



**SAHM 2025 Annual Meeting – Baltimore, MD**  
***Instructions for Poster Presentations***

Logistics

- SAHM will provide space for each poster and thumb tacks to display your materials. Two posters will share one long poster board. Please be certain to display your materials on the side of the board with your corresponding poster number. There will be no Internet or electrical connection provided.
- At least one of the investigators must stand by the poster during the session when authors are required to be present.

Poster Preparation

- **The poster size specifications have changed from what they have been in previous years.** Posters must be no larger than 3'10" by 3' 10" (46 inches by 46 inches) to allow room for two posters per board.
- There are three main approaches to presenting your abstract:
  - One large printed sheet (which can be rolled up and carried in a tube).
  - Separate sheets mounted on paper or cardboard that can be moved closer or further apart.
  - One large background sheet and separate sheets mounted directly thereupon.
- Prepare a banner or top section of the poster including the title, authors and institution, with lettering at least two inches (2") high.
- The body of the poster should:
  - State objectives clearly.
  - Provide brief design information.
  - Visually present results and be clearly labeled (tables, charts and graphics are particularly helpful).
- Limitations and conclusions should be summarized.
- Keep in mind that posters can only make 2-3 points effectively.
- Posters should be easy to read from 3 to 6 feet away.
  - Letters should be at least 1 inch (1") tall and no smaller than 28-point font.
- You may find a 9" x 12" writing tablet and felt-tipped marking pens useful to illustrate points with colleagues.
- Meeting attendees appreciate—**and many times request**—a summary handout of presentations. Consider tacking a file folder to your poster board containing handouts, so attendees can help themselves at times when you are away from your poster.