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Beginning a Sentence, Title, Subtitle, or Heading

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Print Publication Year: 2007 Published Online: 2009

Publisher: Oxford University Press

ISBN: eISBN:

DOI: 10.1093/jama/9780195176339.022.580

Item type: section

Use words for any number that begins a sentence, title, subtitle, or heading. However, it may be better to reword the sentence so that it does not begin with a number. Three hundred twenty-eight men and 126 women were included in the study. Better: The study population comprised 328 men and 126 women. Participants: Seventy-two thousand three hundred thirty-seven postmenopausal women aged 34 to 77 years. Better: Participants: A total of 72 337 postmenopausal women aged 34 to 77 years. Three patients were identified; 2 had hypertension and 1 had diabetes. Numerals may be used in sentences that begin with a specific