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.
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. Koorengevel, 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.
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