



The Sutton Place Hotel

NSAO 2020 Conference & AGM

- Saturday, November 14 & Sunday, November 15
- Conference Venue: Halifax Convention Centre
- Host Hotel: The NEW Sutton Place Hotel Halifax



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References: 1. Cummings S, Gledhill B, Pearson C. Clinical performance of a new daily disposable spherical contact lens. Poster presented at meetings 2018 Orlando and the 9th World Congress of Optometry, October 23-25, 2019, Orlando, FL, U.S.A. Alcon data on file, 2018.
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Presenters



Angela Dobson, OD-s is a behavioural optometrist, who specializes in assessing and treating the visual process. In her clinic, Vision Sense she offers new visual treatments for people with concussions, whiplash, traumatic and acquired brain injuries, people with learning difficulties and binocular vision difficulties, including strabismus and amblyopia. Her treatments include the use of ophthalmic lenses, yoked prism lenses, visual, vestibular and neuromotor therapy, and syntonics. She works closely with other health care practitioners to develop a custom and effective treatment plan for each individual. Angela has been practicing optometry in Nova Scotia for well over 20 years. Several years ago she was introduced to neurovisual rehabilitation and visual development and she found her passion! She feels fortunate to have realized her dream of opening a specialty vision clinic in Halifax, N.S.



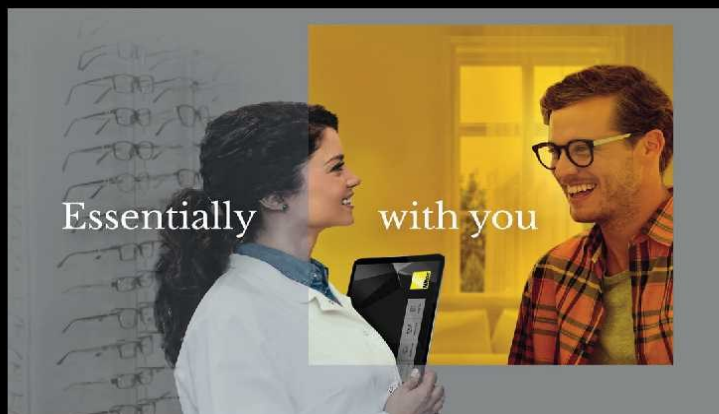
Balwantray C. Chauhan, PhD is Mathers Professor and Research Director of Ophthalmology and Visual Sciences, Professor of Physiology and Biophysics and Professor of Medical Neurosciences at Dalhousie University. Dr. Chauhan's clinical research interests centre on changes in the visual field and optic nerve head in glaucoma. He has devised new methods for detecting glaucoma progression and conducted research leading to their translation to clinical practice. He also conducts research with experimental models of optic nerve damage. Areas of activity include studies of neuron-glia interaction in the retina and optic nerve, *in vivo* structural and functional imaging of retinal ganglion cells and neuroprotection



Kristine Dalton, OD, PhD, MCOptom, FAAO, FBCLA—is an Associate Professor at the School of Optometry & Vision Science, University of Waterloo. Kristine holds an OD and MSc from the University of Waterloo, and a PhD from Aston University. Kristine became a faculty member at the School of Optometry & Vision Science in 2013 where she established the Vision & Motor Performance Lab and the Sports Vision Clinic. She has also helped to establish the Brain Injury Clinic, where she provides vision rehabilitation services for individuals with traumatic brain injury and concussion. Kristine's research involves measuring functional aspects of vision performance in relation to sports performance, traumatic brain injury rehabilitation, and Paralympic classification for athletes with vision impairment.



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OPTOMETRIST

SATURDAY, NOVEMBER 14, 2020 | HYBRID (LIVE OR VIRTUAL)

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| 08:00 | Dr. Angela Dobson – Neuro Optometry in Nova Scotia, Grand Rounds (1 CE Hour) What to consider during a standard eye examination. Can we accurately identify dysfunctions? What screening procedures can you incorporate to identify visual dysfunctions? How common are visual dysfunctions in this population? Summary of red flag symptoms and findings. The case reports discussed will include typical and unusual presenting symptoms, and treatments. SPONSOR: ALCON |
| 09:00 | Dr. Bal Chauhan - Why What You Have Been Taught About the Optic Disc Is Not Entirely True (1 CE Hour) SPONSOR: ESSILOR |
| 10:00 | Dr. Kristine Dalton - Optometry and Concussion – Can We Help? (1 CE Hour) The incidence of concussions due to sports and other causes are dramatically increasing. It is estimated that between 60-90% of patients with concussion or traumatic brain injury experience visual symptoms, but oculovisual assessments are included in the routine care for these individuals. This talk will provide introduce concussion as an injury and discuss current clinical management of concussion injuries, including what can be done for these patients when they present to an optometrist's office. SPONSOR: NIKON |
| 11:15 | NSCO AGM |
| 12:30 | Lunch |
| 01:30 | NSAO AGM |
| 3:30 | NSAO Council Meeting NSCO Board Meeting |

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Presenters



Michael S. Cooper, OD—is an Optometrist and Director of Innovation and Research at Solinsky EyeCare in West Hartford, CT. He specializes in anterior segment disease treating a variety of conditions including dry eye and lid diseases, allergy, and uveitis. He has produced research, participated on expert ocular surface disease round tables, and lectured domestically on topics such as corneal disease states, uveitis management, Lyme disease, emerging pathogens, sports-related eye injuries in children, and AMD pedigree relationships. Dr. Cooper is published in journals such as *Review of Optometry*, *Modern Optometry*, *Cataract and Refractive Surgery Today*, *Clinical Ophthalmology*, *Optometry Times*, *Primary Care Optometry News*, and *Optometric Management*. Additionally, he has collaborated with *CollaborativeEYE* and *EyetubeOD* on a variety of digital media segments including “Managing the Surgical Patient” and “Hot Topics”. He is actively involved in global clinical studies for novel anti-infective therapeutics, evaluating the efficacy of meibomian gland treatment modalities, ocular surface diagnostic validation, and AMD genetic research.



Seema Nanda, OD—is the founder and director of the “Nanda Dry Eye & Vision Institute,” a specialty clinic focusing on the treatment and management of dry eye disease and corneal conditions. She became inspired to create the center after practicing alongside a now-retired corneal specialist in Houston. She concurrently works as an Adjunct Clinical Professor at the University of Houston College of Optometry (UHCO) in the Cornea & Contact Lens Service, where she instructs third-year students. In previous semesters, she educated second-year students in the Medical Laboratory Procedures and Contact Lens Lab courses. Dr. Nanda is also a key opinion leader and influencer in the ophthalmic community. As such, she lectures internationally and has given over 300 presentations world-wide on the latest advances in the ophthalmic field and ocular medicine. Dr. Nanda attained her Doctorate from the Indiana University School of Optometry and completed her training at the world-renowned eye care hospital, the Bascom-Palmer Eye Institute in Miami, FL. She has assisted in the pre- and post-op management of LASIK, Cataract Surgery, and Corneal Cross-linking and served as Chief Examiner for several years at the National Board of Examiners in Optometry. Lastly, Dr. Nanda has actively participated in Medical Missions and performed eye care and glaucoma evaluations worldwide as part of her profound interest in community service.

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Until then, we will not stop challenging ourselves



OPTOMETRIST

SUNDAY, NOVEMBER 15, 2020 | VIRTUAL

| | |
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| 09:00 | <p>Dr. Dan Epshtein - Management of Cataract Surgery Complications (1 CE Hour)</p> <p>Cataract surgery is the most common ophthalmic surgery in the world, with millions being completed every year. Although cataract surgery is one of the safest ophthalmic procedures, complications can arise. With the increased popularity of cataract surgery co-management between surgeons and optometrists, many postoperative complications will now be managed by the optometrist. This course will review early and late complications of cataract surgery including treatment and management. A brief discussion of common MIGS complications will also be included.</p> <p>SPONSOR: TLC/LASIK MD</p> |
| 10:00 | <p>Dr. Seema Nanda - Biological Bandages A Corneal Rebirth (2 CE Hours)</p> <p>Description: This course discusses a new technology to aid the practitioner in the treatment of various corneal epithelial anomalies. Initially, the inflammatory response is reviewed, including how a scar is formed. Then current passive treatment regimens will be deliberated, leading to a discussion of active treatment with biological bandages. A dialogue on several types of corneal syndromes will then be studied, including Epithelial Basement Membrane Dystrophy, Neurotrophic Ulcers, Recurrent Corneal Erosions, and the management of Dry Eyes. The regenerative and healing properties will then be validated through case examples seen in clinical practice. Also, a comparison of dry versus cryopreserved amniotic membrane will be highlighted. Lastly, treatment protocols and the application and removal process of the biological membrane will be communicated.</p> <p>SPONSOR: INNOVA</p> |
| 12:00 | Break |
| 12:45 | <p>Dr. Patrick Hamel - Overcoming Clinical Challenges in the Management of Vernal Keratoconjunctivitis (VKC)</p> <p>Vernal Keratoconjunctivitis (VKC) is a rare, debilitating eye disease that primarily affects children and adolescents which is often overlooked or misdiagnosed. VKC impacts children and adolescents primarily during the main allergy seasons, but some suffer from a perennial form of the disease throughout the year. This session will review the pathophysiology and health consequences of VKC, describe the challenges to effective management of VKC, and review the general principles behind current treatment approaches for VKC.</p> <p>SPONSOR: SANTEN</p> |
| 01:45 | <p>Dr. John Gelles - Contemporary Keratoconus Management (1 CE Hour)</p> <p>This course will provide a review of the paradigm shift in keratoconus management and cover US based data on various interventions. It will focus on modern methods of management by such as corneal collagen crosslinking and methods for visual rehabilitation including surgical and non surgical options. Cases are used to show practical applications and real-world examples.</p> <p>SPONSOR: JOHNSON & JOHNSON</p> |
| 02:45 | Break |
| 03:00 | <p>Dr. Danica Marelli - Detecting Functional and Structural Progression in Glaucoma (2 CE Hours)</p> <p>Once a diagnosis of glaucoma is made, detection of disease progression becomes the primary focus of subsequent exams. Using the World Glaucoma Association consensus statements as well as current literature, this course will review the key concepts of detecting structural and functional changes in glaucoma. Strategies for detecting both visual field and OCT progression, as well as management considerations in the face of progression, will be discussed.</p> <p>SPONSOR: LABTICIAN THÉA</p> |

Optometric Personnel – Virtual

Saturday, November 14, 2020

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| 09:00 | Rhiannon Verran & Shelley Adams - Life Changing Technology for People with Sight Loss (1 CE Hour) Technology has been a game-changer for those living with sight loss. In this presentation we will describe and demonstrate some of this technology – from smartphones and apps to wearable devices. We will also provide an overview of our two distinct organizations, and how we can work with you to help your patients. |
| 10:00 | Joyce VanRooyen - Triage (1 CE Hour) How do you feel when you get those emergency calls at the office? Are you prepared with how to handle them in a way that calms the patient and gathers all the information for the OD? Triageing your patients is crucial to maintaining the flow of the office as well as providing your patients with timely care in a sometimes scary situation. This session walks through what you need to know about triaging effectively but with care and compassion for the patient on the other end of the line. Come and get refreshed on what you already do right as well as learn some tips and tricks on triaging your patients. |
| 11:00 | Joyce VanRooyen – Telephone Etiquette (1 CE Hour) You talk to about 95% of your patients on the phone at one point or another. Their experience on the phone is often their first impression of your office – no pressure! This session uses a fun exercise to help us realize the differences between helping someone on the phone compared to someone in person. We'll use those differences to create new 'rules' to create an amazing experience for each person who calls your office for any reason. Your manner on the phone also impacts the impression you leave with those patients IN the office observing you. Come and learn how to see things from your patient's perspective and give them an experience they won't get anywhere else – even before they enter your office! |
| 12:00 | Break |
| 01:00 | Dr. Kristine Dalton - Concussion Patients in Practice and Things I've Learned Along the Way (1 CE Hour) The incidence of concussions due to sports and other causes are dramatically increasing. It is estimated that between 60-90% of patients with concussion or traumatic brain injury experience visual symptoms, but oculovisual assessments are included in the routine care for these individuals. This talk will provide introduce concussion as an injury and discuss current clinical management of concussion injuries, including how these patients can be managed day-to-day in a clinical practice. |



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Optometric Personnel – Virtual

Sunday, November 15, 2020

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| 09:00 | Dr. Seema Nanda - Harry Potter and the Secret Chamber of Dry Eye Spell (1 CE Hour) Description: Diagnosing Dry Eye Disease has advanced significantly over the last few years. Understanding the tear film and the effects on the corneal surface will initially be reviewed. Next, through the use of Harry Potters sorting hat, we will be dividing the layers into lipid, aqueous, mucin, and corneal epithelium. Once they are assessed, then we will discuss the appropriate diagnostic test, including, but not limited to MMP-9, TBUT, & corneal staining. Enter the Secret Chamber and learn all the Dry Spells we can perform as clinical wizards. |
| 10:00 | Dr. John Gelles & Dr. Dan Epshtein - Cataract Surgery for the Para-optometrist Professional (1 CE Hour) This course will provide an introduction to cataract surgery from a para-optometric perioperative care perspective. An introduction on cataracts and cataract surgery will be followed by a discussion of preoperative considerations, preoperative testing, and postoperative management. This course will also serve to review the ASCRS preoperative ocular surface disease algorithm which helps differentiate visually significant from non-visually significant ocular surface disease for patients preparing to undergo cornea or cataract refractive surgery. |
| 11:00 | Joyce VanRooyen - Embracing Objections (1 CE Hour) While some people think objections mean someone is looking for an excuse to NOT interact with you, the truth is that objections are an opportunity. They should be welcomed and appreciated. It means someone wants to know more about WHY they should continue to work with you, they just don't know how to ask the right questions. This session will provide you with a formula you can apply to any objection that will make you more comfortable and feel better prepared to not only overcome objections, but actually embrace them. This session is designed for all staff in the office - from front desk to pretesters and in the gallery. |
| 12:00 | Break |
| 12:45 | Dr. Seema Nanda - Putting the Squeeze on Lid Margin Disease (1 CE Hour) Description: This course will discuss lid margin disease including anatomy, etiology, signs & symptoms, as well as, current treatment options. Guidelines on how to grade lid margin disease will be presented. The impact of the disease and importance of treatment will be discussed. |



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Presenters



Danica J. Marrelli, OD, FAAO, AAO Diplomate (Glaucoma) - received her doctor of optometry degree from the University of Houston College of Optometry (UHCO), and completed a residency in hospital-based optometry at the Baltimore VA Medical Center in Baltimore, MD. She is currently a clinical professor at UHCO, where she serves as Assistant Dean of Clinical Education and staffs the glaucoma, retina, and general eye disease clinics. In the classroom, Dr. Marrelli teaches in the ocular pharmacology, glaucoma and case-based learning courses. Dr. Marrelli became a diplomate in the ocular disease section of the American Academy of Optometry in November 2009 and is the secretary of the Optometric Glaucoma Society



Joyce VanRooyen, CCOA—began work in the Optical Industry as a lab technician while still in high school. After working as head dispenser for nine years in a four OD practice, Joyce joined HOYA as their Professional Education Coordinator. She found she missed being in a practice and helping patients so she created her own consulting company, EyeSpeak, where she worked at a busy three OD practice to improve patient service and sales. Joyce also taught the Optometrists Assistant's course with the CAO for ten years. She has been working with Eye Recommend for 5 years as the Senior Practice Management Trainer and has helped the training department grow by developing new training initiatives and coaching the two new Practice Management Trainers in both content and presentation skills. Joyce is known for her technical, sales and dispensing skills and her strong passion for the optical industry. She enjoys inspiring the same passion to improve the industry as a whole for both the practice and patients.

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Canadian Indications for Use: MiSight (omafilcon A) Soft Contact Lenses for Myopia Control may reduce the rate of myopia progression in children (6–18) and correct ametropia. Reduction of myopia progression was observed in children with wearing time of 12 hours (8–16 hours) per day, 6.4 days (5–7) per week in a clinical study. Permanent myopia control after lens treatment is discontinued is not supported by clinical studies. MiSight (omafilcon A) Soft Contact Lenses for Myopia Control are indicated for single use daily disposable wear. When prescribed for daily disposable wear, the lens is to be discarded after each removal. 1. Chamberlain P, et al. A 3-year randomized clinical trial of MiSight® lenses for myopia control. Optom Vis Sci. 2019; 96(8):556–567.

Presenters



Rhiannon Verran is a graduate of Dalhousie University's Clinical Vision Science Program and is a Certified Orthoptist and Certified Ophthalmic Medical Technologist. After working as an orthoptist in Boston and then Edmonton, she returned to Halifax and started working as a Low Vision Specialist for CNIB (now Vision Loss Rehabilitation Nova Scotia) in 2011, and has since received certification through ACVREP as a Certified Low Vision Therapist.



Shelley Adams graduated from the Dalhousie School of Social Work and is a registered social worker. She has been working at CNIB for the past 14 years delivering life changing programs to individuals of all ages with sight loss. Shelley recently became CNIB's Manager of Community Engagement, and in this role focuses on fundraising and advocacy – to change what it is to be blind.



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† JJV Data on File 2020. Survey of 1584 Contact Lens patients in the US.

‡ The following ACUVUE® brand contact lenses have substantiated unbeaten in comfort claims: ACUVUE® OASYS Brand Family (including daily disposable), 1-DAY ACUVUE® MOIST Brand Family (within the category of hydrogel daily disposable), and ACUVUE® VITA Brand spherical only.^{1,2,3}

1. JJV Data on File 2020. Claim for the family of ACUVUE® OASYS Brand Contact Lenses (2-week reusable) and ACUVUE® OASYS 1-Day with HydraLuxe® Technology using clinical trials cited on www.clinicaltrials.gov website (March 24, 2020).

2. JJV Data on File 2020. Claim for ACUVUE® VITA with HydraMax® Technology. Unbeaten in Comfort in Monthly Lens Category – using clinical trials cited on www.clinicaltrials.gov website (March 27, 2020).

3. JJV Data on File 2020. Unbeaten Comfort of 1-DAY ACUVUE® MOIST Family Brand Contact Lenses (June 24, 2020).

Important Safety Information: ACUVUE® Contact Lenses are indicated for vision correction. As with any contact lens, eye problems, including corneal ulcers, can develop. Some wearers may experience mild irritation, itching or discomfort. Lenses should not be prescribed if patients have any eye infection, or experience eye discomfort, excessive tearing, vision changes, redness or other eye problems. Consult the package insert for complete information. Complete information is also available from Johnson & Johnson Vision Care division of Johnson & Johnson Inc., by calling 1-800-267-5098 or by visiting jnjvisioncare.com. Transitions, the Transitions logo and Transitions Light Intelligent Technology are trademarks of Transitions Optical, Inc. used under license by Transitions Optical Limited and Johnson & Johnson Vision Care, Inc.

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