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.*

http://www.sltbr.org/program2000.htm
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.
Kathelijine M. Koorengevel, MD. Extra-Ocular Light Therapy in Winter Depression.
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 Millennium: 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