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**15th APOC Japan**  
*sponsored by the Asia-Pacific Council of Optometry*  
*hosted by the All Japan Optometric & Optical Association*

10-14 October, 2005

**Come to Japan**

Discover the warmth and hospitality of a gentle ancient culture....a place that can only be experienced up close and personal.

Tokyo, Japan is the site for the 15th Asia-Pacific Optometric Congress, October 10–14, 2005. This outstanding professional Congress is sponsored by the Asia-Pacific Council of Optometry and hosted by the All Japan Optometric and Optical Association.

**We have some exciting times in store for you. They include a visit to Imperial Palace, Asakusa Kannon Temple and a Sumida River Cruise. The Congress will be held in the Odaiba district of Tokyo, just 60 minutes from the main airport (Narita), and situated within the beautiful Tokyo Bay. The Rainbow Bridge connects the Tokyo waterfront with Odaiba and terminates in the Odaiba Kaihin Seaside Park. Decks Tokyo Beach backs up to the Park offering a pleasant seaside environment with great views of waterfront Tokyo.**

The *Tokyo Big Sight International Conference Center* is the venue for all scientific sessions of APOC as well as the General Delegates Meeting of the Asia-Pacific Council of Optometry. The Center is a 20 minute monorail ride from the Le Meridian Grand Pacific Tokyo and a 20 minute walk from the Tokyo Bay Ariake Washington Hotel.

Registration to APOC will reserve a special free pass to visit the *18th International Optical Fair Tokyo* (IOFT). This features 360 companies from 15 countries who will unveil their latest frame collections. It is in the same Center as the APOC sessions.

The many *shopping highlights* include Daiba Little Hong Kong but perhaps the most striking of all landmarks is Palette Town's massive Ferris wheel, which at 115 m is one of the largest in the world. Within this complex is Mega-Webb, an enormous Toyota showcase. On the other side of this plaza is west Mall featuring upscale shopping in a simulated setting of exquisite 18th century Europe. Acqua City Odaiba is a short walk from the Congress hotel and includes 70 restaurants plus shops all within a waterside location with ocean breezes.

Tokyo, Japan  
10-14 October, 2005  
21 Hours of Education

**Come to APOC 2005. Bring the family.  
Experience the amazing culture and beauty  
that awaits you.**

## ***Education***

### **Program Highlights**

Featured this year are two symposia along with the strong array of scientific and clinical papers.

Symposium topics will include:

#### ***Optometry and the Aging Eye***

- Physiological changes over time
- Personal and societal costs of vision impairment in the elderly
- Prevention of falls in the elderly vision impaired
- Case management in low vision patients
  - ~ Assessment
  - ~ Patient selection
  - ~ Low vision devices

#### ***Cornea, Contact Lenses and Recent Advances in Refractive Surgery***

- Corneal physiology and contact lenses
- Contact lens options
- The difficult contact lens fit
- Orthokeratology
- Wavefront guided LASIK
- New implant options

The ***Woo Memorial Lecture*** will open the Congress. A total of 21 hours of education will be offered including papers on clinical case studies and vision science.

## **Keynote Speakers**

**Gordon Sanderson, BSc, PG Dip Tert T, FBOA, FRANZCO** is a Senior Lecturer in the Ophthalmology Section, Otago University Dunedin School of Medicine, New Zealand. He is the current Chair, New Zealand National Eye Bank; Secretary, Sure Sight Society; Trustee, Glaucoma New Zealand; and former Chair, Royal New Zealand Foundation of the Blind. He holds honorary membership in the Ophthalmological Society of New Zealand and the Royal Australian and New Zealand College of Ophthalmologists.

**George Woo, OD, PhD, FAAO** is Chair Professor of Optometry at The Hong Kong Polytechnic University, China. Prior positions there were Head and Professor, Department of Diagnostic Sciences, and Dean of Faculty of Health and Social Sciences. Before joining HK Poly he held faculty appointments at the University of Waterloo (Canada) and consulting appointments at the University of Melbourne (Australia), Pennsylvania College of Optometry (USA), and the University of Cambridge (UK). He is an honorary professor at China's Sun Yat-sen University and Tinjian Medical University.

**Peter Bergenske, OD, FAAO** is Associate Professor of Optometry and Chief of Contact Lens Services at Pacific University College of Optometry (USA). He graduated with honors from the University of California (Berkeley) and was in private practice for 22 years in Wisconsin. In addition to providing patient care, Dr. Bergenske enjoys active involvement in clinical research and has served as a clinical investigator for numerous contact lens products. He is a Diplomate of the American Academy of Optometry's Section on Cornea and Contact Lenses and Past Chair of that Section. He has lectured extensively and published numerous articles and is a regular columnist for Contact Lens Spectrum and Review of Contact Lenses.

**Paul Barney, OD** is the Center Director of the Pacific Cataract and Laser Institute (PCLI) in Anchorage, Alaska. This Center is one of many in a multi-office ophthalmic referral practice within five states of the Western United States. The Laser Institute specializes in refractive surgery, cataract surgery, corneal diseases, anterior segment disorders, glaucoma, and medical retinal disorders. Dr. Barney has extensive experience practicing and teaching outside the US; he has provided humanitarian optometric care in Central America, South America, Southeast Asia, and Micronesia.

## ***Schedule & Events***

### **Daily Schedule**

#### **Monday • 10 October**

- Arrivals and Registration
- Asia-Pacific Council of Optometry Delegates Meeting

#### **Tuesday • 11 October**

- Woo Lecture
- Scientific Sessions
- International Banquet and Opening Ceremonies

#### **Wednesday • 12 October**

- Symposium on Optometry and the Aging Eye
- Symposium on Cornea, Contact Lenses and Recent Advances in Refractive Surgery
- IOFT Party

#### **Thursday • 13 October**

- Scientific Sessions
- Afternoon Tours
- Evening Free

#### **Friday • 14 October**

- Scientific Sessions
- Afternoon Tours
- Farewell Party and Boat Cruise

#### **Saturday • 15 October**

- Post-Congress Tours
- Departures

## **Hotels**

The Le Meridian Grand Pacific Tokyo is the main APOC hotel, it overlooks Tokyo Bay and is the largest hotel in this capital city...just minutes away from central Tokyo. Featured are six restaurants and three lounges covering cuisine from Japanese to Chinese to Italian. A sky lounge sits atop for spectacular views of the Tokyo Harbor. The elegant Ginga Room, on the sky-view floor, is the setting for the APOC Opening Ceremonies and Banquet. Just off the hotel Atrium Plaza is the Monorail Station that connects guests with nearby shopping and entertainment centers.

The Tokyo Bay Ariake Washington Hotel is an additional site and is designed in the style of a Japanese business hotel. This means that rooms will be small and amenities basic. It is a 10 minute walk to the monorail station and a 20 minute walk to the Conference Center.

## **Events & Traditions**

We will also have other Congress events that have become tradition. The first evening will be the official International Banquet and Opening Ceremonies. A Farewell Party is set for the evening of October 14 and will include a dinner cruise in the Tokyo Bay. Time has been set aside on the afternoons of October 13–14 for cultural tours. A variety of Post-Congress tours are also available.

## ***Things You Need to Know***

### **Registration Process**

To register for the Congress, to reserve your hotel accommodations and for planned tours, please complete the [Congress Registration Form](#) and mail it with a check or money order payable to: **Asia-Pacific Council of Optometry**. Payment must be made in U.S. dollars (credit cards cannot be processed). Send the registration form and fees to:

**Office of Secretary-General  
Asia-Pacific Council of Optometry  
Pacific University  
2043 College Way  
Forest Grove, OR 97116 USA**

Besides a current passport, you may need a visa for visiting Japan. (See *Passports & Visas* section on the Travel Tips.) The Japan Tourist Bureau (JTB) will handle hotel accommodations and tours. Information is enclosed along with reservation forms. These are sent to the JTB Corp. as noted on the enclosed forms. Mail the [hotel reservation form](#) to:

**JTB Corp.  
International Travel Division  
Convention Center (CD101923-378)  
2-3-11 Higoshi-Shinagawa, Shinagawa-ku  
Tokyo 140-8604  
JAPAN**

Remember to complete and return the registration and hotel forms...and remember they go to two separate addresses. Deadline is 11 September, 2005. General questions can be addressed to:

**Dr. Willard B. Bleything  
EMail <[bleythiw@pacificu.edu](mailto:bleythiw@pacificu.edu)>  
Telephone: +503-352-2170  
Fax: +503-352-2929**

### **Submitting Abstracts**

Papers are sought from the academic and practice community relative to the science and clinical practice of optometry. We welcome reports of current research, clinical case studies and procedures. Submission deadline for abstracts **has been extended** from April 30, 2005 **to May 31, 2005**.

Please send abstracts to:

**Dr. Carly Lam, APOC Papers Chair  
Dept of Optometry & Radiography  
The Hong Kong Polytechnic University  
Hung Hom, Hong Kong SAR  
CHINA**

**EMail <[orcarly@polyu.edu.hk](mailto:orcarly@polyu.edu.hk)>**

Please check the link to the form: **Abstract Submission Form can be downloaded [here](#).**

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## **GUIDELINES**

Please format the abstract according to the guidelines below. Use Microsoft Word software and transmit it as an attachment to an Email message to Dr. Lam. If this type of submission poses difficulties for you, please correspond with Dr. Lam directly through the postal service.

### **GUIDELINES - Scientific Papers**

Statement of Problem: (The research question, the issue being investigated, relevance to prior studies)

Methods: (How you went about investigating the research question or issue)

Results: (Summary of the data collected)

Discussion: (Importance/limitations of the results)

### **GUIDELINES - Case Reports**

Presenting Signs and Symptoms: (Case history)

Objective Measurements: (Clinical measurements taken)

Assessment: (Clinical impression gained from the signs/symptoms and clinical measurements)

Case Management Plan: (Steps taken to solve the clinical problem)

Discussion: (Importance/limitations of what the case tells you)

### **GUIDELINES - Clinical Procedures**

Statement of Problem: (The clinical problem that the procedure is directed to solve)

Method: (How the procedure is performed)

Results: (Your success in applying this procedure)

Discussion: (Importance/limitations of the procedure)

## ***Travel Tips***

### **Arrival & Departure**

The main airport in Tokyo is Narita ( NAA ). This is a key hub in Asia allowing good access from all parts of the world. It is best to arrange a flight to arrive no later than mid-day on October 10 to allow for check in and Congress registration. Departures and post-Congress tours can be planned for October 15.

Narita is a very modern airport and it is easy to find your way around. Signage is in Japanese and English and there are many airport workers around should you have questions. You will be escorted from the plane to go through immigration then bag claim and finally customs. You will enter an Arrival Hall as you leave customs. It is a good idea to stop at the currency exchange in the Arrival Hall as you will need Japanese money; remember to have your passport handy. Look for the Travel Desk along one side of the Arrival Hall. Show the attendant the name of the hotel where you will be staying. They will sell you a Limousine bus ticket and tell you where to stand to catch the bus. The cost is 2700 JPY or about \$23.00 USD per person. Show your bus ticket to the attendant at the bus stop and they will instruct you further on boarding the bus. Once you are in the bus, watch the sign in the front as it displays the next hotel stop. Depending upon your time of arrival and local traffic, the ride is 60–90 minutes.

### **Passports and Visas**

You will need a valid passport, the expiration date being six months or longer beyond your projected stay in Japan. A visa is required for citizens of countries that do not have a visa-exempt agreement with Japan. Please contact the nearest Japanese Embassy or Consulate (Web Sites are good resources) should you be in doubt. Most travel agents will have this information, as well.

Some may need a "Letter of Invitation". Please contact:

**Dr. Shinji Seki**  
**Kikuchi College of Optometry**  
**2-5-5 Izumi Higashi-ku**  
**Nagoya 461-0001**  
**JAPAN**  
Email [sekishin@kikuchi-college.ac.jp](mailto:sekishin@kikuchi-college.ac.jp)

### **Travelers Checks, Credit Cards, Tipping**

Travelers Checks are only accepted by leading banks and major hotels in principal cities. VISA, Mastercard, Diner's Club, and American Express are widely accepted at hotels, department stores, shops and restaurants. In Japan, tips are not necessary anywhere – not even at hotels and restaurants.

### **Other Useful Tips**

Personal effects and professional equipment can be brought into Japan duty free as long as the Customs Officer deems their content and quantities reasonable. Watch for weight limits on baggage. There can be different rules as to the air carrier from your home country and any subsequent air travel that you might do within Asia.

Electric current is uniformly 110 volts AC throughout Japan but with two different cycles: 50 in Tokyo and 60 in Kyoto, Nara and Osaka. Leading hotels in major cities have two outlets of 100 and 220 volts but the sockets only accept a two-prong (flat blade) plug.

**Hot Tip:** Contact the Japan Tourist Bureau (JTB) with travel accommodations and tour questions Email APOC [2005@jtb.co.jp](mailto:2005@jtb.co.jp)

Please complete and return the enclosed registration form and hotel form.

General questions can be addressed to:

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