

SLTBR/AAMCC Joint Continuing Medical Education Course

May 30, 2004

1:30 pm – 5:00 pm

I. Light Therapy for SAD

Learning objectives:

- A. To identify patients most likely to respond to light treatment
- B. To learn a standardized protocol for light treatment in SAD patients
- C. To become familiar with the different light units available
- D. To consider safety issues with various light treatments

II. Non-light treatments for SAD

Learning objectives:

- A. To review response rates for light therapy in SAD
- B. To review studies comparing light therapy and medication
- C. To learn about which medicines have been shown to work for SAD
- D. To learn about other alternative approaches to SAD

III. Clinical Chronobiology

Learning objectives:

- A. To learn about rhythm-disturbances as causal of functional and organic disorders
- B. To review rhythms in human disease and their symptoms
- C. To discuss biological rhythm-dependencies of common diagnostic tests

IV. Chronopharmacology and Chronotherapy in General and Cardiopulmonary Medicine

Learning objectives:

- A. To review concepts and mechanisms of chronopharmacology (administration-time differences in the pharmacokinetics and effects) of medications
- B. To present examples of chronopharmacokinetics and chronodynamics
- C. To discuss the rationale for the chronotherapy of medications
- D. To review current chronotherapies in clinical use today