

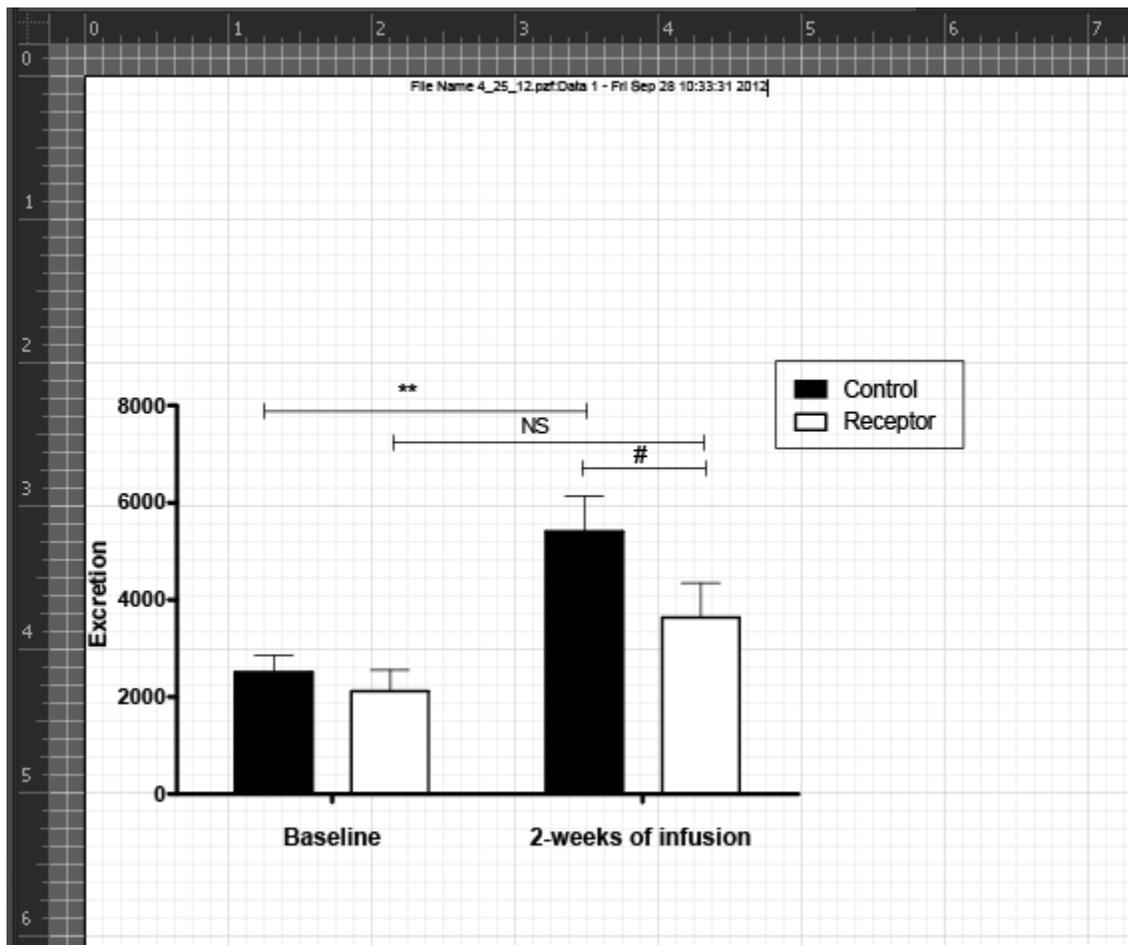
## Instructions for Figure Submission

Please double check that your figures meet **ALL** of the following criteria:

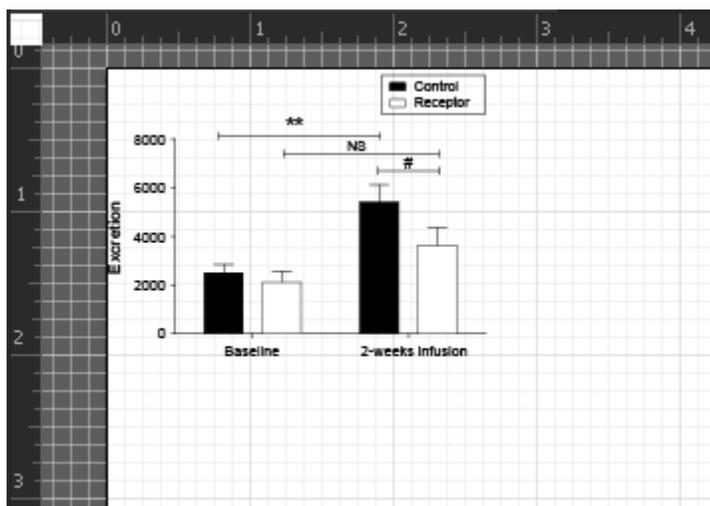
1. Authors should be pleased with the figure submission quality before submission. It is recommended that you print the figure at its final publication size to check the quality.
2. Each figure must be submitted in a separate file. Preferred formats are TIFF and EPS. PPT will be accepted but produces a much lower quality and resolution in print. We cannot accept JPEG, GIF or files downloaded from the Internet or publication.
3. Figures should be supplied at the highest resolution possible: line art at 1200 dpi; everything else including CT scans, radiographs, other halftones, and color images must be at least 600dpi.
4. Color files should be submitted as RGB (red/green/blue; not CMYK). Figures that will appear in black and white should be submitted in black and white.
5. For the best print production of figures, artwork should be submitted in final size and cropped as needed. Dimensions for figures are:
  - 1 column: 19.5 picas wide (8 cm or 3.25 in)
  - 1.5 columns: 30 picas wide (12.75 cm or 5 in)
  - 2 columns: 42 picas wide (17.75 cm or 7 in)
6. Multi-paneled figures must have all panels assembled into one piece and supplied as one file. Each panel must be labeled with uppercase letters (A, B, C, etc) in boldface Arial (12.6pt).
7. The figures **MUST** eliminate both vertical and horizontal white space. This includes white space between panels of a multi-panel figure and between panels and panel labels.
8. Use the same font (typeface) and font size throughout the figure. Arial is preferred. Arial 8pt Bold is preferred for x- and y-axis labels. Arial 7.2pt is preferred for the x- and y-coordinates. Use Arial 6pt or 6.5pt for superscripts and subscripts only. Please confirm that all fonts are easily read. See examples below.
9. Letters, symbols, arrows, etc, must be uniform in size and style within each figure, and when possible, between figures.
10. Line graphs, bar graphs and pie charts must have easily distinguishable colors/lines/symbols for the different sets of data.
11. Graphs and charts should have a white background.
12. Avoid headings/titles on the figure. Title information should appear in the figure legend.
13. Label units of measure consistently with the text and legend. Follow the AMA for unit abbreviations.
14. Line art should not contain hair lines, which are hard to reproduce, nor should the line art contain lines that are too thick, which makes it hard to distinguish between the coordinates.
15. Supply a scale bar with photomicrographs
16. If the figure is reprinted/adapted from another source, please provide a permission letter and include the source in the legend. If no language is provided in the permission letter, use the following sample: Reprinted from Butler et al,<sup>19</sup> with permission from Smith Publishing. Copyright 2005, American Society of Medical Research.
17. For additional examples, please reference a print issue of *Hypertension* or click the "Free Text" link of any online article at: <http://hyper.ahajournals.org>.

**Sample Figure 1** (single panel, one column, shown in inches)

Problems: Header included. Single-panel figures should fit into a single column (3.25 in/19.5picas/8cm). Figure key is on the side. Axis lines and hash mark lines are too thick.

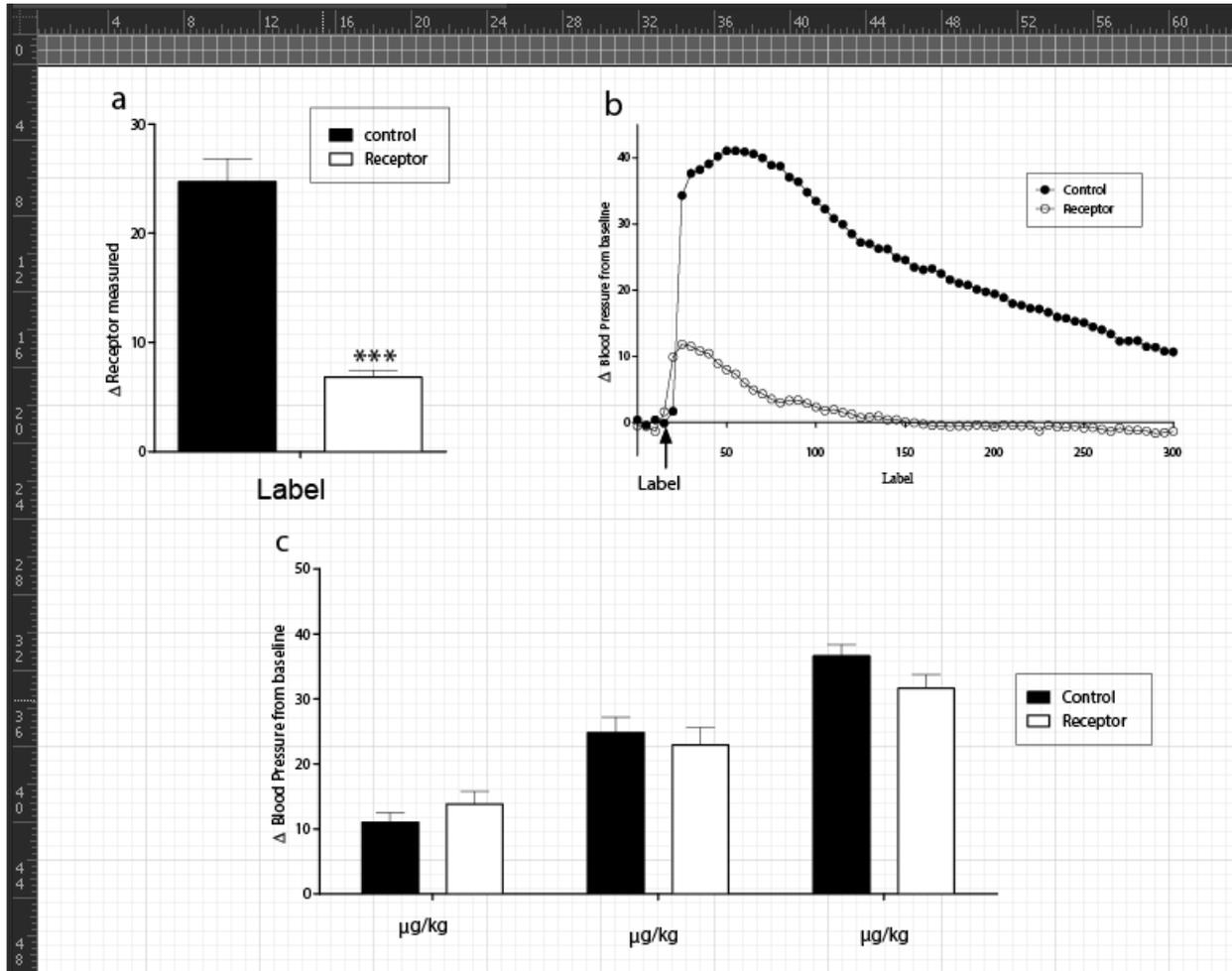


Ready for publication (shown in inches):

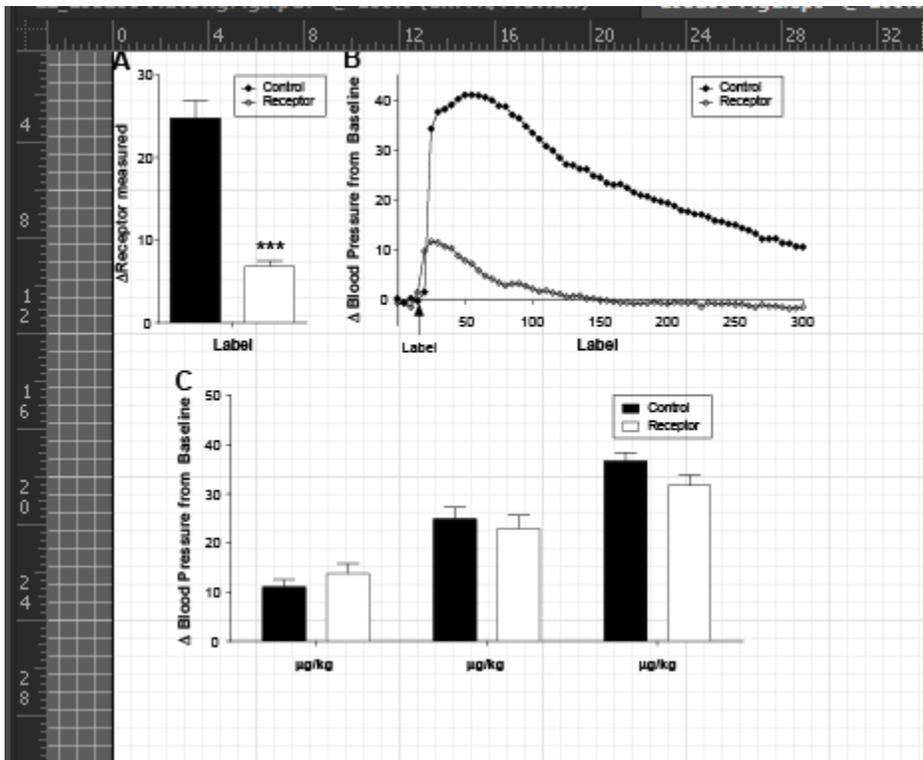


**Sample Figure 2** (multi-panel, 1.5 columns, shown in picas)

Problems: Not sized for publication -- will not fit on journal page as it is 60 picas (10 in, 25cm) wide. Panel labels are not upper-case. Label in panel 'a' is a different font and size than Label in panel 'b'. X and Y coordinates in panel 'b' are smaller than in panel 'a' and 'c'. Figure key is on the side of panel c. White space between panels 'a' and 'b' has not been eliminated.

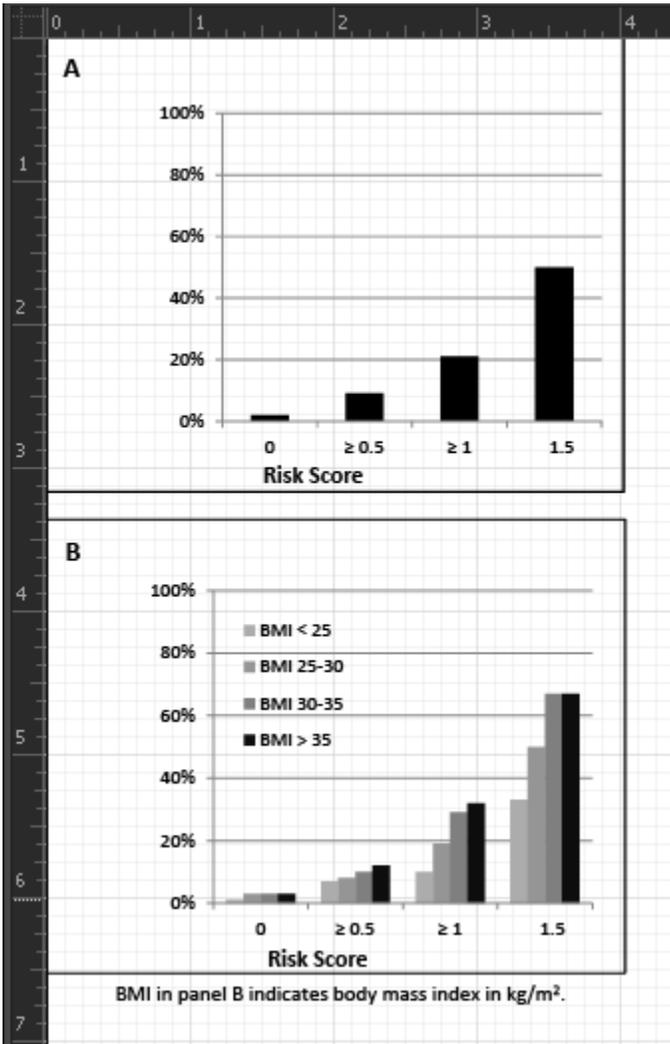


Ready for publication (shown in picas):



**Sample Figure 3** (multi-panel, one column, shown in inches)

Problems: White space between panels has not been eliminated. White space between panel labels and graphs has not been eliminated. Shading of bars in panel B is too similar and not easily distinguished. Label on Y-axis "Risk Score" is not centered below the bars. Text below panel B should be included in the figure legend. X- and Y-coordinates must use decimals consistently (all coordinates have decimals or no coordinates have decimals).



Ready for publication (shown in inches):

