### POSTER GENERATION: A PIECE OF THE ART IN SCIENCE

Medical Student Training in Research Enrichment Session Wed, July 29<sup>th</sup>, 2015 Douglas M. Bennion, MD-PhD Candidate

### "A poster is basically an artistic expression of scientific data. Posters usually have eyecatching yet simple drawings, diagrams, graphs and/or photographs with clean and attractive layouts."

~from the Poster Guidelines for the American Heart Association International Stroke Conference 2015

- Why Posters?
- Titles and Affiliations
- Abstract
- Introduction and Specific Aims
- Materials and Methods
- Results
- Conclusions
- Presentation Pointers

# Why Poster Presentations?

- The Venue
  - Varies large conference centers, hotel ballrooms, academic buildings, hospital lobbies
  - Poster boards, electronic displays
- The Audience
  - Varies several dozen to tens of thousands, but...
  - Colleagues in your field
  - The judges
- The Content
  - Stay tuned
- The Point



 Enthusiastically and efficiently communicate your work to convince others to a commit to your cause and get feedback and insight to guide your future efforts

### Getting Started – <u>Read the Instructions</u>

- Virtually all conferences/symposia have explicit poster criteria
- Pay careful attention to the <u>dimensions</u> and the <u>deadlines</u>
- Within these limits, let your creativity abound

#### • Example:

http://my.americanheart.org/professional/Sessions/InternationalStrokeConferenc e/Programming/For-PresentersModerators-ISC\_UCM\_424151\_Article.jsp

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# Crafting a Poster Title

- The title is <u>the only thing</u> that most people will read about you or your work make it count
- Avoid lengthy titles with lots of technical language
  - Acronyms are usually not appropriate
  - Familiar terms and catchy phrases are enticing
  - E.g. "Practicality of Intermittent Fasting in Humans and its Effect on Oxidative Stress and Genes Related to Aging and Metabolism"

#### versus

"Feast then Famine: How Fasting Makes Our Cells More Resilient to Stress"

• Positive Statement versus the Effect Statement

### **Poster Titles**

#### Positive Statement

Ischemic Stroke Increases Activity of the Neuroprotective Angiotensin Converting Enzyme 2

Antisense Oligonucleotide to Connective Tissue Growth Factor Inhibits Rabbit Corneal Scarring

#### <u>Effect Statement</u>

Effect of Ischemic Stroke on Activity of the Neuroprotective Angiotensin Converting Enzyme 2

Effects of an Antisense Oligonucleotide to Connective Tissue Growth Factor on Rabbit Corneal Scarring

# **Titles and Affiliations**

- <u>Read the instructions</u> can be variable
- In general, list in author order (presenter first) each author's first name, middle initial, and last name
- If affiliations are all the same, list affiliation on a separate line without superscripts; if different, denote with numerical superscripts just after author last names for all authors, e.g.:

Douglas M Bennion<sup>1</sup>, Colin Sumners<sup>1</sup>, Michael F Waters<sup>2</sup>

<sup>1</sup>Department of Physiology and Functional Genomics, College of Medicine, University of Florida; <sup>2</sup>Neurovascular Division, Department of Neurology, College of Medicine, University of Florida

## Poster Title Practice

- Two minutes to craft your own title
- Use a template of your choice
- Keep your audience in mind (level of technicality/jargon)
- Show and Tell Time



#### Go to <u>http://discovery.education.med.ufl.edu</u> for poster instructions for Medical Student Research Day

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### Abstract

- For those who make it past the title, this is <u>the only</u> <u>other thing</u> that most people will read (e.g. review committee members) – make it count
  - May be printed in the program and is the only permanent record of your presentation
- Can be included in its entirety on the poster, but rarely required
- Effective to break up for use in subsequent sections of the poster
- Can be rolled in with the Introduction section

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# Introduction Section

- Can also be labeled as BACKGROUND
- Emphasize the "research gap"
- Report key findings from previous work
- Use bullet points (2-3) rather than paragraphs visual appeal and much easier to rapidly digest
- Leads directly to the Specific Aims

# **Specific Aims Section**

- Can also be labeled as OBJECTIVE or HYPOTHESIS
- Should be clear, concise, and easy for non-experts to understand
- If more than one, use numbers or bullet points
- Oft-used phrases: "We hypothesized that..." or "We tested the hypothesis that..." or "To determine the effect of..." or "To examine the impact of..."
- A diagram or visual of some kind can be incredibly helpful and allows you to refer back easily

# Intro/Specific Aims Practice

- Five minutes to draft several introductory bullet points and specific aims
- Keep your audience in mind (level of technicality/jargon)
- Show and Tell Time



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## Materials and Methods

- Rule of Thumb: Less is more
  - Describe any essential methods/techniques verbally
  - Use citations (*sparingly!*) to save space; example:
     We used methods previously established in our laboratory for inducing experimental stroke (Mecca A et al. *Exp Phys* 2011;23(1):125-32)
- Things to include:
  - Sources of key/unique reagents or animal models
  - Brief outline of experimental design
  - Numbers of replicates (n values) and statistical tests
  - Define of all abbreviations

# Materials and Methods Practice

- Three minutes to draft Materials and Methods bullet points:
  - Relevant citations
  - Cohort sizes and brief experimental design
  - Statistics (paired t-test, two-way ANOVA, multiple linear or logistic regression
- Keep your audience in mind (level of technicality/jargon)
- Show and Tell Time

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### **Results Section**

- Usually takes up the bulk of the poster space
- Includes graphs and tables prepared as large as possible to enhance readability
- Should be neat in appearance, uniform, and high resolution (no fuzzy figures!!!)
  - Utilize **COLOR** to differentiate treatment groups
  - Don't forget legends
  - Should be self-contained i.e. can be basically understood without you there to explain it
  - Label X and Y axes correctly and carefully
- This is where the rubber meets the road know your data and be ready to defend it

#### Fuzzy vs Fantastic

Figure 1. Activity of ACE2 in serum and brain is altered following stroke in rats



Figure 1. Activity of ACE2 in serum and brain is altered following stroke in rats



#### **Posters: the Art of Science**

### Results Section – other points

- Figure titles can be very helpful
- Full figure legends are completely optional
  - Adds quite a bit of text to poster and makes it appear more dense
  - Allows the poster to stand alone during display hours
  - If not used, ensure methods section contains clear information about cohort numbers and different experimental designs
- Learn your figure-generating software well enough to get fantastic figures and tables; ask for help if you don't know how

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# **Conclusions Section**

- For anyone who reads through the title and the abstract/introduction, this may be <u>the</u> <u>only other thing</u> that they read – make it count
- Numbered or bulleted (the Rule of 3's)
- Try to place your findings in the context of the larger research field
- Appropriate to mention strengths and weaknesses

### **References and Acknowledgements**

- References can be cited in line (e.g. Rosado et al. J of Hypert. 2015;66(1):215-9.) or using superscripts with a separate references section.
  - Try to limit references 5 max
  - Use references to save space, when possible
- Acknowledge sources of funding a one-liner near the Conclusions section is sufficient.
  - For example: We gratefully acknowledge support from the National Institute of Neurological Disorders and Stroke and the UF McKnight Brain Institute.

# **Conclusions Practice**

- Five minutes to draft Conclusions bullet points:
  - Summarize findings
  - Statement of potential significance and future direction
  - Strengths and Weaknesses
- Keep your audience in mind (level of technicality/jargon)
- Show and Tell Time



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# **Presentation Pointers**

- Practice, practice, practice this is your time to shine!
- Be excited, smile, and talk loud and interestingly enough to be heard
- Use 10 seconds to get an idea of your listeners' background and interest
  - Ask the person 'What is your background in (topic)?'
  - Tailor your message to their experience and time
  - Have 30 second, 2 min, and 5 min versions ready to go
- Always finish strong hit your main conclusion points and end with a smile

### Questions?



#### Patterns in sea otter resource selection in Kachemak Bay, Alaska



#### Nathan Stewart School of Fisheries and Ocean Sciences, University of Alaska Fairbanks n.stewart@sfos.uaf.edu

#### Abstract

This study relates patterns in sen other resource selection to bentlyic habilat type and available sen other proy quantity and quality in order to understand why others frequent certain gargeptide areas ever others. Floridge suggest that had bottom habitus and their associated proy communities are three fore-toutilized by atters in the greater Kanitana Bay area of Kachernak Bay, Alaska.

#### Introduction

The ability of sea others to significantly reduce prey abundance, limit prey size, and consequently alter community structure has been well documented (Lines & Palmisane 1974, Estes et al. 1978). Much of this research, however, has focused on sea other interactions with tooky habitats. Relatively little is known the others ability to limit pray populations in soft-bottom communities (Kvitek et al. 1992) or here.

patients in our other spect are not foregoing sourcesy respond to horse-spectrum tendency or. In South Control Alaska, see action occupying the Mattine broad stack Bablins of Auchemak Bay here equal accounts both rocky and with boths thating types which their anteract accounts. The previously of different grain sizes in the bay provides a unique opportunity to relate known sea other foraging activity to a particular substrate type and associated prey community. In this study, patterns in sea other spoce use detected by teleneutry and serial observations will be described in terms of available habitas and prey. Homass and mergy per unit area will be used as currencies to compare the peternial contribution of habitat types to sea otter diet.

Understanding how others immust with a variety of available habitat types and pray fields in Kachentak Bay is critical to the monitoring and management of this species as it continues to atabilize in an enologically, commercially, and representationally important area in coastal Alaska.

Objectives

«Determine if patterns in an other resonance selection can be described by available prey quantity and quality.

Hypotheses

1. Given equal access to soft bottom and rocky habitan, see other will select habitan with larger grain

2. The magnitude of site utilization will relate directly to available biomass and energy density per unit

Methods

«Determine if patterns in sea other resource selection can be described by habitat type.



#### Sampling Design

(Discarded Prey Shells (Fig. 3A) were sampled via three 20th to 2th helt transects (40th) and total shell counts per transect (Fig. 30) were used to determine mean shell density (per m<sup>2</sup>) for each labitat type. Live Potential Prey (Fig. 3C) were sampled using three Am x Am x 20cm quadrats (.05m<sup>2</sup>) using an airlift startion drudge (see Kyltak and Oliver 1992). All live prey were collected and measured.

#### Size to Mase and Energy to Mass Calculations

Length measurements (num) were taken on all discarded prey and live prey samples collected in each habitat type. Langths were used to calculate available biomass (mg of dry mass per m?) and energy density (I mg 'dry mane) per unit area using conversion factors for each distinctive species (see Dean et al. 2002).

Satidonar gigantea februaries cheinsponent

Dry mass (mg) vs. size (mm) E Mass = 0.0001 x length<sup>(1.215)</sup> Mass = 0.000048 x length<sup>(1.214)</sup> Energy ( J mg 'dry mass) 16.81 11.94

#### Results

Which Habitats do yes other adding most?

27 sea otter foraging sites were sampled. 71% occurred in subble habitats (grain size 64-256 mm), 22% in gravel habitats (grain size 2-64 mm) and 6% in samly habitats (grain size 1-2 mm).

#### Discarded Prey Shells

- "Sex other crucked shells were equally abundant in gravel habitate (0.43 × .06162, n=105) and sendy habitate (2.42 + 01.10<sup>2</sup>, tr-49) yet were noticeably smaller and more size limited in sandy habitats. +Shell records associated with gravel habitats provided both the highest calculated biomess (.82 + .27 mg/m<sup>2</sup>)
- and total available energy per unit area (13.42 ± 18.68 kJ er?) of all three habitate (sand: .34 ± .05 mg/m², 6.93 = 9.88 kJ m<sup>-1</sup>, and cobble: 29 = .04 mg/m<sup>1</sup>, and 5.49 = 12.62 kJ m<sup>-1</sup>).
- -A notable discrepancy was detected between mean length of binalves in the shell record and mean length of Siving bivalve species (Fig. 4).



Fig. 5. Size decoupancy between loss proy and the shall second to institute habitations. Also most the discrigancy in size class indicated by deviation from the most No. 1 See

#### Live Potential Prey

+6 major prey species were collected during this study (Fig. 5). Sanidowar giganous were most abundant at

and states per second endocody barger in the shell record (Fig. 4, downed in red). -Two downians appoints 2, gipsense and Zohnnose charappears down the separation of said, pared, and cables labeless (SMCHZ analyses, pr2011). Subject plots of homoso (Fig. 4, 9) and energy downing (Fig. 30, 11) per habitat type illustrate how the size and caloric value of these two dominant prey vary with aubultuig type.



by 18 holds per of its periods of it proves story

#### Discussion and Conclusions

«Gravel habitats were the most profilable habitat type in the Kasitana Bay area, providing the highest biomass and energy per unit area. Larger and more evenly distributed size classes of S-giganize and T-cheirageous were largely responsible for this finding (Fig. 8, 9, 10, 11).

\*The importance of X giganies to sea otters is reflected both in the otter-cracked shell record and the live bivalve assemblage. Over expresentation in the predation mound may be the result of either sea other preference or the tendency for shells of larger butter classs to persist longer then these of smaller species

«Prey communities in sand lubitate show evidence of either intensive sea other predation pressure or are the result of long term occupancy. Sea other prey biomass and size have been doesn to vary inversely with duration of sex other occupancy. It is possible that sex others initially foregate on and spacify algebraic bisaire populations in the Xushima Ray area during re-colonization and that present populations are via Danhild and thus long performad.

#### **Future Implications**

"The side-scan mapping of Kachemak Bay (NOAA 2008) will enable habitat information gathered in the greater Kasituna Bay area to be extrapolated to the entire Kachemak Bay system.

-Future analysis will focus on (1) the development of probability fields to describe sea other foraging in various habitats across seasons and (2) the estimation of habitat availability and prey energy per km (kJ km<sup>2</sup>) for available habitans in Kachemak Bay.

#### Acknowledgements



area in puternial prov species.

Kate

Study Area This study was carried out in the groater Kasitona Bay area (59° 26' 49N, 151° 30' 37W), located on the nonthern shere of the Kachemak Bay Research Reserve, Lower Cook Inlet, Alaska (Fig. 1).

Site Selection

Sites in the Kasitina Bay area were selected using utilization distribution data (Fig. 2), accessed by small beat from the Kantuna Bay Laboratory, and sampled using SCUBA.



#### **Doug Bennion, University of Florida**

#### **Posters: the Art of Science**



#### Doug Bennion, University of Florida

#### **Posters: the Art of Science**

Activity OF THE Neuroprotective Angiotensin Converting Enzyme 2 **UF** FLORIDA IS Altered IN THE Acute Phase OF Rat AND Human Ischemic Stroke Douglas M Bennion, Emily Haltigan, Alexander J Irwin, Christian Rosado, Daniel L Purich, Michael F Waters, Colin Sumners; University of Florida, Gainesville, Florida Figure 1. Activity of A ACE2 in the serum is altered following Sham 200 Stroke stroke in rats and in Ser. 300 humans. Activity

(A) Bar graphs are the average percent activity levels of ACE2 in rat

serum at the indicated time points post-stroke.

gures

Data are normalized to pre-stroke values for either sham or stroke groups, respectively (n = ~20 per group) and are means ± SEM. # p<0.05 vs. respective pre-stroke values. (B&C) Bars represent the average percent activity levels of (B) ACE2 or (C) ACE in human serum from healthy controls or from ischemic stroke patients at 4h and again at 3d post-stroke. Data are are means ± SEM. \* p< 0.05 vs. respective healthy controls. # p<0.05 compared to 4h post-stroke. RFU = relative fluorescence unit.

100



Linear regression analysis showed correlation of ACE2 activity at presentation with the indicated measures. Significant correlations were not found for other variables of history of hypertension, type II diabetes, gender, length of hospital stay, ACE activity at presentation, or treatment with tPA, NIH stroke scale score or modified Rankin Score at discharge.

This work has been supported by the AHA (12PRE11940010), NHLBI (2T32HL083810-06A1), and HE McKnight Brain Institute - many thanks!

Figure 3. Effects of pharmacological inhibition or activation of ACE2 in rat ischemic stroke

Stroke Mimic, n=4 
3d Post-Ischemic, n=8

Control, n=10

4h Post-Ischemic, n=17

200

2



(A) Infarct volume assessed at 3d post-stroke by TTC staining and image analysis did not show significantly larger stroke with MLN-4760 ACE2 inhibition by given intracerebroventricular infusion (1mmol/L infused at a rate of 0.5µL/h, n = 6) for five days before and three days after ET-1 MCAO as compared to NaCl infusion (n = 7). (B) Neurological function at 4h and 3d post-stroke was significantly worse following MLN-4760 infusion. Data are means ± SEM. \*p<0.05 compared to respective controls.

#### CONCLUSIONS AND SIGNIFICANCE

- 1. We found dynamic alterations of the protective ACE2 pathway following stroke in both rats and humans S
- 2. Endogenous brain ACE2 plays a protective role at preserving neurological function in stroke

preserving neurological function in stroke 3. Stroke therapeutics designed to target the ACE2/Ang-(1-7)/Mas axis may act in synergy with endogenous changes in the acute post-stroke setting, lending promise to further study of diagnostic/prognostic stroke biomarkers and potential neuroprotective agents

#### INTRODUCTION

Stroke biomarkers may aid early diagnosis, clinical management, and treatment monitoring •The renin angiotensin system plays an integral role in cardiovascular health overall and fluid homeostasis and blood pressure control during stroke ACE2 action is

neuroprotective in ischemic and hemorrhagic stroke in preclinical studies. adding promise

to its potential

as a biomarker

HYPOTHESIS

for stroke.

Ang-(1-7) HHH STROKE BOTECTION

We explored the stroke-induced changes in activity of ACE2 following stroke in rats and in

humans, and we tested the deleterious effects in stroke of blockade of endogenous ACE2 in the rat brain

#### METHODS

•Rats underwent either sham surgery or endothelin-1 (ET-1) induced middle cerebral artery occlusion, followed by serial serum collections. Some received central infusion of an saline or ACE2 antagonist, MLN-4760, with infarct size assessed 3d after stroke

•Human serum samples were collected by informed consent from controls or ischemic stroke or mimic (stroke-like symptoms) patients at Shands Hospital at UF at presentation and again at 3d after stroke onset

Enzyme activity assessed by fluorometric assay

#### **BASELINE CHARACTERISTICS**

	Control	Mimic	Ischemic Stroke
#patients (M/F)	10 (3/7)	4 (0/4)	17 (10/7)
Age, mean $\pm$ SD	$58.1 \pm 14.0$	60.8±17.5	70.6±16.8
History of hypertension	60%	100%	40%
History of diabetes	40%	0%	52.9%
Time from onset, mean ± SD (hrs)	N/A.	4.02±0.67	3.36±1.34