

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>

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 author/s must register for the symposium.

[Click here](#)

Submit Now

2. Click on 'Submit Now'
3. You will be redirected to below screen

Lifestyle Medicine Symposium 2019

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 & other risky substance abuse
- Stress management
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- Maintain healthy relationships/social connectedness

The deadline for abstract submission is 11:59 pm, November 10, 2018.

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 jph@gatar-med.cornell.edu.

Please select the type of abstract submission

Poster Presentation

Pre-symposium Workshop

Choose any one option

Click "Next"

Next

4. Make your selection for abstract submission by choosing one option. Click 'Next'

I) If you are submitting a poster presentation abstract you will see below screen.

1. Complete all information as required.

The screenshot shows a web form for submitting a poster presentation abstract. It includes input fields for 'Job Title' and 'Organization / Institution', a text area for listing co-authors, a 'Submit abstract' section with an upload button, and a 'Back'/'Submit' navigation bar at the bottom. Red annotations highlight the required steps: a red box and arrow point to the co-author field with the text '1. Complete all information as required'; red text '2. Upload Completed abstract for poster presentation here' is placed above the upload button; and red text '3. Click here to submit' with an arrow points to the 'Submit' button.

Job Title

Job Title

Organization / Institution

Weill Cornell Medicine-Qatar

List all other co-author(s) / presenter(s)
(Include name, email, job title and organization/institution details for all listed)

Name1, Job Title, Organisation
Name2, Job Title, Organisation

1. Complete all information as required

Submit abstract
Upload the complete 'abstract'. Please note only word documents will be accepted
*Helpful hint! [Download 'Abstract template for posters'](#).

2. Upload Completed abstract for poster presentation here

3 Abstract template for posters word version final (1).docx

21.8 KB
application/vnd.openxmlformats-officedocument.wordprocessingml.document

3. Click here to submit

Back **Submit**

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.

The screenshot shows a web form for submitting a pre-symposium workshop abstract. It includes input fields for 'Job Title', 'Organization', and a larger text area for 'List all other co-author(s) / presenter(s) / workshop facilitator(s)'. Below these are two radio button options for the number of sessions. A file upload section follows, with a 'Drop files or click here to upload' area. At the bottom, there are 'Back' and 'Submit' buttons, with a red arrow pointing from 'Back' to 'Submit'.

Job Title

Organization

List all other co-author(s) / presenter(s) / workshop facilitator(s)
(Include name, email, job title and organization / institution details for all listed)

1. Complete all information as required

I am willing to host workshop(s) as follows

2. State your preference here

One session

Two sessions

3. Upload completed abstract for pre-symposium workshop here

Submit abstract
Upload the complete abstract here. Please note only word documents will be accepted

*Helpful hint! [Download 'Abstract template for workshops'](#)

Drop files or click here to upload

4. Click here to submit

Back Submit

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