels-Microenvironment, Faculté de Médecine, Université de Reims Champagne-Ardenne, Reims, France
Theresa Whiteside, Department of Pathology, Hillman Cancer Intitue, University of Pittsburgh, Pittsburgh, USA
Iwona Włodarska, Chair of Foundations of Safety, Faculty of Technical Sciences, University of Warmia and Mazury, Olsztyn, Poland
Advisory Board
Marek Bladowski, Department of Human Physiology, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland
Jerzy Górny, Department of Internal Medicine, Gastroenterology, Cardiology and Infectiology, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland
Piotr Jurkowski, Department of Pediatrics, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland
Ryszard Paczuski, Department of Immunology, Genetics and Microbiology, , University of Warmia and Mazury, Olsztyn, Poland
Krystyna Skibniewska, Chair of Foundations of Safety, Faculty of Technical Sciences, University of Warmia and Mazury, Olsztyn, Poland
Marek K. Stefanowicz, Department of Gynaecology, Provincial Specialist Hospital, Olsztyn, Poland
Ewa Szwankiewicz-Warowicka, Department of Pediatrics, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland
Ryszard Targóński, Department of Nursing, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland
Zbigniew Tarkowski, Department of Pathology and Rehabilitation of Speech, Faculty of Nursing and Health Sciences, Medical University of Lublin, Lublin, Poland
Andrzej Tutaj, Department of Neurology and Neurosurgery, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland
Krzysztof Tytman, Department of Internal Medicine, Gastroenterology, Cardiology and Infectiology, Faculty of Medical Sciences, University of Warmia and Mazury, Olsztyn, Poland
INTRODUCTION

Criteria for manuscripts
The Editorial Board of Polish Annals of Medicine takes under consideration for publication original articles with the understanding that neither the manuscript nor any part of its essential substance, tables or figures have been published previously in print form or electronically and are not under consideration by any other publication or electronic medium. This restriction does not apply to abstracts or press reports published in connection with scientific meetings. Copies of any closely related manuscripts should be submitted to the Editor along with the manuscript that is to be considered by Polish Annals of Medicine. Polish Annals of Medicine discourages the submission of more than one article dealing with related aspects of the same study. Each submission packet should include the statement signed by the first author that the work has not been published previously or submitted elsewhere for review and a copyright transfer.

Categories of articles
Accepted papers are published in the following journal sections: original papers (not more than 10 pages, including figures and tables); preliminary and special communications (not more than 4 pages, including figures and tables); editorials for comments on recent articles (not more than 1 page, including figures and tables); case reports (not more than 8 pages, including figures and tables); abstract of original presentation (not more than 250 words, including figures and tables); reports on congresses and conferences, meetings, polls, discussions (not more than 3 pages, including figures and tables); polemics, comments (not more than 2 pages, including figures and tables).

BEFORE YOU BEGIN

Ethics in publishing
Please see our information pages on Ethics in publishing and Ethical guidelines for journal publication.

Human and animal rights
If the work involves the use of human subjects, the author should ensure that the work described has been carried out in accordance with The Code of Ethics of the World Medical Association (Declaration of Helsinki) for experiments involving humans; Uniform Requirements for manuscripts submitted to Biomedical journals. Authors should include a statement in the manuscript that informed consent was obtained for experimentation with human subjects. The privacy rights of human subjects must always be observed.

All animal experiments should comply with the ARRIVE guidelines and should be carried out in accordance with the U.K. Animals (Scientific Procedures) Act, 1986 and associated guidelines, EU Directive 2010/63/EU for animal experiments, or the National Institutes of Health guide for the care and use of Laboratory animals (NIH Publications No. 8023, revised 1978) and the authors should clearly indicate in the manuscript that such guidelines have been followed.

Declaration of interest
All authors must disclose any financial and personal relationships with other people or organizations that could inappropriately influence (bias) their work. Examples of potential conflicts of interest include employment, consultancies, stock ownership, honoraria, paid expert testimony, patent applications/registrations, and grants or other funding. If there are no conflicts of interest then please state this: 'Conflicts of interest: none'. More information.

Submission declaration and verification
Submission of an article implies that the work described has not been published previously (except in the form of an abstract or as part of a published lecture or academic thesis or as an electronic preprint, see 'Multiple, redundant or concurrent publication' section of our ethics policy for more information), that it is not under consideration for publication elsewhere, that its publication is approved by all authors and tacitly or explicitly by the responsible authorities where the work was carried out, and that, if accepted, it will not be published elsewhere in the same form, in English or in any other language, including electronically without the written consent of the copyright-holder. To verify originality, your article may be checked by the originality detection service CrossCheck.
Contributors
Each author is required to declare his or her individual contribution to the article: all authors must have materially participated in the research and/or article preparation, so roles for all authors should be described. The statement that all authors have approved the final article should be true and included in the disclosure.

Authorship
All authors should have made substantial contributions to all of the following: (1) the conception and design of the study, or acquisition of data, or analysis and interpretation of data, (2) drafting the article or revising it critically for important intellectual content, (3) final approval of the version to be submitted.

Changes to authorship
Authors are expected to consider carefully the list and order of authors before submitting their manuscript and provide the definitive list of authors at the time of the original submission. Any addition, deletion or rearrangement of author names in the authorship list should be made only before the manuscript has been accepted and only if approved by the journal Editor. To request such a change, the Editor must receive the following from the corresponding author: (a) the reason for the change in author list and (b) written confirmation (e-mail, letter) from all authors that they agree with the addition, removal or rearrangement. In the case of addition or removal of authors, this includes confirmation from the author being added or removed.

Only in exceptional circumstances will the Editor consider the addition, deletion or rearrangement of authors after the manuscript has been accepted. While the Editor considers the request, publication of the manuscript will be suspended. If the manuscript has already been published in an online issue, any requests approved by the Editor will result in a corrigendum.

Clinical trial results
In line with the position of the International Committee of Medical Journal Editors, the journal will not consider results posted in the same clinical trials registry in which primary registration resides to be prior publication if the results posted are presented in the form of a brief structured (less than 500 words) abstract or table. However, divulging results in other circumstances (e.g., investors' meetings) is discouraged and may jeopardise consideration of the manuscript. Authors should fully disclose all posting in registries of results of the same or closely related work.

Reporting clinical trials
Randomized controlled trials should be presented according to the CONSORT guidelines. At manuscript submission, authors must provide the CONSORT checklist accompanied by a flow diagram that illustrates the progress of patients through the trial, including recruitment, enrollment, randomization, withdrawal and completion, and a detailed description of the randomization procedure. The CONSORT checklist and template flow diagram are available online.

Registration of clinical trials
Registration in a public trials registry is a condition for publication of clinical trials in this journal in accordance with International Committee of Medical Journal Editors recommendations. Trials must register at or before the onset of patient enrolment. The clinical trial registration number should be included at the end of the abstract of the article. A clinical trial is defined as any research study that prospectively assigns human participants or groups of humans to one or more health-related interventions to evaluate the effects of health outcomes. Health-related interventions include any intervention used to modify a biomedical or health-related outcome (for example drugs, surgical procedures, devices, behavioural treatments, dietary interventions, and process-of-care changes). Health outcomes include any biomedical or health-related measures obtained in patients or participants, including pharmacokinetic measures and adverse events. Purely observational studies (those in which the assignment of the medical intervention is not at the discretion of the investigator) will not require registration.

Copyright
Upon acceptance of an article, authors will be asked to complete a 'Journal Publishing Agreement' (see more information on this). An e-mail will be sent to the corresponding author confirming receipt of the manuscript together with a 'Journal Publishing Agreement' form or a link to the online version of this agreement.
Informed consent and patient details
Studies on patients or volunteers require ethics committee approval and informed consent, which should be documented in the paper. Appropriate consents, permissions and releases must be obtained where an author wishes to include case details or other personal information or images of patients and any other individuals in an Elsevier publication. Written consents must be retained by the author and copies of the consents or evidence that such consents have been obtained must be provided to Elsevier on request. For more information, please review the Elsevier Policy on the Use of Images or Personal Information of Patients or other Individuals. Unless you have written permission from the patient (or, where applicable, the next of kin), the personal details of any patient included in any part of the article and in any supplementary materials (including all illustrations and videos) must be removed before submission.

Submission
Our online submission system guides you stepwise through the process of entering your article details and uploading your files. The system converts your article files to a single PDF file used in the peer-review process. Editable files (e.g., Word, LaTeX) are required to typeset your article for final publication. All correspondence, including notification of the Editor's decision and requests for revision, is sent by e-mail.

Submit your article
Please submit your article via http://ees.elsevier.com/poamed.

Review process
Manuscripts are evaluated on the basis that they present new insights to the investigated topic, are likely to contribute to a research progress or change in clinical practice or in thinking about a disease. It is understood that all authors listed on a manuscript have agreed to its submission. The signature of the corresponding author on the letter of submission signifies that these conditions have been fulfilled. Received manuscripts are first examined by the Polish Annals of Medicine editors. Manuscripts with insufficient priority for publication are rejected promptly. Incomplete packages or manuscripts not prepared in the advised style will be sent back to authors without scientific review. The authors are notified with the reference number upon manuscript registration at the Editorial Office. The registered manuscripts are sent to independent experts for scientific evaluation. We encourage authors to suggest the names of possible reviewers, but we reserve the right of final selection. The evaluation process usually takes 1-3 weeks. Submitted papers are accepted for publication after a positive opinion of the independent reviewers.

Permissions
Materials taken from other sources must be accompanied by a written statement from both author and publisher giving permission to Polish Annals of Medicine for reproduction. Obtain permission in writing from at least one author of papers still in press, unpublished data, and personal communications.

Disclaimer
Every effort is made by the Editor-in-Chief and the Editorial Board of Polish Annals of Medicine to see that no inaccurate or misleading data, opinion or statement appear in the Annals of Medicine. However, they wish to make it clear that the data and opinions appearing in the articles and advertisements herein are the responsibility of the contributor, sponsor or advertiser concerned. Accordingly, the Editor-in-Chief and the Editorial Board accept no liability whatsoever for the consequences of any such inaccurate of misleading data, opinion or statement. Every effort is made to ensure that drug doses and other quantities are presented accurately. Nevertheless, readers are advised that methods and techniques involving drug usage and other treatments described in Polish Annals of Medicine, should only be followed in conjunction with the drug or treatment manufacturer's own published literature in the readers own country.

PREPARATION
Peer review
This journal operates a double blind review process. All contributions will be initially assessed by the editor for suitability for the journal. Papers deemed suitable are then typically sent to a minimum of two independent expert reviewers to assess the scientific quality of the paper. The Editor is responsible for the final decision regarding acceptance or rejection of articles. The Editor's decision is final. More information on types of peer review.
Use of word processing software
It is important that the file be saved in the native format of the word processor used. The text
should be in single-column format. Keep the layout of the text as simple as possible. Most formatting
codes will be removed and replaced on processing the article. In particular, do not use the word
processor's options to justify text or to hyphenate words. However, do use bold face, italics, subscripts,
superscripts etc. When preparing tables, if you are using a table grid, use only one grid for each
individual table and not a grid for each row. If no grid is used, use tabs, not spaces, to align columns.
The electronic text should be prepared in a way very similar to that of conventional manuscripts (see
also the Guide to Publishing with Elsevier). Note that source files of figures, tables and text graphics
will be required whether or not you embed your figures in the text. See also the section on Electronic
artwork.
To avoid unnecessary errors you are strongly advised to use the 'spell-check' and 'grammar-check'
functions of your word processor.

Article structure
Subdivision - numbered sections
Divide your article into clearly defined and numbered sections. Subsections should be numbered
1.1 (then 1.1.1, 1.1.2, ...), 1.2, etc. (the abstract is not included in section numbering). Use this
numbering also for internal cross-referencing: do not just refer to 'the text'. Any subsection may be
given a brief heading. Each heading should appear on its own separate line.

Introduction
State the objectives of the work and provide an adequate background, avoiding a detailed literature
survey or a summary of the results.

Material and methods
Provide sufficient detail to allow the work to be reproduced. Methods already published should be
indicated by a reference: only relevant modifications should be described.

Results
Results should be clear and concise.

Discussion
This should explore the significance of the results of the work, not repeat them. A combined Results
and Discussion section is often appropriate. Avoid extensive citations and discussion of published
literature.

Conclusions
The main conclusions of the study may be presented in a short Conclusions section, which may stand
alone or form a subsection of a Discussion or Results and Discussion section.

Essential title page information

• Title. Concise and informative. Titles are often used in information-retrieval systems. Avoid
abbreviations and formulae where possible.
• Author names and affiliations. Please clearly indicate the given name(s) and family name(s)
of each author and check that all names are accurately spelled. Present the authors' affiliation
addresses (where the actual work was done) below the names. Indicate all affiliations with a lower-
case superscript letter immediately after the author's name and in front of the appropriate address.
Provide the full postal address of each affiliation, including the country name and, if available, the
e-mail address of each author.
• Corresponding author. Clearly indicate who will handle correspondence at all stages of refereeing
and publication, also post-publication. Ensure that the e-mail address is given and that contact
details are kept up to date by the corresponding author.
• Present/permanent address. If an author has moved since the work described in the article was
done, or was visiting at the time, a 'Present address' (or 'Permanent address') may be indicated as
a footnote to that author's name. The address at which the author actually did the work must be
retained as the main, affiliation address. Superscript Arabic numerals are used for such footnotes.

Acknowledgements
Collate acknowledgements in a separate section and include it on the title page only. List here those
individuals who provided help during the research (e.g., providing language help, writing assistance
or proof reading the article, etc.).
Abstract
A concise and factual abstract is required (up to 250 words). The abstract should state briefly the purpose of the research, the principal results and major conclusions. An abstract is often presented separately from the article, so it must be able to stand alone. For this reason, References should be avoided, but if essential, then cite the author(s) and year(s). Also, non-standard or uncommon abbreviations should be avoided, but if essential they must be defined at their first mention in the abstract itself.

Abstract should be included in the Blinded Manuscript.

Abstracts for all types of articles should be structured, not exceed 250 words and should consist of five paragraphs labeled: Introduction, Aim, Materials and Methods, Results and discussion, Conclusion. Each section should begin on a new line and briefly describe, respectively, the purpose of the study, how the investigation was performed, the most important results and the principal conclusion that authors draw from the results.

Keywords
Immediately after the abstract, provide a maximum of 5 keywords avoiding general and plural terms and multiple concepts (avoid, for example, "and", "of"). Be sparing with abbreviations: only abbreviations firmly established in the field may be eligible. These keywords will be used for indexing purposes.

Abbreviations
Define abbreviations that are not standard in this field in a footnote to be placed on the first page of the article. Such abbreviations that are unavoidable in the abstract must be defined at their first mention there, as well as in the footnote. Ensure consistency of abbreviations throughout the article.

Math formulae
Please submit math equations as editable text and not as images. Present simple formulae in line with normal text where possible and use the solidus (/) instead of a horizontal line for small fractional terms, e.g., X/Y. In principle, variables are to be presented in italics. Powers of e are often more conveniently denoted by exp. Number consecutively any equations that have to be displayed separately from the text (if referred to explicitly in the text).

Footnotes
Footnotes should be used sparingly. Number them consecutively throughout the article. Many word processors can build footnotes into the text, and this feature may be used. Otherwise, please indicate the position of footnotes in the text and list the footnotes themselves separately at the end of the article. Do not include footnotes in the Reference list.

Artwork
Electronic artwork
General points
- Make sure you use uniform lettering and sizing of your original artwork.
- Embed the used fonts if the application provides that option.
- Aim to use the following fonts in your illustrations: Arial, Courier, Times New Roman, Symbol, or use fonts that look similar.
- Number the illustrations according to their sequence in the text.
- Use a logical naming convention for your artwork files.
- Provide captions to illustrations separately.
- Size the illustrations close to the desired dimensions of the published version.
- Submit each illustration as a separate file.

A detailed guide on electronic artwork is available.

You are urged to visit this site; some excerpts from the detailed information are given here.

Formats
If your electronic artwork is created in a Microsoft Office application (Word, PowerPoint, Excel) then please supply 'as is' in the native document format.

Regardless of the application used other than Microsoft Office, when your electronic artwork is finalized, please 'Save as' or convert the images to one of the following formats (note the resolution requirements for line drawings, halftones, and line/halftone combinations given below):

- EPS (or PDF): Vector drawings, embed all used fonts.
- TIFF (or JPEG): Color or grayscale photographs (halftones), keep to a minimum of 300 dpi.
- TIFF (or JPEG): Bitmapped (pure black & white pixels) line drawings, keep to a minimum of 1000 dpi.
- TIFF (or JPEG): Combinations bitmapped line/halftone (color or grayscale), keep to a minimum of 500 dpi.
Please do not:
- Supply files that are optimized for screen use (e.g., GIF, BMP, PICT, WPG); these typically have a low number of pixels and limited set of colors;
- Supply files that are too low in resolution;
- Submit graphics that are disproportionately large for the content.

Color artwork
Please make sure that artwork files are in an acceptable format (TIFF, EPS or MS Office files) and with the correct resolution. If, together with your accepted article, you submit usable color figures then Elsevier will ensure, at no additional charge, that these figures will appear in color on the Web (e.g., ScienceDirect and other sites) regardless of whether or not these illustrations are reproduced in color in the printed version. Please indicate your preference for color: in print or on the Web only. For further information on the preparation of electronic artwork, please see http://www.elsevier.com/artworkinstructions.

Figure captions
Ensure that each illustration has a caption. Supply captions separately, not attached to the figure. A caption should comprise a brief title (not on the figure itself) and a description of the illustration. Keep text in the illustrations themselves to a minimum but explain all symbols and abbreviations used.

Tables
Please submit tables as editable text and not as images. Tables can be placed either next to the relevant text in the article, or on separate page(s) at the end. Number tables consecutively in accordance with their appearance in the text and place any table notes below the table body. Be sparing in the use of tables and ensure that the data presented in them do not duplicate results described elsewhere in the article. Please avoid using vertical rules and shading in table cells.

References
Citation in text
Please ensure that every reference cited in the text is also present in the reference list (and vice versa). Any references cited in the abstract must be given in full. Unpublished results and personal communications are not recommended in the reference list, but may be mentioned in the text. If these references are included in the reference list they should follow the standard reference style of the journal and should include a substitution of the publication date with either 'Unpublished results' or 'Personal communication'. Citation of a reference as 'in press' implies that the item has been accepted for publication.

Web references
As a minimum, the full URL should be given and the date when the reference was last accessed. Any further information, if known (DOI, author names, dates, reference to a source publication, etc.), should also be given. Web references can be listed separately (e.g., after the reference list) under a different heading if desired, or can be included in the reference list.

Data references
This journal encourages you to cite underlying or relevant datasets in your manuscript by citing them in your text and including a data reference in your Reference List. Data references should include the following elements: author name(s), dataset title, data repository, version (where available), year, and global persistent identifier. Add [dataset] immediately before the reference so we can properly identify it as a data reference. The [dataset] identifier will not appear in your published article.

References in a special issue
Please ensure that the words 'this issue' are added to any references in the list (and any citations in the text) to other articles in the same Special Issue.

Reference management software
Most Elsevier journals have their reference template available in many of the most popular reference management products. These include all products that support Citation Style Language styles, such as Mendeley and Zotero, as well as EndNote. Using the word processor plug-ins from these products, authors only need to select the appropriate journal template when preparing their article, after which citations and bibliographies will be automatically formatted in the journal's style. If no template is yet available for this journal, please follow the format of the sample references and citations as shown in this Guide.

Other software that can be used for reference management: RefWorks (http://www.refworks.com), BibTeX (http://www.bibtex.org), ProCite (http://www.procite.com).
Users of Mendeley Desktop can easily install the reference style for this journal by clicking the following link: http://open.mendeley.com/use-citation-style/polish-annals-of-medicine

When preparing your manuscript, you will then be able to select this style using the Mendeley plug-ins for Microsoft Word or LibreOffice.

Reference style

Text: Indicate references by (consecutive) superscript arabic numerals in the order in which they appear in the text. The numerals are to be used outside periods and commas, inside colons and semicolons. For further detail and examples you are referred to the AMA Manual of Style, A Guide for Authors and Editors, Tenth Edition, ISBN 0-978-0-19-517633-9.

List: Number the references in the list in the order in which they appear in the text.

Examples:
Reference to a journal publication:
Reference to a book:
Reference to a chapter in an edited book:
Reference to a website:
Reference to a dataset:

Reference style

The references should be based on the readily available texts published in the latest and major journals mainly written in English. Number the references (numbers in square brackets) in the list in the alphabetical order.

Examples:
Reference to a journal publication:
Reference to a book:
Reference to a chapter in an edited book:
[dataset]

Journal abbreviations source

Journal names should be abbreviated according to the List of Title Word Abbreviations.

Video

Elsevier accepts video material and animation sequences to support and enhance your scientific research. Authors who have video or animation files that they wish to submit with their article are strongly encouraged to include links to these within the body of the article. This can be done in the same way as a figure or table by referring to the video or animation content and noting in the body text where it should be placed. All submitted files should be properly labeled so that they directly relate to the video file's content. In order to ensure that your video or animation material is directly usable, please provide the files in one of our recommended file formats with a preferred maximum size of 150 MB in total. Any single file should not exceed 50 MB. Video and animation files supplied will be published online in the electronic version of your article in Elsevier Web products, including ScienceDirect. Please supply 'stills' with your files: you can choose any frame from the video or
animation or make a separate image. These will be used instead of standard icons and will personalize the link to your video data. For more detailed instructions please visit our video instruction pages. Note: since video and animation cannot be embedded in the print version of the journal, please provide text for both the electronic and the print version for the portions of the article that refer to this content.

**Supplementary material**

Supplementary material such as applications, images and sound clips, can be published with your article to enhance it. Submitted supplementary items are published exactly as they are received (Excel or PowerPoint files will appear as such online). Please submit your material together with the article and supply a concise, descriptive caption for each supplementary file. If you wish to make changes to supplementary material during any stage of the process, please make sure to provide an updated file. Do not annotate any corrections on a previous version. Please switch off the 'Track Changes' option in Microsoft Office files as these will appear in the published version.

**Submission checklist**

The following list will be useful during the final checking of an article prior to sending it to the journal for review. Please consult this Guide for Authors for further details of any item.

**Ensure that the following items are present:**

One author has been designated as the corresponding author with contact details:
- E-mail address
- Full postal address
- Phone numbers

All necessary files have been uploaded, and contain:
- Keywords
- All figure captions
- All tables (including title, description, footnotes)

Further considerations:
- Manuscript has been 'spell-checked' and 'grammar-checked'
- References are in the correct format for this journal
- All references mentioned in the Reference list are cited in the text, and vice versa
- Permission has been obtained for use of copyrighted material from other sources (including the Web)

For any further information please visit our customer support site at [http://service.elsevier.com](http://service.elsevier.com).

**AFTER ACCEPTANCE**

**Proofs**

One set of page proofs (as PDF files) will be sent by e-mail to the corresponding author (if we do not have an e-mail address then paper proofs will be sent by post) or, a link will be provided in the e-mail so that authors can download the files themselves. Elsevier now provides authors with PDF proofs which can be annotated; for this you will need to [download the free Adobe Reader](http://www.adobe.com), version 9 (or higher). Instructions on how to annotate PDF files will accompany the proofs (also given online).

The exact system requirements are given at the [Adobe site](http://www.adobe.com).

If you do not wish to use the PDF annotations function, you may list the corrections (including replies to the Query Form) and return them to Elsevier in an e-mail. Please list your corrections quoting line number. If, for any reason, this is not possible, then mark the corrections and any other comments (including replies to the Query Form) on a printout of your proof and scan the pages and return via e-mail. Please use this proof only for checking the typesetting, editing, completeness and correctness of the text, tables and figures. Significant changes to the article as accepted for publication will only be considered at this stage with permission from the Editor. We will do everything possible to get your article published quickly and accurately. It is important to ensure that all corrections are sent back to us in one communication: please check carefully before replying, as inclusion of any subsequent corrections cannot be guaranteed. Proofreading is solely your responsibility.

**Offprints**

The corresponding author will, at no cost, receive a customized Share Link providing 50 days free access to the final published version of the article on ScienceDirect. The Share Link can be used for sharing the article via any communication channel, including email and social media. For an extra charge, paper offprints can be ordered via the offprint order form which is sent once the article is accepted for publication. Both corresponding and co-authors may order offprints at any
time via Elsevier's Webshop. Corresponding authors who have published their article open access do not receive a Share Link as their final published version of the article is available open access on ScienceDirect and can be shared through the article DOI link.

**AUTHOR INQUIRIES**

Visit the Elsevier Support Center to find the answers you need. Here you will find everything from Frequently Asked Questions to ways to get in touch. You can also check the status of your submitted article or find out when your accepted article will be published.

© Copyright 2014 Elsevier | http://www.elsevier.com