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will hold a Woodlands Regional meeting on:

**Wednesday
May 9, 2018
7pm to 9pm**

**Grotto Ristorante
9595 Six Pines Dr.
The Woodlands, TX 77380
281.419.4252**

“Macular Carotenoids Visual Performance, Ocular Health, Sports Vision, Effects of Blue Light Exposure and Implications for Clinical Practice”

Synopsis of lecture: Attendees will learn the mechanisms of how macular carotenoids, found in nature, will improve our visual performance. This information will play an important role in primary care practice when helping patients involved in sports gain an advantage. **2 D/T CE Hour**

**Presented by:
Jim Stringham, Ph.D.**

Dr. Stringham earned his doctoral degree in experimental psychology from the University of New Hampshire in 2003. During postdoctoral appointments at the Schepens Eye Research Institute at Harvard Medical School and the Medical College of Georgia, he conducted research on ocular lutein, age-related macular degeneration, the effects of intense light on visual performance, and plasticity of the visual system. Dr. Stringham then took a position as a visiting assistant professor at the University of Georgia, where he continued and extended a research program involving lutein and many facets of visual performance. In 2007, he became a senior vision scientist in the Air Force Research Laboratory (AFRL), where he was involved in extensive testing of the effects of lutein and zeaxanthin on human visual performance. Currently he is a research scientist at the University of Georgia, where his research includes studying the effects of lutein, zeaxanthin, and mesozeaxanthin on a variety of human physiological, health, and performance parameters.

Sponsored by:
Macuhealth

HCOS would like to thank Macuhealth for providing dinner for this meeting and for their support of our society.

All HCOS Members attending this program will receive 2 hour of D/T CE credit, and dinner* all for FREE. Non-members will be charged \$35.00 to attend. All registrants must RSVP by Friday, May 4th at 12 noon to confirm table seating and dinner. After the early registration deadline or at the door the member fee is \$15, and we cannot guarantee dinner will be available.

One of the privileges of membership in HCOS is access to our relief doctors list.

Please contact HCOS at 713-408-9060 if you need to find a fill-in doc, to be added to or removed from the relief list.

Thank you for allowing us to contact you by email. I hope to see you at the meeting.

Keith Manuel, OD

President: Harris County Optometric Society, Inc.