**Plain Language Summary**

Plain language summaries may be submitted for Research Articles and Review Articles. The summary should not exceed 250 words and be written in plain English avoiding the use of technical language. If a technical term must be used, then authors must explain it the first time that it is used. The summary must be distinct from the abstract and provide readers with an easy-to-understand description of the manuscript. Authors should avoid the use of personal opinions and/or speculation on the results of the manuscript. No page charges will be incurred by the inclusion of the plain language summary. Use neither bibliographic references nor references to figures or tables in the summary.