



# 81<sup>ST</sup> ANNUAL MIDWEST FISH & WILDLIFE CONFERENCE

February 1-4, 2021

## e-POSTER PRESENTATION REQUIREMENTS

*The steps outlined below will walk you through how to upload a poster for the e-Poster Gallery.*

*Additionally, here's a 6-minute video for an overview of these steps:*

[https://www.youtube.com/watch?v=qRSDOYno\\_NI](https://www.youtube.com/watch?v=qRSDOYno_NI)

1

**Upload e-Poster:** Once you have received an email from the conference organizer, you may log into the "Poster Harvester" and begin completing the required tasks. Click on the "**Upload Your Poster**" to upload the pdf file, following these requirements.

- For publishing purposes, the poster upload must be a **PDF** file at highest resolution possible.
- The aspect ratio (ratio of width to height) should ideally be set to **16:9**.
- The complete poster is limited to **one slide only**; meaning **one single page** for your PDF file.
- Fonts should be **sans-serif** (e.g., Arial, Calibri, etc.)
- Minimum font size should not be smaller than 6pt.

2

**Audio Recording:** You have the opportunity to add audio to your poster if you want to create a more personal and engaging experience for attendees. Within the "Conference Harvester" complete the "Poster Audio" Task.

- Click the blue START RECORDING button to record audio from your device's microphone. You may see a popup message when you click the button asking you if you would like to allow access to your microphone. Once you allow it you can start recording your audio.
- When you speak into your microphone, the grey 'volume' bar will light up green if audio is being detected. The louder you speak, the more green you will see. If the bar does not turn green then your microphone is not picking up any sound.
- Once you have made your recording, click the green SAVE RECORDING button to publish the audio so that attendees can hear it. If you make a mistake, use the red DELETE button to remove your audio and re-record it.
- **Max recording time:** 7 minutes

3

**View the Final Product:** Listen to your audio recording before it is published to the virtual site.

This is a screen shot of the ePoster pop up window, showing the link to the PDF as well as a link to audio file.

Topical Area: Aging and Chronic Disease

**(P01-090-20) Consuming Wolfberry (*Lycium Barbarum L.*) with a Healthy Dietary Pattern Improves the Function of Blood Outgrowth Endothelial Cells Derived from Middle-Aged and Older Adults**

Has Audio

Objectives: Endothelial progenitor cells (EPCs), a novel biomarker of cardiovascular disease, are involved in the maintenance of endothelial homeostasis and vascular repair and the number of EPCs could be altered by dietary modification. Wolfberry is widely known for the potential cardiovascular benefits, however, its impact on EPC count and function is not reported. This study aims to investigate the effect of consuming wolfberry as part of a healthy dietary pattern (HDP) on the number and function of EPCs derived from blood (BOECs).

Methods: Twenty-four subjects from Singapore were randomized and consumed either HDP only (HDPO; n=9; mean age 55 ± 3 years) or HDP supplemented with 15 g/day wolfberry (HDPW; n=15; mean age 56 ± 4 years) for 16 weeks. At pre- and post-intervention, 27 mL peripheral blood was collected from subject for the isolation of BOECs. Immunofluorescence staining with von Willebrand factor (VWF) and flow cytometry analysis with cell surface markers including KDR and CD34 were performed to verify the obtained BOECs. *In-vitro* tube formation assay was performed to measure the angiogenic properties of BOECs. Endothelial-dependent flow-mediated dilation (FMD) and intima-media thickness (IMT) were also measured by ultrasonographic

View ePoster