



# VISION INSTITUTE

## Aboriginal Vision Health Conference

in affiliation with the University of Waterloo, School of Optometry  
and the Canadian Association of Optometrists

**October 22<sup>nd</sup>, 23<sup>rd</sup>, 2010**

**15 Hours of Continuing Medical Education**

**with**

**SPECIAL GUEST SPEAKERS:**

Dr. Jay Wortman, MD  
Dr. Ann C. Macaulay, MD  
Mr. Gary Taubes  
Dr. Alan Cruess, MD  
Dr. Chris Hudson, OD, PhD  
Dr. Barbara Robinson, OD, MPH, PhD

Dr. Graham Strong, OD, MSc  
Ms. Tanya Michelin-Russell  
Dr. Timothy Tsang, OD  
Dr. Larry Alexander, OD  
Dr. Catherine Chiarelli, OD  
Dr. Lois Calder, OD

**PLUS**

**Vision and Eye Care Trade Show  
Retinal Photography Display and Workshop  
Eye Health Book Store**

**Hilton Suites Hotel, Donald Cousens Conference Centre  
8500 Warden Avenue (at Highway 7)  
Markham, Ontario 1-800-668-8800**

## Conference Speakers

**Dr. Jay Wortman, MD:** After two decades of service in public health and a distinguished career, Dr. Wortman, a Métis physician from British Columbia, believes that the Western diet which replaced the traditional diet is the primary cause of the epidemic of diabetes affecting Aboriginal people. "Obesity, diabetes and heart disease were unknown in these populations until very recently. No aboriginal language has a word for diabetes." Dr. Wortman's dietary research on Aboriginal health is featured in the documentary *My Big Fat Diet*.

**Mr. Gary Taubes:** New York Times science journalist Gary Taubes has received worldwide attention for his meticulous research into the studies on carbohydrate restriction and exposed the fallacy of the low-fat movement. In September 2007, he released his long-awaited book about this subject entitled *Good Calories, Bad Calories* which has given him "a platform yet again for sharing what he has learned about diet delusions, nutritional myths, and fitness follies." He has been featured on *CNN's Larry King Live* discussing his work. His research makes the compelling case that it is the low-fat, high refined carbohydrate diet that is responsible for our modern epidemic of diabetes, obesity and heart disease.

**Dr. Ann C. Macaulay, CM, MD, FCFP:** Dr. Ann Macaulay is Associate Professor in the Department of Social and Preventive Medicine at the University of Montreal. She has published extensively in various peer-reviewed publications, and has presented her research findings on diabetes among Aboriginal Canadians to national and international audiences. She holds the *Order of Canada* for her many years of work in Aboriginal health and family medicine research.

**Dr. Alan Cruess, MD, FRCSC:** Dr. Alan Cruess is a professor and head of the Dalhousie University Department of Ophthalmology. Since 1995 he has participated in biannual Northern Ontario tours of the CNIB Mobile Eye Unit. Since 1996 he has also been the Screening Program Ophthalmologist for Diabetic Retinopathy among the Cree of Western James Bay, Northern Ontario.

**Dr. Chris Hudson, OD, PhD:** Dr. Chris Hudson is a professor at the University of Waterloo, School of Optometry. He also currently holds appointments as Professor, Department of Ophthalmology and Vision Science, University of Toronto; and Scientist, Toronto Western Research Institute. He has been the Director of Retinal Research at The University Health Network since 2004.

**Dr. Barbara Robinson, OD, MPH, PhD:** Dr. Barbara Robinson has been a full-time faculty member at the University of Waterloo, School of Optometry since 1979. During her optometric training she worked on mobile vision clinics in Northern Ontario that included visits to many First Nations communities. Those experiences led to a Master's Degree in Public Health and a PhD in epidemiology at the University of Washington. She is involved in research investigating the epidemiology of vision health problems.

**Dr. Graham Strong, OD, MSc:** Dr. Graham Strong is Director of the Centre for Sight Enhancement at the University of Waterloo, School of Optometry. Dr. Strong has worked in the field of low vision rehabilitation since 1970. His primary research focuses on evidence-based low vision services and the development of new assistive devices for people with impaired vision. His research has included the development of a culturally relevant visual acuity chart for Aboriginal people.

**Ms. Tanya Michelin-Russell:** An Inuit (Inuk) woman from Labrador, Ms. Tanya Michelin-Russell is the Regional Aboriginal Health Services Coordinator for Correctional Services of Canada. She is currently developing an Aboriginal Specific Health Program which promotes "Health and Harm Reduction" measures to be offered at all federal prisons in Ontario. She is also involved in educating the public and Corrections Canada staff about the impact of government assimilation programs on native culture and health. She has worked with Aboriginal communities across Canada.

**Dr. Timothy Tsang, OD, FAAO:** Dr. Tsang graduated from the Illinois College of Optometry in 2006 and completed a residency in Primary Care at the Illinois Eye Institute in 2007. He remained as an Assistant Professor of Optometry at the Illinois College of Optometry for two years with an emphasis in primary care, advanced care, and emergency services. He joined the staff of the Vision Institute in 2009.

**Dr. Larry J. Alexander, OD, FAAO:** Dr. Larry Alexander graduated from the Indiana University School of Optometry, served in the U.S. Navy and spent many years on the faculty of the University of Alabama at Birmingham School of Optometry, where he taught ocular disease, participated in private practice, served as chief of ocular disease service and performed clinical research. His book *Primary Care of the Posterior Segment* serves as the ocular disease textbook in the majority of schools of optometry in the United States, Canada and English-speaking countries throughout the world.

**Dr. Catherine Chiarelli, OD, FAAO:** Dr. Catherine Chiarelli, graduated from the University of Waterloo School of Optometry in 1988 and subsequently completed a Residency in Children's Vision at the University of Alabama School of Optometry. She has extensive experience in the examination and management of children with special needs, including strabismus, amblyopia, visual impairment, developmental disabilities and learning disabilities. She has been the Director of Clinical Services at the Vision Institute since 1994.

**Dr. Lois Calder, OD:** Dr. Lois Calder graduated from the University of Waterloo, School of Optometry in 1980. Following a two-year teaching experience at the University of Benin, Nigeria, West Africa, she returned to Canada and joined the staff of the Vision Institute. Her interest centers on the eye care needs of seniors. She specializes in low vision services. She is also the Vision Institute's Director of Community Outreach Programs to various chronic-care facilities and family shelters.

**Special thanks to Former Prime Minister the Right Honourable Paul Martin  
for his encouragement and support of this  
Aboriginal Vision Health Conference**

### Friday Lecture Topics

#### Improving Aboriginal Health: How Can Health Care Professionals Contribute?

*and*  
Traditional Aboriginal Diets  
“My Big Fat Diet”

Dr. Ann C. Macaulay, MD *and*  
Dr. Jay Wortman, MD  
(Session 1)

#### Diabetes: The Low-Carb Diet Debate “Good Calories, Bad Calories”

Mr. Gary Taubes  
(Session 2)

#### Diabetic Retinopathy: Telemedicine and Remote Northern Communities

Dr. Alan Cruess, MD  
(Session 3)

#### Understanding Diabetic Retinopathy *and* Epidemiology of Vision Health Disorders in Aboriginal People

Dr. Chris Hudson, OD, PhD *and*  
Dr. Barbara Robinson, OD, MPH, PhD  
(Session 4)

#### Cultural Relevance in Eye Examinations

#### *and* Aboriginal Diabetes and Assimilation Efforts: Are They Connected?

Dr. Graham Strong, OD, MS, *and*  
Ms. Tanya Michelin-Russell  
(Session 5)

### Saturday Lecture Topics

Management of the Red Eye  
Dr. Timothy Tsang, OD, FAAO  
(Session 6)

Understanding Glaucoma  
Dr. Larry Alexander, OD, FAAO  
(Session 7)

Children’s Vision  
Dr. Catherine Chiarelli, OD, FAAO  
(Session 8)

The Aging Eye  
Dr. Lois Calder, OD  
(Session 9)

### Friday, October 22nd

(9 Hours CE)

7:00am – 8:00am  
Registration and Breakfast

8:00am – 10:00am      Session 1  
Nutrition Break

10:20am – 12:00pm      Session 2

Noon – 1:00pm Lunch

1:00pm – 1:50pm      Session 3  
Break

2:20pm – 4:00pm      Session 4  
Nutrition Break

4:20pm – 6:00pm      Session 5

### Saturday, October 23rd

(6 Hours CE)

8:00am – 9:00am  
Registration and Breakfast

9:00am – 10:15am      Session 6  
Nutrition Break

10:45am – 12:00pm      Session 7

Noon – 2:00pm  
Lunch and Trade Show

2:00pm – 3:15pm      Session 8  
Nutrition Break

3:45pm – 5:00pm      Session 9

**There will also be a display and workshop featuring digital retinal photography used in telemedicine to help diagnose and monitor diabetic retinopathy.**

### OUR EDUCATIONAL SPONSORS:

Ontario Association of Optometrists  
Canadian Association of Optometrists  
The National Collaborating Centre for  
Aboriginal Health  
Johnson & Johnson Vision Care  
Alcon Canada, Bausch & Lomb Canada  
Bochner Eye Institute, Cooper Vision  
Essilor Canada, *and* Novartis

**REGISTRATION FAX/MAIL FORM**  
**ABORIGINAL VISION HEALTH CONFERENCE and TRADE SHOW**  
**October 22<sup>nd</sup>, 23<sup>rd</sup>, 2010**

**FULL CE PROGRAM FEE:** (Includes breakfast each morning, lunch on Friday and Saturday, plus entrance to the Trade Show, Retinal Camera Workshop and Eye Health Book Store)

	EARLY*	LATE	
<b><u>Full CE Program (2 Days):</u></b>	<b><u>\$295.00</u></b>	<b><u>\$350.00</u></b>	\$ _____
<b>Friday Only:</b>	<b><u>\$165.00</u></b>	<b><u>\$200.00</u></b>	\$ _____
<b>Saturday Only:</b>	<b><u>\$165.00</u></b>	<b><u>\$200.00</u></b>	\$ _____

**\*Early Registration Available Until October 8<sup>th</sup>, 2010\***

**TOTAL PAYMENT (ONE FORM PER REGISTRANT PLEASE)** \$ \_\_\_\_\_

Cheque                       Visa                       M/C

**Card Num:** \_\_\_\_\_ **Expiry Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Prov:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Tel:** \_\_\_\_\_ **E-mail:** \_\_\_\_\_

**Please complete this registration form and fax or mail to us at:**  
**Vision Institute, 16 York Mills Road, Suite 110, Toronto, Ontario M2P 2E5**  
**Tel: 416-224-2273 or 1-800-969-8617 Fax: 416-224-9234**  
**Or E-mail us at [visioninstitute@globalserve.net](mailto:visioninstitute@globalserve.net)**

**ROOM RESERVATIONS MAY BE MADE AT THE HILTON SUITES HOTEL**  
**1-800-668-8800**

A limited number of rooms have been reserved at a special Vision Institute Conference rate until  
**September 21<sup>st</sup>, 2010**

*The Vision Institute of Canada is a non-profit charitable organization dedicated to eye health education, research, and specialized clinical services. The funds we raise from our educational programs support the clinical and charitable work of the Institute.*

**[www.visioninstitute.optometry.net](http://www.visioninstitute.optometry.net)**