

If you want to do a
poster ...

An Effective Poster

- Visual
- ... but also information.
- Summary
- Focus on a clear message.
- Use text sparingly – Let graphs and images do the work.

Guidelines

- Not too many words
- Snapshot
- Attractive visually
- Accessible and easy to read.



Sections to Include

- Team names
- Name and focus of charity
- Focus of your work for the charity
- Images
- Social media stats
- Expected impact

Think about how people read



Poster title goes here, containing strictly only the essential number of words...



Author's Name/s Goes Here, Author's Name/s Goes Here, Author's Name/s Goes Here
Address/es Goes Here, Address/es Goes Here, Address/es Goes Here

Introduction

First...

Check with conference organisers on their specifications of size and orientation, before you start your poster eg. maximum poster size, landscape, portrait or square.

The page size of this poster template is A0 (84x119cm). Do not change this page size, MIU can scale-printing. If you need a larger size, when the shape start with either a portrait (vertical) or a landscape (horizontal) poster template.

Bear in mind you do not have to fill the whole space allocated by some of the organisers (eg. 8ftx4ft in the USA). Do not make your poster bigger than necessary just to fill the space.

Aim

How to use this poster... Simply highlight this text and replace it by typing in your own text, or copy and paste your text from a MS Word document or a PowerPoint slide presentation.

The body text / font size should be between 24 and 32 points. Arial, Helvetica or equivalent.

Keep body text left-aligned, do not justify text.

The colour of the text, title and poster background can be changed to the colour of your choice.

Method

Tips for making a successful poster...

- Re-write your paper into poster format ie. Simplify everything, avoid data overkill.
- Headings of more than one line should be in upper and lower case, not all caps.
- Never do whole sentences on one line. Use capitals or underline to stress your point.
- When laying out your text, leave breathing space around your text.
- Try using photographs, diagrams, graphs. Avoid long numerical tables.
- Spell check and grammar check. Do not rely on spell check alone, go back to proof-read.

Captions to be set in Times or Times New Roman or equivalent, italic, between 18 and 24 points. Left aligned if it refers to a figure on its left. Captions start right at the top edge of the picture (graph or photo).

Captions to be set in Times or Times New Roman or equivalent, italic, between 18 and 24 points. Right aligned if it refers to a figure on its right. Captions start right at the top edge of the picture (graph or photo).

Captions to be set in Times or Times New Roman or equivalent, italic, 18 to 24 points, to the length of the column in cases where figure takes more than 2/3 of column width.

Results

Importing / inserting files...

Images such as photographs, graphs, diagrams, logos, etc, can be added to the poster.

To insert scanned images into your poster, go through the menus as follows: Insert / From File... then find the file on your computer and click on it.

The best type of image to use for posters are JPEG or TIFF. JPEG is the preferred format.

Be aware of the image size when importing. The average colour photo (at 180dpi) would be about 3Mb (1Mb for B&W).

Do not use images from the internet.

Notes about graphs...

For simple graphs use Sigma Plot or do the graph directly in PowerPoint.

Graphs done in a scientific plotting programs (eg. Sigma Plot, Prism) should be saved as JPEG or TIFF if possible. For more information see MIU website.

Printing and Laminating...

Once you have completed your poster, bring it down to MIU for printing. We will produce a A3 size draft print for you to check and proof read. The final poster will then be printed and laminated.

Note: Do not leave your poster for more than the last minute. Allow at least 5 working days before you need to use it. Simply highlight this text and replace it with your own text.

Cost...

For poster-printing and lamination charges contact to MIU.

Conclusion

For more information on: Poster Design, Scanning, Printing, Photography, etc. Image / file size.

Contact:

Medical Illustration Unit

Prince of Wales Hospital

Ph: 9382 2800

Email: miunsw@unsw.edu.au

Web: <http://miu.med.unsw.edu.au>

Acknowledgements

Just highlight this text and replace with your own text. Replace this with your text.

Formatting your Poster

- Use a single font throughout
- Be consistent with text boxes and images
- Align colour pattern with charity
- Use logos and images
- Should be readable from 2 metres
- Simple is beautiful!

Bad Poster

NRF

BLACK HOLE DIET PLANS

**PIGS IN SPACE:
EFFECT OF ZERO GRAVITY AND
AD LIBITUM FEEDING ON WEIGHT
GAIN IN CAVIA PORCELLUS**

THE HIGH FRUCTOSE SUGAR ASSOCIATION

SPACEEXES

Colin B. Purrington
6673 College Avenue, Swarthmore, PA 19081 USA

ABSTRACT:
One ignored benefit of space travel is a potential elimination of obesity, a chronic problem for a growing majority in many parts of the world. In theory, when an individual is in a condition of zero gravity, weight is eliminated. Indeed, in space one could conceivably follow ad libitum feeding and never even gain an gram, and the only side effect would be the need to upgrade one's stretchy pants ("exercise pants"). But because many diet schemes start as very good theories only to be found to be rather harmful, we tested our predictions with a long-term experiment in a colony of Guinea pigs (*Cavia porcellus*) maintained on the International Space Station. Individuals were housed separately and given unlimited amounts of high-calorie food pellets. Fresh fruits and vegetables were not available in space so were not offered. Every 30 days, each Guinea pig was weighed. After 5 years, we found that individuals, on average, weighed nothing. In addition to weighing nothing, no weight appeared to be gained over the duration of the protocol. If space continues to be gravity-free, and we believe that assumption is sound, we believe that sending the overweight — and those at risk for overweight — to space would be a lasting cure.

INTRODUCTION:
The current obesity epidemic started in the early 1960s with the invention and proliferation of elastane and related stretchy fibers, which released wearers from the rigid constraints of clothes and permitted monthly weight gain without the need to buy new outfits. Indeed, exercise today for hundreds of million people involve only the act of wearing stretchy pants in public, presumably because the constrictive pressure forces fat molecules to adopt a more compact tertiary structure (Kavir 1965).

Luckily, at the same time that fabrics became stretchy, the race to the moon between the United States and Russia yielded a useful fact: gravity in outer space is minimal to nonexistent. When gravity is zero, objects cease to have weight. Indeed, early astronauts and cosmonauts had to secure themselves to their ships with seat belts and sticky boots. The potential application to weight loss was noted immediately, but at the time travel to space was prohibitively expensive and thus the issue was not seriously pursued. Now, however, multiple companies are developing cheap extra-orbital travel options for normal consumers, and potential travelers are also creating news ways to pay for products and services that they cannot actually afford. Together, these factors open the possibility that moving to space could cure overweight syndrome quickly and permanently for a large number of humans.

We studied this potential by following weight gain in Guinea pigs, known on Earth as fond of ad libitum feeding. Guinea pigs were long envisioned to be the "Guinea pigs" of space research, too, so they seemed like the obvious choice. Studies on humans are of course desirable, but we feel this current study will be critical in acquiring the attention of granting agencies.

MATERIALS AND METHODS:
One hundred male and one hundred female Guinea pigs (*Cavia porcellus*) were transported to the International Space Laboratory in 2010. Each pig was housed separately and deprived of exercise wheels and fresh fruits and vegetables for 48 months. Each month, pigs were individually weighed by duct-taping them to an electronic balance sensitive to 0.0001 grams. Back on Earth, an identical cohort was similarly maintained and weighed. Data was analyzed by statistics.

RESULTS:
Mean weight of pigs in space was 0.0000 ± 0.0002 g. Some individuals weighed less than zero, some more, but these variations were due to reaction to the duct tape, we believe, which caused them to be alarmed push briefly against the force plate in the balance. Individuals on the Earth, the control cohort, gained about 240 g/month ($p = 0.0002$). Males and females gained a similar amount of weight on Earth (no main effect of sex), and size at any point during the study was related to starting size (which was used as a covariate in the ANCOVA). Both Earth and space pigs developed substantial dewlaps (double chins) and were lethargic at the conclusion of the study.

CONCLUSIONS:
Our view that weight and weight gain would be zero in space was confirmed. Although we have not replicated this experiment on larger animals or primates, we are confident that our result would be mirrored in other model organisms. We are currently in the process of obtaining necessary human trial permissions, and should have our planned experiment initiated within 80 years, pending expedited review by local and Federal IRBs.

ACKNOWLEDGEMENTS:
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LITERATURE CITED:
NASA. 1982. Project STS-XX: Guinea Pigs. Leaked internal memo.
Sokutić, S.R., D. D. Lukač, and N. M. Naumović. 2005. The Fetus Cannot Exercise Like An Astronaut: Gravity Loading Is Necessary For The Physiological Development During Second Half Of Pregnancy. *Medical Hypotheses*, 64:221-228
Kavir, M. 1965. Elastane Purchases Accelerate Weight Gain in Case-control Study. *Journal of Obesity*, 2:23-40.

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<http://colinpurrington.com/tips/academic/posterdesign>

Useful Websites

- http://www.posterpresentations.com/html/free_poster_templates.html
- <http://www.postergenius.com/cms/index.php>
- <http://www.postersession.com/poster-templates.php>
- <https://phdposters.com/templates.php>

Key steps in powerpoint

- <HOME> <layout><blank>
 - <VIEW> ruler/guidelines/guides
 - <DESIGN> orientation, page setup
 - <INSERT> text boxes and images
-
- Format your text and images
 - Save as .pdf