



# 2022 Conference

12 hours of COPE-approved education

In person and Virtual options available  
Sunday, Sept 11 - Monday, Sept 12, 2022

[Register Now!](#)

## 2022 Speakers

### Benjamin Lane

Dr. Benjamin Clarence Lane is a certified nutrition specialist and researcher-author who has contributed greatly to the understanding of nutrition and environmental risk factors in ocular health.

He has degrees in philosophy of science, optometry, vision science and vision development, experimental psychology, human nutrition, public health (with concentration in eye-disease epidemiology, nutritional epidemiology), and nutritional ophthalmology from Princeton, Pennsylvania College Of Optometry, SUNY, NYU, and Columbia, as well as a certificate for completion of the didactic program in Ophthalmology at Columbia's College of Physicians and Surgeons. He has fellowships in the American Association for Advancement of Science, the American Academy of Optometry, the American College of Nutrition, and COVD. He has been a diplomate of the Binocular Vision and Perception Section of the AAO since 1976.

Dr Lane was first to report the need for both dietary zinc and copper in AMD prevention, now confirmed by the AGE-Related EYE Disease study (AREDS) and the newer findings that too much well cooked protein is a major risk factor for exudative macular degeneration, and that too much vitamin C promotes vitreous liquefaction and fibrillar degeneration of the vitreous. He discovered the importance of diopter-hours of accommodative stimulus in myopiagenesis, the importance of the trace mineral chromium, the chromium-to-vanadium ratio, and the B-complex vitamin 'folate' in the prevention and reversal of myopia, the regulation of intraocular pressure and the energy equations of binocular accommodation, and the importance of vitamin B6 in the remodeling of Bruch's Membrane in the prevention of exudative macular degeneration. He also reported the major role of fish-methylmercury as a risk factor in subcapsular vacuolization and nuclear cataract. Similarly, he has shown that different dietary and environmental risk factors are perversely associated with promotion of the various glaucoma pathologies and vitreous degenerations.



## 2022 Program



## Sunday, September 11, 2022

- 8:00 Registration
- 8:20 Opening Remarks
- 8:30 IOP, Myopia, Glaucomas - What we've learned comparing Accommodative Fatigue in Preschoolers vs Young Adults and Older adults  
COPE #78515-TD  
Ben C. Lane, OD, FAAO, FCOVD, FAAAS, FACN
- 10:10 Break
- 10:40 Behavioral Optometry should incorporate Bates into our Therapy Practices  
COPE pending  
Ray Gottlieb, OD, PhD, FCSO
- 11:40 Vision Therapy for Presbyopia Reduction  
COPE pending  
Dr. Gottlieb
- 12:30 Congress Luncheon
- 1:00 Exhibitor presentation
- 1:40 OEPP rep: Amy Pruszenski, OD, FCOVD
- 2:00 OrthoK: Beyond the Basics  
COPE #76043-CL  
Paul Levine, OD, FAAO, FIAOMC
- 3:00 Managing Myopia Through Optical and Lifestyle Strategies  
COPE #79018-GO  
Dr. Levine
- 3:40 Break
- 4:10 Myopia Management - Decisions, Decisions  
COPE # 78974-FV  
Laura Vasilakos, OD, FCOVD
- 5:00 Dinner on your own
- 8:00 Hospitality/Bull session  
Congress Suite

## Monday, September 12, 2022

- 9:00 Attention and Memory Training in an Optometric Neuro-Rehabilitation Practice: An Introduction to Stress-point Training  
COPE approval pending  
Dr. Gottlieb
- 10:30 Break
- 11:00 Attention and Memory Training in an Optometric Neuro-Rehabilitation Practice: An Introduction to Stress-point Training. Continued  
Dr. Gottlieb
- 12:15 Lunch
- 12:45 Exhibitor presentation
- 2:00 Modifying Lifestyle to Prevent the Age-related Macular Degenerations  
COPE #78420-PH  
Dr. Lane
- 4:00 Closing



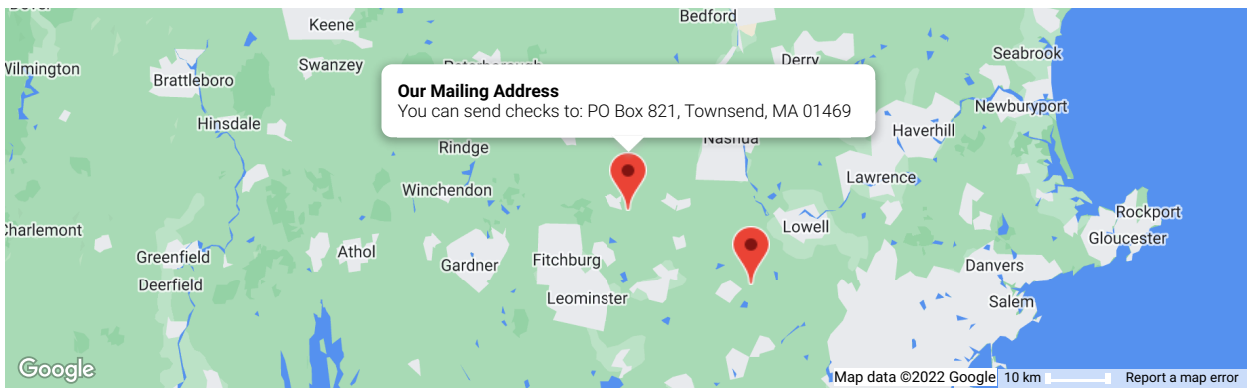
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