



26th Annual Scientific Meeting of the Australasian College of Phlebology 24 - 27 April 2026 | Melbourne

POSTER INSTRUCTIONS

FORMAT

- Posters for this meeting will be presented as PRINTED Posters that will be displayed on a Horizontal Posterboard (1.8m W x 1.2m H) throughout the conference.
- Have your poster printed A0 size in horizontal format (841mm x 1189mm).
- You can use powerpoint to create your poster. Ensure you make the page size measurements as above, and when complete save it as a pdf (in the publication size) that you would send to your printers.
- There are also many graphic creating programs out there such as CANVA, Vistacreate etc

PRINT AND HANG

- Please have your poster printed and bring it with you to the conference.
- Print on poster paper in a matt or semi-gloss finish so it doesn't create too much glare.
- Please notify the staff at the registration desk that you have a poster to hang and they will guide you on where to hang your poster.

PRESENT

- Posters are required to be presented by the author during the poster session.
- The poster session is held in an area away from the main stage and is less formal.
- You will need to explain your poster and its findings in a short presentation, approx. 5-10 minutes.
- Questions for Poster Presenters will be taken during the poster session.

CONTENT

- Title: The title of your poster should be identical to the corresponding abstract.
- Posters should show the names and affiliations of all authors. The name of the presenting author should be underlined.
- Conflicts of Interest: All conflicts of interest MUST be disclosed.
- Financial Support: Financial support received in regard of the work described should be acknowledged.
- Ethics Approval: All human or animal experimental studies presented MUST have prior Ethics Approval from institutional authorities. This must be declared in the Methods. All research work must have followed standards set by the Declaration of Helsinki.
- Drug Names: Use generic drug names with the proprietary names in brackets eg. polidocanol (Aethoxysklerol). Disclose the identity of experimental agents and/or technologies discussed and declare any unapproved or off-label uses of pharmacological, biological, and medical products discussed.
- Trademarks: Avoid the use of trademarks, advertisements or product company logos. Avoid using any trademarks such as 'EVL'T' and instead use endovenous laser ablation (EVLA).





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DO'S

Do: Keep it simple!

A poster is basically an illustrated abstract, you want to show off the highlights of your research; pick a few key figures and make sure they're clearly explained.

Do: Keep it big!

People shouldn't need a magnifying glass to read your poster, so make sure to stick with a nice large font size: minimum size 16!

Do: Use legible fonts!

For your body text, use a serif font, such as Cambria, as these are easier to read when they are small. For your main headings and sub-headings, a non-serif font.

Do: Use colour (sparingly)!

You want to make your poster as inviting as possible – no-one wants to spend their tea break looking over a boring, drab black and white poster!

Do: Expand your screen size!

Prepare and view your presentation at it's specified display size to ensure that pictures are not blurry and text would be legible. Plug your presentation into a large screen TV and you should get an idea of what it will look like in person.

Do: Run through it with a friend!

Make sure you're 100% comfortable talking your way through the entire poster from start to finish, but also from any point in the middle.

DONT'S

Don't: Try to cram too much in!

A cluttered poster is a nightmare to look at, you don't want people to skip over viewing your poster because it looks like it will give them a headache! Make sure you're poster is clear, concise and easy to follow.

Don't: Pick extremely bright colours!

While you want to have some colour in there to keep your poster looking interesting, don't go over the top with it! Very bright colours or mixtures of bold colours can be painful to look at, stick with neutral tones and have plenty of white space!

Don't: Forget to practice!

Just because a poster is a smaller commitment than a talk doesn't mean you shouldn't put plenty of time into preparing for it – practice, practice, practice!!



GOOD

Organizational logo

Project title
Your name and credentials

Introduction

What were the driving forces that led to the design of the project — how significant was the problem to your organization and nursing?

Project goals

Major goals and objectives you hoped to achieve with the project

Project description

Provide an overview of the design of your project, including specific initiatives implemented, staff/units involved and time frame of the study

Evaluation strategy

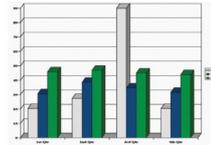
What outcome measures did you use to evaluate your success?

Findings

Use graphic or pictures to present results when possible

TABLE ONE

| | | |
|------|------|------|
| 1998 | 1999 | 2000 |
| 2001 | 2002 | 2003 |
| 2004 | 2005 | 2006 |



Reference literature

Evidence-based literature to support the initiative

Conclusions and implications

Impact on your organization and the implications for nursing

Acknowledgements

Acknowledge grant funding and clinical partnerships

Contact information

Who should be called for more information?

BAD



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



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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 (Xavier 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:

I am grateful for generous support from the National Research Foundation, Black Hole Diet Plans, and the High Fructose Sugar Association. Transport flights were funded by SPACE-EXES, the consortium of wives divorced from insanely wealthy space-flight startups. I am also grateful for comments on early drafts by Mariana Athletic Club, Corpus Christi, USA. Finally, sincere thanks to the Cuy Foundation for generously donating animal care after the conclusion of the study.

LITERATURE CITED:

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Xavier, M. 1965. Elastane Purchases Accelerate Weight Gain In Case-control Study. Journal of Obesity. 2:23-40.

