1. Keep your sentences as simple as possible, both in terms of structure and choice of words.

< A bad example>

Because septin filaments mark the site for cytokinesis, and because there is a specific cell cycle checkpoint that monitors the state of septin filament assembly, that we also discovered such knowledge may allow, ultimately, the development of therapeutic agents and clinically valuable strategies, on the one hand, to impose a permanent checkpoint arrest as a means of halting the growth of malignant cells in various cancers, including breast cancer, and, on the other, to overcome such checkpoints to re-activate proliferation of quiescent differentiated cells (for example, to stimulate multiplication of the residual beta-cells in patients suffering from Type 1 diabetes as a means to repopulate the pancreatic islets with insulin-producing cells).