

GUIDELINES FOR ABSTRACT PREPARATION

Abstracts must be single spaced on a form measuring 12.7 x 17.7 cm (5 x 7 in) in Times or Times New Roman with a font size of 10. All Abstracts must be in English and follow the format outlined below.

[Title] Bold, All Caps

[Author names] First name initial(s) (separate by periods, no space between initials), Last name.

Separate authors by comma only. Use superscript number after each name for corresponding affiliation.

[Affiliation] List affiliations preceded by superscript number if more than one affiliation. Run affiliations continuously separated by a semicolon.

[Abstract Body] Use bold only for the headings of: Objectives, Methods, Results, and Conclusions.

[Figures/Tables] Figures, if included, should be clean and made with dark lines. Do not use gray tones or colors. Tables, if included, must be clear and legible. Please have an original copy available if requested.

[Keywords] List keywords (≤ 5) each separated by commas. Cap each new keyword.

[Funding Support] List if applicable.

Example of Sample Abstract

CHANGES OF CIRCADIAN VARIATIONS IN URINARY EXCRETION OF ELECTROLYTES AFTER 1-DAY STARVATION

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Objectives: The roles of food intake and food deprivation on the human circadian time structure recently have received attention from the chronobiological effects of a short-term fasting on circadian variations of urinary excretion of electrolytes. **Methods:** Fifteen clinically healthy male volunteers (32 ± 8 yrs) participated in the study. The subjects were served a control diet for 7 days, and then asked to keep fasting for the following 24 hours. On the last day of the control period, and on the following fasting day, each subject collected urine seven times over a 24h span. Chemical variables were measured in each fractionated urine specimen. Urinary excretion rates were analyzed via conventional and chronobiological methods. **Results:** Average weight loss after 1-day fasting was 1.5 kg. Twenty-four hour urinary excretion of sodium and chloride significantly decreased, and that of potassium and volume increased. The circadian variation of those variables was well preserved throughout the fasting day with the significant changes of means and amplitudes, also with the slight delay of circadian acrophases. **Conclusions:** Fasting affected the circadian rhythm characteristics of urinary excretion of electrolytes, suggesting that food intake acted not only as tonic modulator, but also as phasic modulators on the circadian variations of these variables.

Keywords: Fasting, Urinary electrolytes, Circadian Variation, Food, Nutrition.