

## Submission Guidelines for Articles

- Please check the contract or rate sheet for the number of words allowed in your size article. For example, a full page is 700-850 words.
- The articles should be typed in Microsoft Word. If the text requires bullets, please use hyphens instead for ease of formatting.
- If any portion of the submission needs to be set apart in a text box, please type "text box" both at the beginning and end of the words.
- Please title your article, using words that grab the reader's attention. If a title is not submitted, we will title the article but we cannot be responsible if you are displeased with it.
- Include the author's name including credentials (M.D., PhD, etc)
- Include a grayscale photo in TIF or JPG format, at least 300 dpi. Submit color (CMYK) if contract is for color or if it is to be placed on the web site. Please note that photos extracted from a website are not high quality and will not reproduce well.
- Include a brief biographical sketch of the author and/or company at the end of the article. This is included in the total number of words.
- Testimonials may be included, if desired. Testimonials have been proven to be successful marketing tools. These also are included in total number of words.

*The article will be printed as written. We do not change the content but may edit for grammar and formatting.*

## Guidelines for Display Ads

- Text only ads may be submitted as a Word document.
- All other ads must be submitted either as a **TIFF, EPS or PDF**, at least **300 dpi**, **fonts embedded**. Please note that JPG's are of lesser print quality.
- **Ads must be CMYK, Grayscale ads must be all K.**

**Please e-mail all components as attachments to [tnwomensjournal@yahoo.com](mailto:tnwomensjournal@yahoo.com).** The first attachment should include the title, author, article and biographical sketch. Please send photos and display ads as separate attachments.

<b>Full Page</b>  9.75" Width 12.125" Height	<b>1/2 Page</b>  9.75" Width 6" Height	<b>1/4 Page</b>  4.8" Width 6" Height	<b>Back Cover</b>  10.75" Width 13.25" Height (Add .25" bleed on all sides)	<b>Banner</b>  9.75" Width 1.5" Height
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