

SOCIETY FOR LIGHT TREATMENT AND BIOLOGICAL RHYTHMS
13th Annual Meeting, June 24-27, 2001
Nobel Forum, Karolinska Institute, Stockholm, Sweden

FINAL PROGRAM

Stockholm -- the Nordic Venice -- is the setting for SLTBR's 13th annual meeting. On June 22 and 23, we celebrate Midsummer in Sweden -- one of our biggest festivals, so it's a great time to visit Stockholm. Our meeting site and welcome reception is the Nobel Forum, home for the Nobel committees and the site where the Nobel Laureates in physiology and medicine are chosen each year. The Forum is situated at the Campus of Karolinska Institute, within walking distance of our two main hotels.

On Monday evening, we are invited to a reception in the Town Hall where the Nobel banquet is held. Our own banquet, on Tuesday, will be held at the Vasamuseum, the most popular museum in Scandinavia. An excellent meeting program in such a beautiful location will make for a memorable occasion. We look forward to welcoming you to Stockholm!

Bengt Kjellman, Chair
 Local Organizing Committee

Members of Local Organizing Committee: Torbjorn Akerstedt, Mats Gillberg, Gunilla Markstrom, Maria Dahlstrom, Lennart Rabow and Bengt Kjellman, Chair

SCHEDULE

- [Sunday, June 24, 2001](#)
- [Monday, June 25, 2001](#)
- [Tuesday, June 26, 2001](#)
- [Wednesday, June 27, 2001](#)
- [Continuing Medical Education Program](#)

Sunday June 24, 2001

2:00 - 5:00 PM Board Meeting
5:00 - 7:00 PM Board Dinner

7:00 - 9:00 PM Poster Session / Welcome Reception – Nobel Forum

Poster Discussant: Raymond Lam, MD

Sonia Ancoli-Israel, PhD. *Morning Light Treatment Decreases Morning Agitation.*

Maria R. Corral, MD. *Bright Light Treatment of Postpartum Depression.*

Marijke Gordijn, PhD. *Energizing Effects of Ocular Light.*

Katherine Hoppen, BPharm. *The Effects Of One, Two And Four Hours Of Bright White Light on Alertness, Performance And Melatonin.*

Eric Lainey, MD. *A Controlled Evaluation Of Lumino[®], A Portable Head-Mounted Light Delivery System, In Seasonal Affective Disorder.*

Raymond Lam, MD. *Effects of Catecholamine Depletion with Alpha-Methyl-Para-Tyrosine in Patients with SAD in Summer Remission.*

Arne Lowden, PhD. *Carbohydrate vs High Fat Meal – Effects on Wakefulness, Energy*

*Expenditure and Metabolism During a 24 H Wake Period.*Jennifer Martin. *Does Light Therapy Improve Depression In Severe Alzheimer's Disease?*Sheila Patton, MD. *Seasonality of Symptoms in Women with Postpartum Depression.*Melanie Ruger. *Acute And Phase Shifting Effects Of Ocular And Extra-Ocular Light On Body Temperature And Sleepiness In Humans.*Bjorn-Erik Thalen, MD. *Clinical And Neuroendocrinological Studies of the Effect of Light Treatment In Seasonal and Nonseasonal Depression.*Anna Wirz-Justice, PhD. *Dawn - Dusk Simulation In Alzheimer's Disease Patients With Disturbed Circadian Rest-Activity Cycles.*Michael Young, PhD. *Measuring Seasonality.*Michael Young, PhD. *Patterns of Symptom Remission in SAD.***Monday June 25, 2001**

- 8:00 - 9:00 AM** **Registration; Continental Breakfast; Corporate Exhibits**
- 9:00 - 9:15 AM** **Welcome: Sonia Ancoli-Israel, Bengt Kjellman and Barbara Parry**
- 9:15 - 10:15 AM** **ALPCO Buhlman Distinguished Lecturer**
Jo Arendt, PhD: *Visions from Antarctica*
- 10:15 - 10:45 AM** **Refreshment Break, Corporate Exhibits**
- 10:45 - 11:00 AM** **SLTBR Young Investigator Award and Research Presentation**
Sponsored by Apollo Light Systems
Erin Michalak, PhD: *Seasonal Affective Disorder, Negative Life Events and Social Support: Evidence of an Association in a Community Sample*
- 11:00 - Noon** **Oral Presentations I: *Seasonal Affective Disorder***
Chairs: Johan Beck-Friis, MD, PhD and Mats Gillberg
Paul H. Desan, PhD, MD. *A Controlled Trial Of Extraocular Light For Winter Depression*
Kathelijne M. Koorengel, MD. *Influence of the Sleep-Wake Cycle And the Circadian Pacemaker On The Variation Of Mood In Winter Depression.*
Rigmor Stain-Malmgren, PhD. *Platelet Serotonin Transporter Density In Symptom-free and Depressed Patients with SAD.*
Michael Terman, PhD. *Morningness-Eveningness, Circadian Phase and the Timing of Sleep in Patients with Seasonal Affective Disorder*
- Noon - 1:30 PM** **Lunch break, on your own; Corporate Exhibits**
- 1:30 - 3:30 PM** **Symposium: *Mechanisms of Light Therapy in SAD***
Chair: Anna Wirz-Justice, PhD
Robert Levitan, MD: *Enhancement of Energetic Arousal and Relationship to ADHD*
Alex Neumeister, MD: *Catecholaminergic Mechanisms*
Michael Terman, PhD: *Phase-shifting Mechanisms*
Dan Oren, MD: *Photoreceptors*
- 3:30 - 5:00 PM** **SLTBR Business Meeting**
- 6:00 PM** **Reception at Town Hall**

Tuesday, June 26, 2001

- 9:00 - 10:00 AM** **Oral Presentations II: *Biological Rhythms***
Chairs: Arne Lowden and Bjorn-Erik Thalen
Konstantin V. Danilenko, MD. *Is The Sleep-Wake Cycle Able To Entrain Human Circadian*

Rhythms Independent Of Light?

Anna Wirz-Justice, PhD. *Increased Melatonin 1a-Receptor Immunoreactivity in Hippocampus and Cerebral Arteries Of Alzheimer's Disease Patients*

Shawn Youngstedt. *Circadian Phase-Response Curves for Exercise and Bright Light*

Rixt F. Riemersma. *Indirect Bright Light Therapy Decreases Sleep-Fragmentation In Institutionalized Demented Elderly*

10:00 - 10:30 AM Refreshment Break, Corporate Exhibits

10:30 - 12:30 PM Symposium: Light Treatment of Non-seasonal Depression

Chair: Bengt Kjellman, MD

Alexander Neumeister, MD. *TBA*

Jan Prasko. *TBA*

Benedikt Bloching, MD: *Bright Light Stabilizes the Antidepressive Effect of Late Partial Sleep Deprivation*

Francesco Benedetti, MD. *Light Treatment Effects in Bipolar Disorder.*

Dan Kripke, MD. *Evaluating Light Treatment Effects.*

12:30 - 2:00 PM Lunch break, on your own; Corporate Exhibits

2:00 - 3:00 PM Keynote Speaker

Tom Wehr, MD: Does a Durational Melatonin Signal Induce Winter Depression?

3:00 - 3:30 PM Refreshment Break; Corporate Exhibits

3:30 - 5:30 PM Symposium: Light and Work

Chair: Torbjorn Akerstedt

Arne Lowden: *Light Treatment of Shift Workers*

Bjorn Bjorvatn: *Light Treatment of Shift Workers on Oil Rigs*

Josephine Arendt: *Work Patterns and Light*

Torbjorn Laike: *Lighting and Health in the Work Environment*

Alfred J. Lewy: *Melatonin as a Circadian Phase-resetter for Nurses who Work Seven*

nights every other Week

7:00 PM Banquet at the Vasamuseum

Keynote Speaker

Lennart Wetterberg, MD. *The History of Light Treatment*

Wednesday, June 27, 2001

8:00 - 10:00 AM Oral Presentations III. Photobiology

Chairs: Lennart Wetterberg, MD and Torbjorn Akerstedt, PhD

George C. Brainard, PhD. *Action Spectrum for Melatonin Regulation: Evidence for a Novel Circadian Photoreceptor.*

Julian S. Smith. *Illumination of Upper and Middle Visual Fields: Equivalent Suppression of Melatonin in Elderly Volunteers.*

Katherine E. Hoppen. *The Effects of Spectral Composition of Light on Alertness, Performance and Melatonin.*

Namni Goel, PhD. *Bright Light and Negative Ion Treatment in Patients with Chronic Depression.*

10:00 - 10:15 AM Refreshment Break, Corporate Exhibits

10:15 - 12:15 PM Symposium: Genetic Vulnerability in SAD: Phenotype Definition and Candidate Gene Analysis

Chair: Robert Levitan, MD

Carolina Johansson: *Genetic Studies of SAD and Seasonality*

Matthaeus Willeit: *Serotonin Transporter Promoter Gene Polymorphism (5-HTTLPR) in Seasonal Affective Disorder*

Timo Partonen, MD: *Hypothesis-Based Genotyping of Winter SAD*

Robert Levitan, MD: *Novel Endophenotypes for the Genetic Study of SAD*

End of Scientific Program**Continuing Medical Education Program (additional course fee applies)**

Nobel Forum, Karolinska Institute, Wednesday, June 27, 2001

The Basics of Light Therapy

Accredited through the University of California, San Diego, School of Medicine

1:30 - 1:30 PM Registration

1:30 - 5:00 PM George C. Brainard, PhD, Jefferson Medical College, Philadelphia, Pennsylvania, USA
The Healing Light: Interface Between Physics & Biology

**Timo T. Partonen, MD, PhD, Dept of Mental Health & Alcohol Research,
Mannerheimintie, Finland**

SAD: Epidemiology & Contributing Geophysical Factors

Alfred J. Lewy, MD, PhD, Oregon Health Sciences University, Portland, Oregon, USA
Treating Body Clock Sleep & Mood Disorders Using Bright Light and Melatonin

**Bengt F. Kjellman, MD, Department of Psychiatry, Karolinska Institute, Stockholm,
Sweden**

Indications and Practical Aspects of Light Therapy

End of Program