

Faces of Antiphospholipid Antibody Syndrome (APS) Photo Guidelines

☞ **Deadline: January 4, 2010** ☞

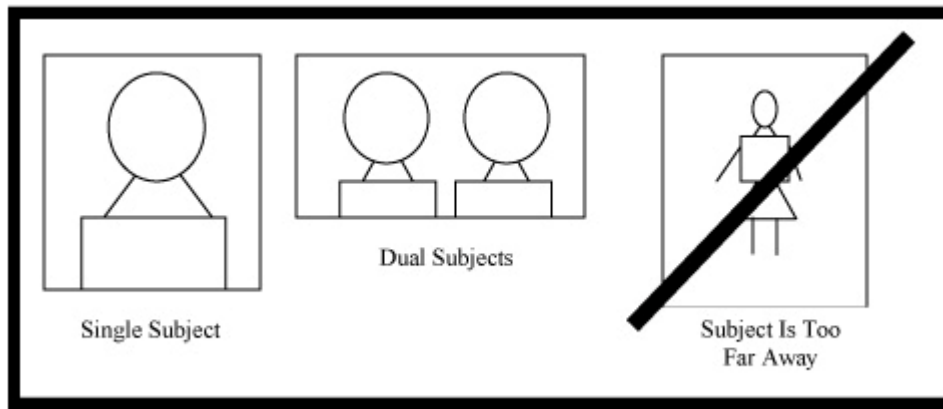
PHOTOS

The APS Foundation of America, Inc (APSFA) is collecting photos for a Faces of APS Advertisement that will be published in the Abstract Book for the 13th International Congress on Antiphospholipid Antibodies. Photos may also be used to post on our website in a Faces of APS Slide Show and/or used in future newsletters if a patient story is included*.

All pictures must be submitted to the APSFA electronically in accord with the specifications outlined below. Please submit the photos to the APSFA attached to an email addressed to Heidi Ponagai (articles@apsfa.org). (See below for information about including an optional patient story to accompany your photo.) You can send as many pictures and articles as you wish. Please attach up to 3 photos and one patient story/article per email.

Please note, you do not have to submit a patient story or article to submit a photo.

- **Submit Pictures as Digital Images**
We can accept most digital images. When in doubt, send the pictures as jpeg (.jpg) file set at a minimum resolution of 300 pixels per inch.
- **Image Quality / Resolution**
Set your digital camera to the HQ or high quality setting. Set your camera's resolution to a minimum resolution of 1600 pixels by 1200 pixels. A higher number of pixels will improve the quality of the images.
- **Composition**
The individual in the picture should fill most of the frame of the image (see example provided below). Do not include more than two people in a frame. A plain background is best. If that is not possible, watch for background objects.
- **Lighting**
When shooting indoors, always use a flash. However, be careful not to allow the flash to wash out the picture. When shooting outdoors, position the subject so that the light is coming toward the subject, rather than from behind them, or use a flash fill to light up the subjects face.



PATIENT STORIES OR ARTICLES TO ACCOMPANY THE PHOTOS (*optional but highly recommended)

Many APS patients find it comforting to read other patients' stories and find out that they are not alone in their disease. We always include at least 2 patient stories in our quarterly newsletters.

We strive to bring you the best newsletter that we can each quarter. In order to do so, we need patient stories and stories of interest from APS patients and their loved ones.

Topics can be from how APS affects you, poems you have written, tip and tricks that help you get through your day, to your favorite recipe. We are also taking book reviews of publications listed on our suggested reading page at:

<http://www.apsfa.org/publications.htm>

Please follow our current guidelines when submitting an article:

- Send your story/article to articles@apsfa.org
- Patient stories and most articles should be approx 500-750 words long
- Articles should be written at a 5th-8th grade reading level
- Please try to include a picture when submitting a patient story
- Patient stories should read like an autobiography—generally from diagnosis to present time, but it doesn't have to
- Please also include a title of your story

Please use previous patient stories as your guideline. They can be found here:

<http://www.apsfa.org/newsletters.html>

If you have ideas not listed here and are not sure if it would be appropriate? Drop us an email at articles@apsfa.org .