

INDEX

The Planet

(A Peer-review Journal)

A Journal devoted to medical science

Volume - 10	Number - 02	April - June 2026
-------------	-------------	-------------------

CONTENTS

EDITORIAL

- 1 **The immense role of physical medicine in rheumatology and neurology-an editorial** 318
H N Sarker

ORIGINAL ARTICLE

- 2 **Comparative Study of the Results of Treatment of Idiopathic Congenital Club Foot by Accelerated Versus the Standard Ponseti Method** 320
Mohammad Salim Miah, Muag Bin Jabal, Mohammad Shahin Akter, Mizanur Rahman, Abul Hasan
- 3 **Trends and Causes of Emergency Pediatric Admissions in a Tertiary Hospital in Bangladesh** 324
Abu Bakkir Siddique, Afsar Ahammed, Saiful Islam, Halima Akter Tripty, Bikush Chandra Paul
- 4 **Comparative Clinical Profile and Early Response to Nebulized 3% Hypertonic Saline versus Adrenaline in Infants with Acute Bronchiolitis** 329
Nazmul Hasan, Salma Hossain, Helena Akter, Tamanna Kausar
- 5 **Clinical Outcomes of Accelerated versus Standard Ponseti Method in the Management of Idiopathic Congenital Clubfoot** 334
Mohammad Salim Miah, Muag Bin Jabal, Mohammad Shahin Akter, Mizanur Rahman, Abul Hasan
- 6 **Functional Outcome following Conservative Management of Mild to Moderate Carpal Tunnel Syndrome** 337
Abul Bashar Md Mahbubul Haque, Zahidul Islam, Prosad Kumer Sarker
- 7 **Effect of Home-Based Supervised Exercise Program on Pain and Functional Disability in Patients with Tennis Elbow** 342
Nadia Siddiquee, Mohammad Moniruzzaman, Sanzida Akter, A K M Asad-Ud-Doza, Sabbir Jashim Ahmed
- 8 **Comparing Seroprevalence of Transfusion Transmissible Infections Among Blood Donors and Hospital Patients at two different sessions in a Single tertiary care Hospital** 347
Mazeda Begum Lovely, Samiha Sarmin Munia, Tanjim Mojumder, Tashrifa Binte Faruk, Zereen Mosfeqa Rahman
- 9 **Medical Abortion and Surgical Abortion: A Comparative Analysis of Patient Outcomes in Bangladesh** 351
M R Reza, Farhana Rahman Mitu, Iris Rahman, Salma Sultana, Khadiza karim, Smrity Haque, Abul Kashem, Rokeya Sattar, M R Khalid Hasan

10	Role of Cord Blood C-peptide Levels in Early Prediction of Hypoglycemia in Infants of Diabetic Mothers	357
	<i>Jannatul Fardous, Masuk Al Marzan, Nowshafreen Chowdhury, Jesika Rizvi Tamanna, Tasneema Rahman Shejuty, Faria Anjuman Hossain</i>	
11	Urinary Tissue Inhibitor of Metalloproteinases-2 and Insulin Like Growth Factor Binding Protein-7 as Early Markers of Cardiorenal Syndrome Type -1 in Patients Hospitalized with Acute Heart Failure	363
	<i>H M Mohiuddin Alamgir, Tanjima Parvin, S K Afsana Hossain, Afrin Akter, Saiful Ahammad Sarker, Nasid Hossain Bhuiyan</i>	
12	Association of Peripartum Cardiomyopathy with Preeclampsia and Maternal Outcomes	371
	<i>Mst Sharmin Ferdous, Khodeza Khatun, Suraiya Khatun, Shamsunnahar Elora, Afroza Sultana, Jannati Nuzula, Yasmin Akter Jony</i>	
13	Predictors of Sexual Dysfunction Following Myocardial Infarction	377
	<i>Bahar Hossain, A H M Mostofa Kamal, Al-Imran Mim, Ananya Kar, Maheen Rahman</i>	
14	Psychosocial Predictors of High CRAFFT Scores among Adolescents	384
	<i>Fahad-Bin-Alauddin, Rubaiya Khan, Hafizur Rahman Chowdhury, Ummea Sayeba Hassan</i>	
15	Psychosocial Factors and Social Support in Women with Postpartum Depression	390
	<i>Ananya Kar, Maheen Rahman, Al-Imran Mim, Bahar Hossain, A H M Mostofa Kamal</i>	
16	Evaluation of Elevated Serum IgE Levels among Patients with Vitiligo	396
	<i>Shumana Sharmin, Sarkar Mahbub Ahmed Shamim, Farhana Rashid Shumi, Rabeya Afroz, Sharmin Kabir, Saymun Jesmin, Shamma Binte Hafiz</i>	
17	Effectiveness and Safety of Moisturizer Use in Acne Patients Undergoing Isotretinoin Therapy: A Clinical Assessment	401
	<i>Sharmin Kabir, Shams Ibne Maksud, Fahad Bin Alauddin, Shakil Younus, Rayhan Ali Mollah</i>	
18	Comparison of Bleb Morphology Following Trabeculectomy with and Without Mitomycin-C in primary open-angle glaucoma or primary angle-closure glaucoma	405
	<i>Rumana Tussie, Tania Hussain Sharmee, Zeenat Rehana Shipu, Jannatul Ferdous, Raqibul Alam, Sazzadul Haque</i>	
19	Anxiolytic Efficacy of Midazolam Premedication Among Surgical Patients: A Clinical Evaluation from Routine Practice	410
	<i>Nabid Shahriar Sarker, Shabbir Hossain, Khadiza Rubab, Kainath Kaspia, Touhidur Rahman, Shahida khanum</i>	
20	Influence of Lifestyle and Clinical Risk Factors on Carotid Atherosclerotic Changes in Adults Undergoing Doppler Sonography	415
	<i>Nishat Tarannum, Nayeema Billah, Regina Bilquise, Ananya Das</i>	
21	Comparative Effectiveness of Regional versus General Anesthesia on Early Postoperative Recovery in Adult Surgical Patients: Study in a Tertiary Care Hospital in Bangladesh	420
	<i>A B M Forkan Ahamed, Marufa Rehnuma Azad, Ashiqur Rahman</i>	
22	Bone Transport with the Ilizarov External Fixator for Tibial Shaft Gap Non-Union: A Prospective Observational Study	425
	<i>Muhammad Anwar Hossen, Mohammad Mohsin Mia, Sahidur Rahman Khan, Azizur Rahman, Samsul Arefin, Shahnewas</i>	

23	Association of Intraoperative Plasma Transfusion with Postoperative Complications After Pancreaticoduodenectomy	431
	<i>Khaleda Akter Khanam, Tonmoy Burmon, Priyanka Mazumder, A.K.M. Shoyeb, Ayesha Naznin</i>	
24	A Study of Electrolyte Imbalance in Patients with Chronic Liver Disease	436
	<i>Biswas Abul Hassan, Sumaiya Farah Marisa, Anik Ehsan, S M Anwar Hossain</i>	
25	Assessment of the immunohistochemical expression of E-cadherin in gastric carcinoma and its correlation with clinicopathological parameters	440
	<i>Thanadar Ajmiree Flora, Thanadar Tamjeeda Tapu, Rizwana Rahman Khan, Zannatun Nahar</i>	
26	Clinical Characteristics and Factors Associated with In-Hospital Mortality Among Adult Tetanus Patients in Bangladesh: A Retrospective Cohort Study	447
	<i>Bikash Kumar Sarker, Mina Rani Paul, Zakia Akhter, Shrebas paul, Ahasan Habib</i>	
27	Evaluating the Cycloplegic Effect of Tropicamide in Pediatric Patients with Refractive Error	454
	<i>Murshid-Ur-Rahman, Yousuf Ali, Kazi Mohiuddin Ahmed, Muhammad Ismail Hossain, Maryeum Islam, Sadia Thamin</i>	
28	Spectrum of Upper Gastrointestinal Endoscopic Diagnoses in Patients Presenting with Dyspepsia	467
	<i>Mohammad Abdul Motalib, Al Amin Toha, Motasim Billah, Shamim Ahmed, Umme Sadiya, Monirul Haque</i>	
29	Presentation and Outcome of Granulomatous Mastitis in A Tertiary-Level Hospital	474
	<i>Mustafizur Rahman, Zahid Iqbal, Syed Md Sarwar</i>	
30	Frequency of Overlap between Functional Dyspepsia and Functional Bowel Disorder in Clinical Settings	480
	<i>Shahana Parvin, Karzan Dey Sarker, Mohammed Masudur Rahman, Bodhrun Naher, Rashedul Hasan</i>	
31	Clinical Profile and Risk Factors of Deliberate Self-Harm Among Patients Presenting to a Tertiary Care Hospital in Bangladesh	484
	<i>Shah Mohammad Ashek Uddin Bhuiyan, Mahbuba Akhter Jahan, Kamurul Hassan</i>	
32	Pregnancy Outcomes in Women with Diet Control Versus Insulin-Treated GDM	488
	<i>Rahmatunnesa, Umme Johora, Khaleda Parvin, Mazriha Naeem Mishi, Sharmin Akhter Sumi, Nishat Jahan</i>	
33	Pattern of Otological Disorders Among Patients Attending the ENT Outpatient Department of BIRDEM General Hospital, Dhaka: A six month Retrospective Descriptive Study	493
	<i>Shawheli Mahbub, Badhan Kumar Dey, Al-Amin</i>	
34	Comparison of Locking Plate versus Intramedullary Nailing in Diaphyseal Long Bone Fractures: A Prospective Study	498
	<i>Mohammed Ali Hossain, A K M Haroon Rashid, Ushala Marma, Shah Md Kamal Uddin</i>	
35	Efficacy and Cost-Effectiveness of Extracorporeal Knotting Compared with Conventional Clip Ligation During Laparoscopic Cholecystectomy: Experience from a Bangladeshi Tertiary Center	503
	<i>Tanzir Hussain, Shaiek Aziz Chowdhury, Parveen Aktar, Ahmed Al Amin, Mummun Nasrin</i>	

36	Clinical and Metabolic Profile of Female with Polycystic Ovarian Syndrome in a Tertiary Care Hospital	507
	<i>Most Farhana Akhter Shapla, Shahnaj Akter, Farhana Kabir, Nandita Sarker</i>	
37	Outcome of Laparoscopic Versus Open Surgery in The Management of Endometriosis Related Infertility	512
	<i>Shahnaj Akter, Most Farhana Akter Shapla, Farhana Kabir, Nandita Sarker</i>	
38	Endometrial Thickness and Histopathological Findings in Females with Perimenopausal Abnormal Uterine Bleeding	516
	<i>Farhana Kabir, Nandita Sarker, Shahnaj Akter, Most Farhana Akhter Shapla</i>	
39	Serum Prolactin as a Routine Biomarker in the Assessment of Mastalgia	521
	<i>Syeda Ishrar Islam, Dewan Ali Hassan Chowdhury, Golam Mowla, Suravi Podder, Umma Salma Poly, Ahmed Al Amin</i>	
40	Evaluation of Recovery Quality Following Different Anesthetic Techniques	525
	<i>Mohammad Reazul Karim, Mizanur Rahman, Mohammad Muslim Uddin, Fauzia Yasmin, Mohammad Rajibul Hasan, Fahima Ahmed, Farhana Haque Happy</i>	
41	Comparative Study of Coronary Artery Disease between Diabetic and Non-diabetic Patients in the Elderly Patients Group	530
	<i>Mahbubur Rahman, Manoz Kumar Sarker, Manzil Ahmed</i>	
42	Xpert Ultra Outperforms Xpert MTB/RIF in Diagnosing Tuberculous Meningitis in a Paediatric Cohort from a High-Burden Setting	535
	<i>Arifur Rahman, Sayeeda Anwar, Naznin Akter, Nanda Lal Das, Khadija Rahman, Hasan Moshir Shawon, Mainul Huq, Ferdous Sharmin</i>	
43	Clinical Presentation and Management Patterns of Corneal Foreign Bodies: A Cross-Sectional Study	540
	<i>Asaduzzaman, Fareya Nadir</i>	
44	Association of Iron Deficiency with Gestational Diabetes Mellitus Among Tribal Pregnant Women in Rangamati: A Cross-Sectional Study	544
	<i>Sanjida Akther, Ferdous Ara, Tahmina Dewan Ovy, Arshia Morjan Mily, Mohammad Kazi Jahed Ullah</i>	
45	Comparative Evaluation of Ketamine and Dexmedetomidine for Procedural Sedation in Emergency Settings: Sedation Efficacy, Hemodynamic Stability, Recovery Time and Adverse Events	551
	<i>Mohammad Omar Sharif, Mohammad Kazi Jahed Ullah, Mohammad Abdullah Al Mamun, Ferzana Ahmed Sharmi, Tanvin Ferdous, Trisha Barua, Happy Biswas, Sanjida Absar</i>	
46	Comparative Evaluation of Intravenous Lignocaine and Esmolol for Attenuating the Hemodynamic Response to Laryngoscopy and Endotracheal Intubation: A Prospective Randomized Comparative Study	558
	<i>Ferzana Ahmed Sharmi, Mohammad Kazi Jahed Ullah, Mohammad Omar Sharif, Trisha Barua, Happy Biswas, Sanjida Absar, Mohammed Asgor Hossain</i>	
47	Predictors of Adverse Maternal and Perinatal Outcomes in Women with Severe Preeclampsia: A Prospective Cohort Study	565
	<i>Prianka Halder, Afroza Sultana, Most Rokshana Rahat, Fatema Tasnim Jahan Jhumly, Mahabuba Shaki, Sadia Taskeen</i>	
48	Effect of progesterone in mx of Threatened Preterm labour	571
	<i>Most Rokshana Rahat, Prianka Halder, Afroza Sultana, Fatema Tasnim Jahan Jhumly, Mahabuba Shaki, Sadia Taskeen</i>	

49	Comparison between EUS-FNAC Results and Final Histopathology Results for Diagnosing Intra-Abdominal Lesions	579
	<i>Fazlur Rahman, Zannatul Ferdous, A H M Towhidul Alam, Manir Hossain Khan, Kaniz Naima, M M Zahidul Islam, Habibur Rahman</i>	
50	Comparison of Clinical and Biochemical Characteristics Between Dengue Fever and Dengue Hemorrhagic Fever in Pediatric Patients	585
	<i>Pandora Glory, Ayesha Yasmin, Sadia Chowdhury, Ajmiri Sultana, Popy Akter, Mst Tahura Khatun, Wahidul Karim, Mashfika Hossain, Suraiya Lutfa Jahan</i>	
51	Evaluation of severity of pancreatitis in biliary pancreatitis versus hypertriglyceridemic pancreatitis: A comparative study	589
	<i>Sonia Akter, Karina Rahman, Asaduzzaman Nur, Ashok Kumar Sarkar</i>	
52	Diagnostic Accuracy of Magnetic Resonance Imaging in Intramedullary Spinal Cord Tumors: Correlation with Histopathological Diagnosis	595
	<i>Rashida Akter, Mehzabin Binte Rashid, Kamrun Naher, Arpita Raut, Ahsan Habib, Fatima Ferdous</i>	
53	Efficacy and Safety of Injectable Methotrexate Compared with Apremilast for Moderate-to-Severe Chronic Plaque Psoriasis: A Comparative Analysis	599
	<i>Nahid Parvez Khan, Esarat Ali, Sharmeen Meser Surma, Saima Ahmed Remi, Asif Mahmud</i>	
54	Association of Glycaemic Control with Maternal and Neonatal Outcomes in Gestational Diabetes Mellitus: A Prospective Cohort Study	605
	<i>Afroza Sultana, Prianka Halder, Most Rokshana Rahat, Fatema Tasnim Jahan Jhumly, Mahabuba Shaki, Sadia Taskeen</i>	
55	Study of Epididymal Disjunction During Laparoscopic Orchiopexy According to Testicular Location	613
	<i>Mohammad Nooruzzaman Jewel, Umme Habiba Dilshad Munmun, Zannatul Ferdous Peu, Tarafder Mohammad Atiquzzaman, Abu Bakar Akan, K M Shaiful Islam, Fatima Tul Jannat, Nayon Chandro Sarker</i>	
56	A Study of Clinico-Endoscopic Correlation of Dyspepsia in a Tertiary-Level Hospital in Bangladesh	618
	<i>Mohammad Abdul Motalib, Al Amin Toha, Motasim Billah, Shamim Ahmed, Umme Sadiya, Monirul Haque</i>	
57	Treatment Response and Effectiveness of Intravenous Ferric Carboxymaltose Versus Oral Iron in Postpartum Iron Deficiency Anaemia	626
	<i>Aparna Sarker, Dilruba Akter, Tahmina Afreen Daise, Kamrun Nahar, Shameema Sultana, Shamina Sultana, Bishwajit Kumar Barman</i>	
58	Treatment Response and Safety Profile of Combined Intravaginal Misoprostol and Intracervical Foley Catheter in Second-Trimester Missed Abortion	632
	<i>Kamrun Nahar, Tahmina Afreen Daise, Shameema Sultana, Shamina Sultana, Aparna Sarker</i>	
59	Comparison of Albumin versus Fresh Frozen Plasma in the Treatment of Children with Diuretic-Resistant Oedema in Idiopathic Nephrotic Syndrome at a Tertiary Hospital	637
	<i>Nazmul Hossain, Arup Datta Bappi, Sanat Kumar Barua, Dhiman Chowdhury, Afrin Sultana, Raihatul Jannath, Shorab Hossain</i>	

JOURNAL COMMITTEE

The Planet

(A Peer-review Journal)

A Journal devoted to medical science

Volume - 10	Number - 02	April - June 2026
Chairman	Prof Dr. Md. Anwar Hossain, Principal, Sher-E-Bangla Medical College, Barishal	
Chief Editor & Founder	Prof. Dr. Harendra Nath Sarker	
International Editor	Prof. Dr. R Somasekar, Professor, Department of Pediatrics, SreeBalaji Medical College and Hospital, Chrompet, Chennai 44.	
Joint Editor	Prof. Md. Hanif Howlader Prof. Dr. Biplob kumar Das Prof. Debabrata paul Dr. F.R.Khan	
Treasurer	Prof. Mahbubur Rahman	
Members	Prof. Bhaskar Saha Prof. Md. Siddikur Rahman Prof. Dr. Shafiqul Islam Khan Dr. Chandana sarker Dr. Kamruzzaman Md. Jahir	

INSTRUCTION TO AUTHORS

A. Introduction

The Planet is the official journal of Sher-E-Bangla Medical College, Barishal and accepts articles for publication from home and abroad. This is a quarterly journal and aims to publish work of the highest quality from all branches of medical science. The aim of the publication is to promote research in Bangladesh and serves as a media for dissemination of scientific information and recent knowledge among the readers.

B. Categories of Articles:

The journal accepts original research, review articles and case reports for publication.

Original Research:

Original, in-depth research article that represents new and significant contributions to medical science will be accepted. Each manuscript should be accompanied by a structured abstract of up to 250 words using the following headings: Objective, Methods and Materials, Results, Conclusions and Key words. Three to five keywords to facilitate indexing should be provided in alphabetical order below the abstract. The text should be arranged in sections on INTRODUCTION, METHODS 53 and MATERIALS, RESULTS and

DISCUSSION. The typical text length for such contributions is up to 4000 words (including titlepage, abstract, tables, figures, acknowledgments and key messages). Number of references should be limited to 30.

Review Articles:

Review articles will be considered for publication on merit basis. Following types of review articles can be submitted under this category: Newer drugs, new technologies, new management and review of a current concept. The manuscript should not exceed 2500 words (including tables and figures). A review article should include an abstract of up to 200 words describing the need and purpose of review, methods used for locating, selecting, extracting and synthesizing data, and main conclusions. The number of references should be limited to 35.

Case Reports:

Only case reports of exceptional quality will be published in the case report format. A case report should have a brief abstract of about 150 words. The text should not exceed 1500 words and is arranged as introduction, case report and discussion. Number of tables/figures should be limited to 3. Reference should include up to 10 most recent references of 3 years including current year. The written consent of patient

or of the legal guardian for publication must be obtained.

C. Criteria for Acceptance:

All manuscripts should meet the following criteria: the material is original, study methods are appropriate, data are sound, conclusions are reasonable and supported by the data, and the information is important; the topic has general medical interest; and that the article is written in reasonably good English. Manuscripts which do not follow the guidelines of Journal "The Planet" are likely to be sent back to authors. All accepted manuscripts are subject to editorial modifications to suit the language and style of "The Planet" Journal and suggestions may be made to the authors by the Editorial Board to improve the scientific value of the journal.

D. Editorial Process:

The Planet Journal commits to high ethical and scientific standards. Submitted manuscripts are considered with the understanding that they have not been published previously in print or electronic format (except in abstract or poster form) and are not under consideration by another publication or electronic medium. Statements and opinions expressed in the articles published in the Journal are those of the authors and not necessarily of the Editor. Neither the Editor nor the Publisher guarantees, warrants, or endorses any product or service advertised in the Journal. All manuscripts appropriately submitted to the editor in chief of "The Planet" Journal are first reviewed by the Editors. Manuscripts are evaluated according to their scientific merit, originality, validity of the material presented and readability. Some manuscripts are returned back to the authors at this stage if the paper is deemed inappropriate for publication in the "The Planet" Journal, if the paper does not meet the submission requirements, or if the paper is not deemed to have a sufficiently high priority. All papers considered suitable by the Editors for progress further in the review process, undergo peer review by at least two reviewers. If there is any gross discrepancy between the comments of two reviewers, it is sent to a third reviewer. Peer reviewers' identities are kept confidential; authors' identities are also not disclosed to the reviewers. Accepted articles are edited, without altering the meaning, to improve clarity and understanding. Decision about provisional or final acceptance is communicated within 8 weeks.

E. Cover Letter:

The cover letter should outline the

importance and uniqueness of the work. It should include the signed declaration from all authors on:

- Category of manuscript (original research, review article, case report)
- Statement that the material has not been previously published or submitted elsewhere for publication (this restriction does not apply to abstracts published in connection with scientific meetings.)
- Transfer of copyright to the Planet Journal upon the acceptance of the manuscript for publication.
- All authors have reviewed the article and agreed with its contents.
- Information of any conflicts of interest (of any) of the authors.
- Sources of research support, if any, including funding, equipment, and drugs.

The cover letter should also include the mailing address, telephone numbers, and e-mail address of the corresponding author.

F. Manuscript Preparation:

The manuscripts should comply with the prescribed guidelines. It should be well organized and written in simple and correct English under appropriate headings. The abbreviations and acronyms should be spelled out when they occur first time.

The Introduction should address the subject of the paper. The Methods and Material section should describe in adequate detail the laboratory or study methods followed and state the statistical procedures employed in the research. This section should also identify the ethical guidelines followed by the investigators with regard to the population, patient samples or animal specimens used. A statement should be made, where applicable, that their study conforms to widely accepted ethical principles guiding human research (such as the Declaration of Helsinki) and also that their study has been approved by a local ethics committee. The Results section should be concise and include pertinent findings and necessary tables and figures. The Discussion should contain conclusions based on the major findings of the study, a review of the relevant literature, clinical application of the conclusions and future research implications. Following the Discussion, Acknowledgements of important contributors and funding agencies may be given.

a. Title page information

- **Title:** Title should be concise and informative. Titles are often used in information-retrieval systems. Avoid abbreviations in title.

• Author names and affiliations:

Please clearly indicate the given name (s) and family name (s) of each author and check that names are accurately spelled. Present the authors' affiliation and 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 e-mail address of each author.

- **Corresponding author:** Clearly indicate who will handle correspondence at all stages of referring and publication, and also post-publication. Ensure that the e-mail address is given and that contact details are kept up to date by the corresponding author.

b. Abstract:

A concise and factual abstract is required. 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. References should be avoided. Also, non-standard or uncommon abbreviations should be avoided, but if essential they must be defined at their first mention in the abstract itself.

c. Keywords:

Immediately after the abstract, provide a maximum of 5 keywords. Keywords should be the listed terms in the Medical Subject's Headings (MeSH) of the National Library of Medicine (NLM), available at <https://www.nlm.nih.gov/mesh>.

d. Abbreviations:

Abbreviations must be defined within the bracket at their first mention area. Ensure consistency of abbreviations throughout the article.

e. Acknowledgements:

Collate acknowledgements in a separate section at the end of the article before the references. List here those individuals who provided help during the research (e.g. providing language help, writing assistance or proof reading the article, etc.).

f. Units:

Follow internationally accepted rules and conventions: use the international system of units (SI). If other units are mentioned, please give their equivalent in SI. Generic

rather than trade names of drugs should be used.

g. Figures and graphics:

- For graphics, a digital picture of 300 dpi or higher resolution in JPEG format should be submitted.
- Figures should be numbered consecutively according to the order in which they have been first cited in the text, if there is more than 1 figure. Each figure should be cited in the text in Hindu-Arabic numerals.
- Each figure/illustration should be provided with a suitable legend below the figure that includes enough information to permit its interpretation without reference to the text.
- All photomicrographs should indicate the magnification of the prints.
- When symbols, arrows, numbers or letters are used to identify parts of the illustrations, each one should be explained clearly in the legend.

h. Tables:

Tables should be placed next to the relevant text in the article.

- Number tables consecutively in accordance with their appearance in the text. Each table should be cited in the text in Roman numerals.
- Titles should be brief and a short or abbreviated heading for each column should be given.
- Explanatory matter should be placed in footnotes and not in the heading.
- Abbreviations in each table should be explained in footnotes.
- The data presented in a table should not be repeated in the text or figure.

i. References:

References should follow the standards summarized in the NLM's International Committee of Medical Journal Editors (ICMJE). Recommendations for the Conduct, Reporting, Editing and Publication of Scholarly Work in Medical Journals (ICMJE recommendations), available at: <http://www.icmje.org/recommendations/>. The titles of journals should be abbreviated according to the style used for MEDLINE (www.ncbi.nlm.nih.gov/nlmcatalog/journal s). Journals that are not indexed should be written in full.

- References should be numbered consecutively in the order in which they are

first mentioned in the text.

- References in text, tables and legends should be identified by superscript Hindu-Arabic numerals at the end of the sentence outside any punctuation. If several different studies or papers are cited within one sentence, the number should be placed where it will accurately identify the correct study.
- The names of authors in the text should concur with the reference list.
- References cited only in tables or in legends to figures should be numbered in accordance with a sequence established by the first identification in the text of the particular table or illustration.
- In general: All authors/editors should be listed unless the number exceeds six, when you should give six followed by "et al."

Examples of correct forms of references are given below:

1. Articles in Journals (see also Journal article on the Internet)

Standard journal article- List the first six authors followed by et al.

Halpern SD, Ubel PA, Caplan AL. Solid-organ transplantation in HIV-infected patients. *N Engl J Med*. 2002 Jul 25; 347(4):284-7.

More than six authors:

Rose ME, Huerbin MB, Melick J, Marion OW, Palmer AM, Schiding JK, et al. Regulation of interstitial excitatory amino acid concentrations after cortical contusion injury. *Brain Res*. 2002;935(1-2):40-6.

2. Organization as author

Diabetes Prevention Program Research Group. Hypertension, insulin, and proinsulin in participants with impaired glucose tolerance. *Hypertension*. 2002; 40(5):679-86.

3. Both personal authors and organization as author (List all as they appear in the byline.) Vallancien G, Emberton M, Harving N, van Moorselaar RJ; Alfa-One Study Group. Sexual dysfunction in 1,274 European men suffering from lower urinary tract symptoms. *J Urol*. 2003; 169(6):2257-61.

Books and Other Monographs:

1. Personal author(s)

Murray PR, Rosenthal KS, Kobayashi GS, Pfaller MA. *Medical microbiology*. 4th ed. St. Louis: Mosby; 2002.

2. Editor(s), compiler(s) as author Gilstrap LC 3rd, Cunningham FG, VanDorsten JP, editors. *Operative obstetrics*. 2nd ed. New York: McGraw-Hill; 2002.

3. Organization(s) as author Advanced Life Support Group. *Acute medical emergencies: the practical approach*. London: BMJ Books; 2001. 454 p.

4. Chapter in a book Meltzer PS,

Kallioniemi A, Trent JM. Chromosome alterations in human solid tumors. In: Vogelstein B, Kinzler KW, editors. The genetic basis of human cancer. New York: McGraw-Hill; 2002. p. 93-113.

Monograph on the Internet:

Foley KM, Gelband H, editors. Improving palliative care for cancer [Internet]. Washington: National Academy Press; 2001 [cited 2002 Jul 9]. Available from: <http://www.nap.edu/books/0309074029/html/>.

Homepage/Web site: Cancer-Pain.org [Internet]. New York: Association of Cancer Online Resources, Inc.; c2000-01 [updated 2002 May 16; cited 2002 Jul9]. Available from: <http://www.cancer-pain.org/>.

G. Policy regarding use of AI: Author must follow

AI usage scenario	Disclosure	Ethically	Remarks
1. Generating research hypotheses	Mandatory	Acceptable if disclosed	Considered <i>substantial and intentional</i> use
2. Writing portions of the manuscript	Mandatory	Acceptable if disclosed	Directly impacts originality; must be transparent
3. Collecting or analyzing data	Mandatory	Acceptable if disclosed	AI influences core scientific processes
4. Generating figures or tables (Limited usages. Details stated in section Generative AI Images)	Mandatory	Acceptable if disclosed	Affects interpretation and presentation
5. Modifying/synthesizing patient images	-	Unethical	Serious risk of privacy breach and misrepresentation
6. Citing AI-generated ideas as if original	-	Unethical	Constitutes plagiarism; attribution is mandatory
7. Using AI for grammar correction/sentence refinement	Optional	Acceptable	Provided that human retains content control
8. Restructuring text (e.g., for fluency or clarity)	Optional	Acceptable	No creative authorship; judgment by human remains central
9. Using AI for spell-checking or formatting references	Unnecessary	Acceptable	Routine technical tasks; minimal influence
10. Using AI as a literature search assistant	Unnecessary	Acceptable	Comparable to traditional search engines
11. Using AI to design manuscript structure (outline/framework)	Optional/ Mandatory (context)	Acceptable if disclosed	Transparency in Methods section recommended

H. Submission Preparation Checklist:

As part of the submission process, authors are required to check submission's compliance with all of the following requirements and submissions may be returned to authors that do not adhere to these guidelines.

- The submission has not been previously published elsewhere, is original and has been written by the stated authors.
- The article is not currently being considered for publication by any other journal and will not be submitted for such review while under review by "The Planet" Journal.
- The submission file is in Microsoft Word file format, and the figures are in JPEG format.

- The text is single-spaced; uses a 12-point font; employs italics, rather than underlining (except with URL addresses); and all illustrations, figures, and tables are placed within the text at the appropriate points, rather than at the end.
- The text adheres to the stylistic and bibliographic requirements outlined in the Instruction to Authors. Make sure that the references have been written according to the ICMJE Recommendations Style.
- Spell and grammar checks have been performed.
- All authors have read the manuscript and agree to publish it.

I. Submission:

Papers should be submitted to the Editor in chief. Three copies of manuscript should be submitted duly signed by all authors with a copy of CD, to:

Prof. Dr. H. N. Sarker

The Editor in chief, The Planet Journal
Professor and Head of the department of Medicine

Sher-E-Bangla Medical
College, Barishal Bangladesh.

Papers can also be submitted via the email using the following address:

Email: hnsarker@gmail.com