

7:00AM - 8:00AM REGISTRATION & BREAKFAST

**8:00AM - 9:40AM DEMYSTIFYING NYSTAGMUS AND OSCILLATION OF THE EYE
(COPE #90709-NO - 1 HOUR)**

SPEAKER: LAKSHMI LEISHANGTHEM, MD, MBBS, DOMS, DNB

Description: Nystagmus is a rhythmic, repetitive oscillation of the eyes that can occur horizontally, vertically or torsional. It is usually initiated by a slow eye movement that drives the eye off target followed by a fast movement that is corrective (jerk nystagmus) or another slow eye movement in the opposite direction (pendular nystagmus). Nystagmus can be congenital (present from birth) or acquired later in life due to neurological disorders, certain medications, or inner ear problems. Some are acquired and some are present congenitally. This presentation provides an overview of the pathophysiologic mechanism of eye movement disorder leading to nystagmus and a basic approach of how to recognize and simplify their characteristics and understand what pathologies are related to these presentations.

**OPTIC NERVE SWELLING - NEURO-OPHTHALMIC
EVALUATION AND MANAGEMENT
(COPE #90710-NO - 1 HOUR)**

SPEAKER: LAKSHMI LEISHANGTHEM, MD, MBBS, DOMS, DNB

Description: Optic nerve swelling. Or edema is a very common neuro-ophthalmic referral. Optic nerve head edema refers to the swelling of the optic nerve head, a condition that can stem from various etiologies. It may be associated with disorders affecting the optic nerve head itself, termed anterior optic neuropathy, or be indicative of elevated intracranial pressure, leading to bilateral swelling known as papilledema. Another differential will be optic disc drusen, calcified deposits within the optic nerve head. This presentation provides an overview of the pathophysiologic mechanism leading to optic nerve swelling, and how to work it up and manage them long term. Since many systemic entities like hypertension, multiple sclerosis as well as ocular etiologies like posterior uveitis and central retinal vein occlusion can cause optic nerve swelling, having a systematic diagnostic approach is essential for working up the underlying cause of disc edema. Given its potential association with vision or life-threatening conditions, prompt evaluation of patients presenting with optic nerve head edema is critical.

9:40AM - 10:00AM BREAK

**10:00AM - 10:50AM DOUBLE VISION- DIFFERENTIALS AND WORK UP?
(COPE #90712-NO - 1 HOUR)**

SPEAKER: LAKSHMI LEISHANGTHEM, MD, MBBS, DOMS, DNB

Description: Diplopia or double vision occurs when an individual perceives two images of a single object. This phenomenon arises from disruptions in the optical elements of the eye, leading to what is termed 'monocular diplopia,' or from misalignment of the eyes resulting in 'binocular diplopia'. It is important to confirm binocular diplopia since that will help us in localizing the root cause of the patient's presentation. Localizing the lesion is paramount in evaluating patients with binocular diplopia, as it can stem from dysfunction in various areas such as the extraocular muscles, neuromuscular junction, cranial nerves III, IV, and VI, or inter- and supranuclear pathways controlling eye movements. Further investigation, typically involving imaging, is necessary to establish a specific diagnosis. This presentation provides an overview of the various patterns of cranial neuropathies, the work up needed once such a pattern is confirmed by the provider and how to manage them. In addition, the presentation also provides a fair idea of when surgical treatment/intervention is needed by a strabismus specialist..

11:00AM - 1:10PM CAO ANNUAL MEMBERSHIP LUNCH & AWARDS RECEPTION

- Presentation from our AOA Trustee Paul Barney, O.D.
- Event Sponsor Presentations
- 2023 Brian Lynch Award
- 2023 George Comstock Award
- 2023 President's Award
- 2023 Young OD of the Year Award
- 2023 Optometrist of the Year Award

**1:10PM - 2:50PM ORAL MEDICATIONS FOR THE METABOLIC SYNDROME
(COPE #90621-PH - 2 HOURS)
SPEAKER: CARLO PELINO, OD**

Description: This course reviews common metabolic diseases, including diabetes mellitus Type 2, Gestational diabetes mellitus GDM, hyperlipidemia, hypertension, and Alzheimer disease. This course will describe recent updates in treatment guidelines and side effects associated with medications used in these diseases. Patient cases will be integrated into the presentation, where differential diagnosis and work-up will be discussed.

2:50AM - 3:10PM BREAK

**3:10PM - 4:00PM NORMAL TENSION GLAUCOMA THOUGHTS, TIME, TESTING
AND TREATMENT (COPE #90622-GL - 1 HOUR)
SPEAKER: CARLO PELINO, OD**

Description: This course will describe the possible etiologies of normal tension glaucoma. It will review all treatment options and analyze the systemic testing that is needed to rule out other diagnoses. This course will also emphasize clinical points through cased based learning.