

INDEX
The Insight
(A Peer-review Journal)
A Journal dedicated to medical science

Volume - 09	Number - 01	January – March 2026
--------------------	--------------------	-----------------------------

CONTENTS

EDITORIAL

- 1 **Pros and Cons of Use of Contrast Media in Coronary Angiography and Percutaneous Coronary Intervention – an editorial** 1
H N sarker

ORIGINAL ARTICLE

- 2 **Assessment of Ovarian Reserve Among Infertile Women with Hypothyroidism** 3
Salma Akter Munmun, Rowson Ara, Farha Noor, Hasina Akter, A M Shahinoor, Mohammad Asraful Islam
- 3 **Association of Amniotic Fluid Index with Perinatal Outcome – A cross-sectional study** 9
Farha Noor, Salma Akter Munmun, Rowson Ara, Hasina Akter, A M Shahinoor, Mohammad Asraful Islam
- 4 **Clinical Profile and Surgical Outcome of Non-Descent Vaginal Hysterectomy** 13
Sabiha Islam, Monowara Begum, Khodeza Khatun, Romena Afroj, Anjuman Ara
- 5 **Comparison between Early Post-Operative Outcome of Two Surgical Techniques of In-window Craniotomy with or without Duroplasty for the Management of Traumatic Brain Injury Patients** 18
Ahsan Arif, Shafiqul Islam, Mst Taslima Akter, Sheikh Mahmood Hasan, Tanbir Siddique, Shahnawas Biswas, Tanvir Hasan Mojumdar
- 6 **Comparative Study of Myringoplasty Outcome with and without Cortical Mastoidectomy** 22
Mohammad Walyullah, Shafiqur Rahman Siddiqui Russel, Abdul Aziz Mian, Nasir Uddin, Mehedi Hasan Ahmed, Mosharraf Hossain
- 7 **Outcomes of Total Hip Arthroplasty for Femoral Neck Fracture in Elderly Patients** 25
Abdul Motin, Kamrun Nahar, K M Shorfuddin, Mohammad Mohidul Islam, Ali Ashraf, A R M Masum Bhuiyan
- 8 **Distribution of Morphometric Types of Craniofacial Features among Adult Rakhain Females in Bangladesh – An Anthropometric Study** 30
Shirin Afroz, Nahid Farhana Amin, Latifa Nishat, Lutfa Mustary

9	Efficacy of Myo-Inositol plus D-Chiro-Inositol versus Metformin in the Management of Polycystic Ovary Syndrome among Obese Infertile Women in Bangladesh <i>Khodeza Khatun, Sabiha Islam, Mst Sharmin Ferdous, Nigar Sultana, Tasnova Elahi Meem, RomenaAfroz, Noor-E-Ferdous</i>	36
10	Comparison Between Transradial Versus Transfemoral Arterial Approach for Cerebral Angiography <i>Tanbir Siddique, Shafiqul Islam, Motasimul Hasan, Shahnawas Biswas, Yasna Kibria, Ahsan Arif, Sheikh Mahmood Hasan, Tanvir Hasan Mojumdar</i>	41
11	Enhancing Oral Histology Competency Through Laboratory- Based Education – A Study Among 1st Phase Undergraduate BDS Students at Sapporo Dental College and Hospital, Bangladesh <i>Musfiqur Rahman, Tarannum Shahid, Raihanul Ferdoush, Rafsan Rahi, Monowar Hossain, Farah Alam Eemi, Nasrin Jahan, Asad-Uz-Zaman</i>	47
12	Correlation and Multiplication Factor Analysis of Craniofacial Measurements for Estimation of Stature and Facial Dimensions among Adult Rakhain Females in Bangladesh <i>Shirin Afroz, Lutfu Mustary, Fahmida Yasmin, Iftekhar Bin Razzak</i>	51
13	Metabolic Risk Profile of Coronary Artery Disease among Ethnic Communities in Bangladesh <i>Syeda Nusrat Jahan, Khaleda Islam</i>	57
14	Serum Vitamin D level and its Relationship with HbA1c in Type 2 Diabetes mellitus patients – A Comparative Study <i>Mehedi Hasan, Asma Akter, Effat Ara Lipi, Latifa Hosna</i>	63
15	A Comparative Study of Intramedullary Interlocking Nailing Versus Distal Tibial Plating in Distal Tibial Fractures <i>Arifur Rahman Talukdar, Enamul Hoque, Nahid Hasan, Jahedul Islam</i>	68
16	Perception Gaps in Informed Consent: Insights from Patients and Surgeons <i>Jinat Tasnim, Abubakar Abdullah, Zakariya sarker, Shah Alam</i>	73
17	Assessment of the Correlation between Clinical and Electrophysiological Results and Risk Factors in Patients with a Preliminary Carpal Tunnel Syndrome Diagnosis <i>Nazmul Haque, Mohammad Saiful Basar, S M Arafat</i>	78
18	Socio-Demographic Determinants of Health Status and Healthcare- Seeking Behavior Among ENT Outpatients in a Community Population of Bangladesh <i>Golam Sarwar, Koushik Sikder, Golam Mostafa, Ayesha Aktar</i>	82
19	Assessment of Symptom Severity and Quality of Life in Patients with Oral Lichen Planus – A cross Sectional Study <i>Shakhawat Hossain, Shifat Tanjila, Mahmuda Akhter, Rakibul Hasan Murad</i>	87

20	Comparative Outcomes of Extracorporeal Shock Wave Lithotripsy, Pneumatic Lithotripsy, and Laparoscopic Ureterolithotomy in the Management of Large Proximal Ureteral Stones	91
	<i>S M Yunus Ali, Kamrun Nahar, Immam Hossain, Saiful Islam, Rasel Ahmad</i>	
21	Quantitative Analyses of Diagnostic and Nondiagnostic Images in the Undergraduate Regional Anatomy Textbook	96
	<i>Afrin Mah Jabin, Jubaer Bin Zaman, Al-Razwan Akber, Abdullah-Al-Hasan, Jerin Afrin Nisha, Nadia Nawrin, Fariha Farzana, Moriom Ferdousi, Afifa Akhter Zahan, Refat Sharmin Rakhi</i>	
22	Knowledge, Attitude and Practice of Oral Contraceptive Pill Use in Multi-center Study	100
	<i>Nigar Sultana, Noor-E-Ferdous, Khodeza Khatun, Kazi Farhana Begum, Ayesha Mehnaz, Mehera Parveen, Tasnova Elahi Meem</i>	
23	Clinical and Radiographic Outcomes Following Anterior Cervical Discectomy and Fusion Using Integrated Anchor Fixation – A Single-Centre Experiences	106
	<i>Sharif Md Musa, Sazzad Hossain, Saiful Islam, Iftekhar Al Mamun</i>	
24	The Effect of Single Dose Dexamethasone on Postoperative Pain after Tonsillectomy	112
	<i>Mizanur Rahman, Mohammad Bablu Mia, Anamul Haque Milton, Debabrota Roy, Rawnak Zahan, Kamrujjaman</i>	
25	Comparative Effects of Letrozole 7.5 mg versus 5.0 mg on Follicular Growth in Sub-fertile Women with Polycystic Ovary Syndrome	116
	<i>Rukshana Haque Urmi, Syeda Samia Haider, Masuma Rashid Raka, Zia Uddin, Zakia Sanjari</i>	
26	Pattern and Distribution of Pelvic Pathologies Detected by Transvaginal Sonography and Laparoscopy among Subfertile Women in a Tertiary Care Hospital	120
	<i>Syeda Samia Haider, Jesmin Akter, Rukshana Haque Urmi</i>	
27	Effect of Vitamin D Deficiency on the Progression of Diabetic Retinopathy – A Cross-Sectional Study in a Tertiary Care Hospital	125
	<i>Mohammad Mazaharul Islam, Sanwar Hossain, Golam Faruk Hossain, Zahida Jabbar</i>	
28	Endoscopic and Histopathological Patterns of Gastric Adenocarcinoma with Reference to Helicobacter pylori Infection	129
	<i>Mariam Jamila Shapla, Jain Fatema, Asrafun Nahar, Zinat Rehena, Lokesh Chakraborty, Mizanur Rahman</i>	
29	Clinicopathological Profile of Head Neck Cancer in A Tertiary Care Hospital	135
	<i>Mohammad Anwar Hossain, Tawfiqur Rahman, Mohammed Iqbal Monir, Abdullah Al Mamun</i>	

30	Association of Insulin-Like Growth Factor level in maternal serum as a predictor of Gestational Diabetes Mellitus <i>Mst Sultana Naznin, Sadia Mahfiza Khanam, Shoeb Ur Rashid, Shafiqul Ahsan, Israt Jahan, Salma Akter, Syeda Shanjida Runa</i>	138
31	Histomorphological Spectrum of Benign Breast Lumps in a Tertiary Care Center <i>Mosammat Mira Pervin, Mohd Mejbahul Bahar</i>	144
32	Risk Factors and Presentation Pattern of Laryngeal Cancer <i>Masroor Rahman, Tawfiqur Rahman, Mohammad Anwar Hossain, Arif Mahmud Jewel</i>	149
33	Prevalence and Risk Factors of Umbilical Hernia among Female Patients Attending in A Tertiary Hospital <i>Shifat Tanjila, Shakhawat Hossain</i>	153
34	p16 Immunohistochemistry Improves Treatment Decision-Making in See-and-Treat Management of Cervical Intraepithelial Neoplasia <i>Noor-E-Ferdous, Khodeza Khatun, Nigar Sultana, Farzana Sharmin, Latifa Akter, Monowara Begum, Zaheen Naveed Haque</i>	157
35	Assessment of Renal Function Status and Electrolyte Imbalances in Paediatric Patients with Acute Glomerulonephritis <i>Mozokkir Ali, Majeda Bilkis, Himangshu Bardhan, Tanjil Chowdhury, Nayma Chowdhury, Rita Rani Paul, Farhana Haque Jony</i>	162
36	Assessment of Efficacy and Safety of Tirofiban in Acute Coronary Syndrome Patients Following Percutaneous Coronary Intervention: A Prospective Observational Study <i>S A M Husnayan, Qamrul Huda Mohammad Sohel, Sultana Parvin, Abdullah Al Mamun, AfsanaMoury Shohani, Rokeya Sultana Akhi, Ujjwal Sarker, Saiful Islam</i>	167
37	Association Between CT Scan Findings of the Head and Motor Impairment Patterns in Paediatric Cerebral Palsy <i>Khadija Rahman, Dipanwita Saha, Nanda Lal Das, Rifat Zaman, Meher Nigar Nishi, Mohuya Mondal, Ferdousi Hossain Poly, Hazera Akter</i>	172
38	Association between Prolonged QRS Duration (>110 milliseconds) and In-hospital Outcomes of Patients with Heart Failure: Data from the Medical Registry of a Tertiary Hospital in Bangladesh <i>Arifur Rahman, Kazi Nazrul Islam, Mohammad Amdadul Haque, Mohammad Mahmudur Rahman, Minhaj Rashidur Rahman</i>	177
39	Role of Normal Saline Irrigation Prior to Closure of Surgical Wound to Reduce Surgical Site Infection in Gynaecologic Oncologic Surgery <i>Monowara Begum, Sabiha Islam, Tanzila Halim, Noor -E-Ferdous, Sayeda Fatema Khatun, Khairun Nahar, Mahmud-Un-Nabi</i>	182
40	Analysis of the Clinical Profile and Fate of Retained Placenta in Comilla Medical College Hospital, Comilla <i>Aysha Afroz, Akter Jahan, Tahmina Hoque Pinki, Sultana Farzana Anam, S M Hasinur Rahman, Shahana Begum</i>	187

- 41 **Assessment of Aesthetic Outcomes Following Late Surgical Release of Syndactyly in Pediatric Patients** 194
Mohammad Asaduzzaman, Abdul Mannan, Mohammad Sadiqul Amin
- 42 **Serum Vitamin D and Lipid Profile in Patients with Psoriasis in Bangladesh: A Cross-Sectional Comparative Study** 199
Moinul Ahsan, Tamanna Jannat, Sharmin khan Liza, Monira Shahnaz, Rakibul Islam, Hadiuzzaman

JOURNAL COMMITTEE

The Insight

(A Peer-review Journal)

A Journal dedicated to medical science

Volume - 09	Number - 01	January – March 2026
--------------------	--------------------	-----------------------------

Chairperson Prof. Dr. Amal Chandra Paul

Chief Editor Prof. Dr. H N Sarker

Co-Editor Dr. Suvash Chandra Vadury
Dr. Ashraf Uddin Chowdhury
Dr. Md. Abdus sattar
Dr. Mohammad Emdadul Hoque Miah
Dr. Probir Kumar Banerjee
Dr. Rina Rani Shaha
Dr. Shah Sayeed Mohammad Iqbal Huda
Dr. Mahmuda Ferdous
Dr. Ali Noor

International Editor Dr. R Somasekar, Professor, Department of Pediatrics, Sree Balaji Medical College and Hospital, Chrompet, Chennai 44.

Treasurer Dr. Mahabubur Rahman

Advisory Board

Prof. Dr. Ranjit Sen chowdhury
Prof. Dr. Ali Mansur Mohammad
Prof. Dr. Nazneen Begum
Prof. Dr. Golam Morsed Mollah
Prof. Dr. Anup Kumar Mazumder
Dr. Ashraf Uddin Khan
Dr. Md. Zahir Uddin
Dr. Abdul Karim Miah
Dr. Noor-E-Jannat Tanvi

INSTRUCTION TO AUTHORS

A. Introduction:

The Insight is the official journal of Gopalganj Medical College, Gopalganj 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 and MATERIALS, RESULTS and DISCUSSION. The typical text length for such contributions is up to 4000 words (including title page, 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 Insight" are likely to be sent back to authors. All accepted manuscripts are subject to editorial modifications to suit the language and style of "The Insight" 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 Insight 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 insight" 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 Insight" 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:

1. Category of manuscript (original research, review article, case report)
2. 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.)
3. Transfer of copyright to the Insight Journal upon the acceptance of the manuscript for publication.
4. All authors have reviewed the article and agreed with its contents.
5. Information of any conflicts of interest (of any) of the authors.
6. 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](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/journals). 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: McGrawHill; 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 Jul 9]. 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.

1. The submission has not been previously published elsewhere, is original and has been written by the stated authors.
2. 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 Insight" Journal.
3. The submission file is in Microsoft Word file format, and the figures are in JPEG format.
4. 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.

5. 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.
6. Spell and grammar checks have been performed.
7. 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 Insight Journal
Professor and Head of the department of Medicine
Gopalganj Medical College, Gopalganj, Bangladesh.

Papers can also be submitted via the email using the following address: Email: hnsarker@gmail.com