

12th Annual Meeting of the SLTBR

Scientific Program

Sunday, May 7, 2000 to Tuesday, May 9, 2000

Holiday Inn Evanston, Evanston, IL (outside Chicago, IL)

Sunday, May 7 CME Course (Presented with the University of California, San Diego, School of Medicine)
1:00 to 5:30 pm *The Year 2000: Clinical Uses for Light Treatment; Seasonal Affective Disorder and Beyond.*

12:00 to 1:00 pm **Annual Meeting and CME Course Registration.**

1:00 to 1:10 pm Anthony J. Levitt, MD. *Introduction.*

1:10 - 2:00 pm Daniel F. Kripke, MD, University of California, San Diego, USA. *Light Therapy for Non-Seasonal Major Depression.*

2:00 - 2:50 pm Robert Levitan, MD, University of Toronto, Canada. *Light Therapy for Eating Disorders.*

2:50 - 3:20 pm **Coffee, Meet the Speakers**

3:20 - 4:10 pm Barbara Parry, MD, University of California, San Diego, USA. *Light Therapy for Women Across the Reproductive Cycle.*

4:10 - 5:00 pm Scott Campbell, PhD, Cornell Medical School, New York, USA. *Light Therapy for Sleep Disorders.*

5:00 - 5:50 pm Michael Terman, PhD, Columbia University, New York, USA. *Light Therapy for SAD.*

6:30 - 7:45 pm **Welcome Reception, Research Posters Exhibit and Discussion.**
 Led by Raymond Lam, MD, University of British Columbia, Canada.

Monday, May 8

8:00 - 9:00 am **Research Posters, Corporate Exhibits, Continental Breakfast**

8:30 - 9:00 am **Annual Meeting Registration**

9:00 - 10:15 am **Oral Paper Session 1. Rhythms & Melatonin**
 Michael Terman, PhD. *Morning vs. Evening Light: Effects on the Melatonin Rhythm and Antidepressant Response in Winter Depression.*
 Thomas A. Wehr, MD. *SCN Signal of Change of Season in Seasonal Affective Disorder.*
 Anna Wirz-Justice, PhD. *An Underlying Circannual Rhythm in SAD?*
 Konstantin V. Danilenko, MD. *Dawn/Dusk Simulation in SAD - Effects on Menstrual Cycle Length, Depression and Comparison to Bright Light and Reboxetine.*

- 10:00 - 10:30 am **Coffee Break, Research Posters, Corporate Exhibits**
- 10:30 - 12:00 pm **Oral Paper Session 2. Light Therapy**
 John M. Eagles, MD. *Randomised Placebo Controlled Trial of Bright White Light for SAD Sufferers in Primary Care.*
 David H. Avery, MD. *Dawn Simulation and Bright Light Therapy in the Treatment of SAD.*
 Kathelijne M. Koorengel, MD. *Extra-Ocular Light Therapy in Winter Depression.*
 Dan A. Oren, MD. *Extracorporeal Light Therapy of Blood Did Not Induce Phase Shifts in Humans Undergoing Hemodialysis for Renal Failure.*
 Anthony J. Levitt, MD. *A Comparison of Open Treatment of Seasonal Major and Minor Depression with Light Therapy.*
- 11:45 - 12:00 noon **SLTBR Young Investigator Award, sponsored by Apollo Light Systems**
 Katherine M. Sharkey. *Phase-Advancing Human Circadian Rhythms with Melatonin.*
- 12:00 - 2:00 pm **Lunch (on your own), Research Posters, Corporate Exhibits & SLTBR Business Meeting**
- 2:10 - 3:00 pm **Keynote lecture and discussion.**
 Anna Wirz-Justice, PhD, Chronobiology and Sleep Laboratory, Basel, Switzerland. *Light, Melatonin, Thermoregulation and Sleep.*
- 3:00 - 3:15 pm **Break, Research Posters, Corporate Exhibits**
- 3:15 - 5:30 pm **Light Therapy and Biological Rhythms in the New Millenium: A symposium dedicated to addressing critical issues in the field and designed to provide possible directions in clinical care and future research.** Issues to be addressed include:
 - Alternative devices to the light box for light therapy
 - Finding plausible placebos
 - What is the best marker for circadian phase position? Are there other ways to shift circadian phase besides ocularly-mediated light exposure?
 - The therapeutic status of melatonin
 - How does the change of seasons (or SAD, or light therapy) alter the function of particular genes? Which are these genes?
 - What is the status of the hypotheses regarding the pathogenesis of SAD?
- 7:00 pm **Cocktails and Banquet**

Tuesday, May 9

- 8:00 - 9:00 am **Research Posters, Corporate Exhibits, Continental Breakfast**
- 9:00 - 9:30 am **Oral Paper Session 3. Biological Markers and Genetics.**
 Leo Sher, MD. *Pleiotropic Effect of the 5-HTTLPR on Seasonality and Neuroticism.*
 Robert Levitan, MD. *Tryptophan Hydroxylase Polymorphism Associated with Minimum Lifetime Weight in Females with Seasonal Affective Disorder.*
- 9:30 - 10:30 am **2nd Annual ALPCO/Bühlmann Distinguished Lecturer Presentation.**
 Ben Rusak, PhD, Dalhousie University. *Molecular, Cellular and Systemic Effects of Light on Rodent Circadian Systems.*
- 10:30 - 10:45 am **Coffee Break, Research Posters, Corporate Exhibits**

- 10:45 -11:45 am **Oral Paper Session 4. Light Therapy, Aging and Dementia.**
Daniel F. Kripke, MD. *Augmented Evening Illumination for Seniors.*
Jennifer Martin, BSc. *Light, Sleep and Agitation in Alzheimer's Disease Patients.*
Sonia Ancoli-Israel, PhD. *Morning Light Delays Activity Acrophase in Demented Elderly. The Effect of Light Treatment on Sleep/Wake in Demented Elderly.*
Alexander Neumeister, MD. *Effects of Light Therapy in Patients with Dementia.*
- 11:45 - 12:00 noon Anthony J. Levitt, MD. **Closing remarks, SLTBR 12th Annual Meeting Ends**
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