*Manuscript type: Educational article*

**Title:** **Write your title here**  
Author: First name and last name  
Affiliation:

Date submitted: XXth Month 20XX

Content list:

* First topic (H2 heading)
* Second topic (H2 heading)
* Third topic (H2 heading)

Provide an introduction about your topic. One good example is to indicate that you are providing a solution to a problem faced by people.

## First topic (H2 heading)

Elaborate your topic here with paragraphs. Remember to put yourself in readers’ shoes [1].

## Second topic (H2 heading)

Elaborate your topic here with paragraphs. Remember to put yourself in readers’ shoes [2].

### First subtopic (H3 heading)

Here comes the first subtopic. Sometimes, there could be a list of subtopics which you will elaborate on.

Paragraph

### Second subtopic (H3 heading)

Paragraph

## Third topic (H2 heading)

Paragraph

### First subtopic (H3 heading)

Paragraph

#### First sub-subtopic (H4 heading)

Paragraph

#### Second sub-subtopic (H4 heading)

Paragraph

Paragraph

## Conclusion/Summary

Provide the shortest possible answer for your readers which summarizes the whole article.

## Reference

We follow Vancouver reference style:   
*Authors. Title. Journal name. Date of publication;Volume(issue):page numbers*.

1. Author AA, Author BB, Author CC, Author DD. Title of article. Abbreviated title of journal. Date of publication YYYY Mon DD;volume number(issue number):page numbers.
2. Author AA, Author BB. Title of article. Abbreviated title of Journal [Internet]. Date of publication YYYY MM [cited YYYY Mon DD];volume number(issue number):page numbers. Available from: URL