

rate variability as a diagnostic tool.

Conclusions: The assessment of the heart rate variability proved to be effective as a diagnostic tool of cardiovascular autonomic neuropathy.

Keywords: Heart rate variability, Cardiovascular autonomic neuropathy, Type 2 diabetes mellitus

Non-linear dynamics of heart rate variability in type 2 diabetes mellitus: A systematic review

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Introduction: Non-linear dynamic of heart rate vari-

ability can be a measure of autonomic nervous system dysfunction in patients with type 2 diabetes mellitus.

Objective: To determine the role of non-linear dynamic of heart rate variability as a measure of autonomic nervous system dysfunction in patients with type 2 diabetes mellitus.

Method: The research was carried out in August 2019. Scopus, Web of Science, Pubmed, SciELO and ClinicalKey databases were used. The used descriptors were “heart rate variability” and “hrv”, combined with “diabetes” and “non-linear dynamics”, and the studies published in Spanish and English were included.

Results: A total of 69 articles were retrieved, of which 17 were included for a complete review, and of these last, 8 responded to the objective set for the qualitative analysis. The articles of the case-control type predominated (75%) and the most analyzed variables were the approximate entropy (62.5%) and those belonging to the detrended fluctuation analysis (50%).

Conclusions: Most of the articles agreed on the method and the used variables, as well as on the importance of assessing the non-linear parameters of the heart rate variability as a diagnostic tool.

Keywords: Heart rate, Cardiovascular physiological phenomena, Autonomic nervous system, Diabetes mellitus, Type 2 diabetes mellitus.

Science is also necessary when it comes to write a title

Hace falta ciencia también para escribir un título

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Palabras clave: Artículo de revista, Revista científica, Manuscrito, Título

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To the Editor:

Writing memorable, dignified and respectable scientific articles' titles, so to speak, is undoubtedly an art that is sometimes hard for some people. The reality is that after writing a scientific article, choosing an at-

tractive serious title, which represents a true reflection of the content, is the most relevant task for the scientific community to read the publications. This article is intended for pointing out the importance that has to select good titles for scientific papers that allow a greater impact on the health environment.

There are several reasons why a scientist decides to publish an article: out of love for science, to obtain recognition of his/her work or to increase his/her *curriculum vitae*. The truth is that it must call attention and its content must have the optimal quality, otherwise the scientific production goes unnoticed. In the case of the scientific article, it is necessary to take into account three basic components: keywords, seriousness, and that it represents a good reflection of the content¹.

There are two types of titles: indicative and informative².

- Indicative: Here is mentioned what the document is about, but not the results found. Example: "Guidelines for the medical staff in Spain in the confrontation of COVID-19. Comparative study".
- Informative: the results from the research are outlined. Example: "Guidelines: important resource for a better confrontation of COVID-19 by the medical staff in Spain. Comparative study".

The truth is that the title is always an inscription that performs an anticipatory function, and although it is a recipe with few ingredients and a bit ambiguous, the aspiration of the precepts covers lexical, semantic-grammatical and syntactic, as well as pragmatic levels³.

Aspects such as length, structure and textual rhetoric in a title depend on the genre to which the text belongs: journalistic, literary, opinion, and academic-scientific⁴. In medical bibliographical works, the Vancouver Standards prescribe the expected results of writing, but register little or nothing about the resources necessary for an author to reach the communicational effectiveness of the message in the micro-universe of the title³.

The title is the statement with the fewest words that adequately describes a content, hence, its informative quality. Unlike the textual material of a document, this is read in a single glance, and in that first reading it should be understood, deciding its opening, the continuity of this, or its rejection.

The title of an academic research article is a label, not a series of long sentences or a grammatical sentence with subject, verb and complement; which

clearly and precisely describes the content of an article, with as few words² as possible without falling into extremes, although there are those who affirm that brevity would be the key for a work to attract the attention of researchers⁵. It summarizes the information in a consistent and complete manner. Its writing can be indistinctly at the beginning or at the end of the text, it is a matter of choice, the important thing is to have several proposals to achieve precision and originality.

It is also necessary to bear in mind that the title is used by the indexing systems of thousands of databases that currently exist and have the option of searching for words in free text in this and other sections of the scientific writing. If the meaning of the content is not clearly expressed in the title, or if the terms with which it is structured are not adequate, it is likely that the article, thesis or document will be relegated in a bad classification and can never be accessed, and therefore, go unnoticed⁶.

An erroneous, imprecise or very general title can make us lose a potential reader who, in short, is someone who can use our work, criticize it and sometimes cite it; it is, without doubt, the most important phrase in the article.

According to Volpato⁷, in the modern world, people select what they are going to read by the title: if they like it, they read the abstract; and if the abstract stimulates them, they will read the whole work. There is a growing tendency for society to consider time as its most precious asset, therefore, reading scientific papers that say nothing is considered a waste of that good. As our audience increases, we realize that the dream of producing has not only come true, but is also necessary.

In short, the decision of the structure of the title, in one form or another, will always depend on the style of the authors and the editorial guidelines governing the journal to which the manuscript will be submitted. It is the perfect hook for readers to whom our scientific contribution could be useful; for this, it is a more than a justified reason to grant it passion, dedication and time. In this way, and as Robert Day points out, a good title will be a prelude to a good research article².

CONFLICT OF INTERESTS

None declared.

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