Abstract Submission Guide: Lifestyle Medicine Symposium 2019

1. To access abstract submission portal, please go to: https://qatar-weill.cornell.edu/event/lifestyle-medicine-symposium/call-for-abstracts

2. Click on ‘Submit Now’

3. You will be redirected to below screen

Call for Abstracts

Globally, there is an ongoing epidemic of non-communicable diseases (NCDs), examples of which include hypertension, cardiovascular disease, obesity and diabetes, to name a few. The good news is that a vast majority of these diseases can be prevented, treated and often reversed with lifestyle measures.

Lifestyle Medicine is an evidence-based approach to preventing, treating, and even reversing diseases by replacing unhealthy behaviors with positive ones — such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, getting adequate sleep, and having a strong support system (American College of Lifestyle Medicine).

We welcome submission of abstracts for poster presentations and/or pre-symposium workshops addressing any of the following themes, which are the pillars of Lifestyle Medicine:

- Healthy nutrition
- Increase exercise/physical activity
- Cessation of tobacco and other risky substance abuse
- Stress management
- Adequate sleep
- Maintain healthy relationships/social connectedness

Deadline for abstract submission: 11:59 pm, November 10, 2018

Important

All abstract submissions must be made using the symposium website.
Incomplete abstracts will not be considered.
Authors will be notified of the decision (acceptance) by first week of December, 2018.
Selected abstracts: Presenting authors must register for the symposium.
Lifestyle Medicine Symposium 2019
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Submission guidelines for poster and workshop abstracts

- Adhere to the overall theme of the symposium: Lifestyle Medicine and its pillars (listed above).
- Abstracts must be submitted and presented in English.
- Accepted abstracts will be published on the symposium website and in the symposium brochure.
- Abstract length should not exceed 450 words (excluding references).
- Only one table or graphic is allowed if it contributes to the better understanding of the abstract.
- Abbreviations used within the abstract must be spelled out at first mention.

All questions / clarifications pertaining to the poster / workshop abstract submission should be directed to lph@qatar-med.cornell.edu.

Please select the type of abstract submission

- Poster Presentation
- Pre-symposium Workshop

Choose any one option

Click “Next”
I) If you are submitting a poster presentation abstract you will see below screen.

1. Complete all information as required.

2. Once you have filled out all the required fields and uploaded a completed word document for the abstract, click on Submit.

3. On submission of the abstract, you will receive a confirmatory email notification.
II) If you are submitting pre-symposium workshop abstract, you will see below screen.

1. Complete all information as required.

   ![Image of submission screen]

   1. Complete all information as required
      - I am willing to host workshop(s) as follows
      - State your preference here
      - Upload completed abstract for pre-symposium workshop here

2. Once you have filled out all the required fields and uploaded a completed word document for the abstract, click on Submit.
3. On submission of the abstract, you will receive a confirmatory email notification.