



Liver Health Poster Competition 2023

This competition showcases posters and a brief video created by early career healthcare professionals from across the country on six areas of liver educational focus: disparities in liver disease, fatty liver disease, liver cancer, liver transplantation, pediatric liver disease, and rare liver disease. Senior liver experts will guide the competitors throughout the creation of their poster/video. Competitors are tasked with translating complicated medical information into a poster which can be easily understood by patients or the public. Posters will be reviewed and scored by a formal panel of judges comprised of ALF National Medical Advisors, patients, caregivers and friends of ALF. The competition website will be open to visitors who will be encouraged to vote for their favorite poster. The poster with the most votes will receive the People's Choice Award.

Submit a Poster and Video – Entry is Free

Recruitment for the poster competition has begun and we are looking for posters/videos in the following areas of focus (once area of focus is identified, ALF will provide a list of specific topics):

- Disparities in liver disease
- Fatty liver disease
- Liver cancer
- Liver transplantation
- Pediatric liver disease
- Rare diseases

Who is Eligible?

All early career healthcare professional disciplines who treat liver patients

Incentives

- Participant/Mentor recognition
- Medical Center recognition
- Social media promotion
- Modest cash prize for the category winners

Submission Date

Open from February 1, 2023 – March 31, 2023

Winner Announcement

May 8, 2023

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How to Get Started

Step 1: Topic Request and Approval

Choose your category (disparities in liver disease, fatty liver disease, liver cancer, liver transplantation, pediatric liver disease, and rare liver disease). A list of topics for that category will be forwarded. This step is REQUIRED to make sure that your topic/title selection is available.

Step 2: Prepare Content and Materials

- A. [Download this .jpg header](#) to combine in a single document with your poster.
- B. The .jpg header measures 4224 pixels x 270 pixels in total.
- C. Your poster design should measure 4224 pixels wide and 2898 high. It should also include the 270 pixel high header sitting directly above your poster.
- D. Your poster's total dimension should measure 4224 pixels x 3168 pixels (including the header).
- E. Once you've combined your poster with the header, export your document as a .jpg file.
- F. Record your 2–3-minute video, see tips in this guide which are also [available here](#).

Step 3: Submit your Poster/Video - Deadline March 31, 2023

Submission Instructions are included in this guide or [available here](#).

Step 4: Share with your friends, family, colleagues and patients!

Whether it is through email or social media, we would love for you to share your poster with your supporters once it is uploaded onto our website! The website will be available for viewing mid-January 2023.

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Video Recording Tips

Your Phone is Best

If you have an iPhone or an Android phone they have excellent cameras, so if you're able, use a smartphone

Landscape is Great

Turn your camera 90 degrees to record in landscape mode. Make sure you can position phone/camera so that it's close to eye-level.

Use the Lens

If you're using the selfie camera it's generally dead center at the top of your phone. If you're using the rear camera there may be more than one, ask your friend to let you know which one you should be looking into. And don't forget to pretend you're speaking with us directly. If it helps, imagine you're talking to all of us, or even better, a close friend.

Check Your Light Source

Natural light tends to have a warmer "feel" than many artificial light sources, but make sure the sun is NOT in your eyes. If it's nighttime, look for a light source that's diffuse (a lamp with a shade - ideally not florescent blue light). Position it behind your phone so that your face is illuminated without shadows and glare. If the light source is too bright, consider using a scarf or some sort of thin fabric to soften it but make sure that fabric isn't adding a color to your face. Most importantly try not to be backlit (have a bright light behind you) as you'll appear as a shadow and the image will be difficult to use.

Plan and Practice

It can be helpful to write out what you'd like to say in outline form, bullet points, or on cards. Practice out loud a few times, you can even record and watch yourself if that helps. BUT be mindful that the best video of you is going to be the one where you're connecting with us through the camera not the one where you're reading off a script or trying to remember your outline. We want to feel like you're speaking directly to us.

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Upload Instructions

Step 1: Go to <https://wetransfer.com/>

Please note you may be prompted to sign-up or subscribe. This is not required.

Step 2: Upload Your Files

On the left-hand side of the screen, there is a circle with a plus sign in the middle. This is where you upload your recording and your poster graphic. You can drag and drop the files there or click on the words "Upload files" to select from your folder. Please save your files as your name, category (i.e.- L Cannon, Liver Cancer)

Step 3: Fill in the Blanks

Enter the recipient's email address in email to, your email address, the title, and a message. All emails should be sent to lcannon@liverfoundation.org for submission. In the title field, please add your name and your full poster title. For example, Jane Smith, Cholangiocarcinoma, What You Need to Know. For the message field, please include your name, Institution, and poster title (i.e. – Jane Smith from XXX University Medical Center, and poster name Cholangiocarcinoma, What You Need to Know). As soon as the file is uploaded, and you fill in these sections, you can hit Transfer and it will send.

Step 4: Enter Your WeTransfer Code

Before sending your files, WeTransfer will verify your email address. This is standard with WeTransfer. You will receive a six-digit code via the email you provided. This code is active for 60 minutes, and you can request a new code.

Step 5: Emails from WeTransfer

You'll receive two emails after sending data through WeTransfer. The first email message includes a confirmation that your file transfer has been sent, and the second one comes when the recipient downloads the submitted file. The files are available for download for seven days before being permanently deleted.