



MECA Eye and Laser Center
announces an

Optometric Continuing Education Course

**“THE ROLE OF NUTRITION IN THE
PRIMARY CARE PRACTICE”**

**“CURRENT THOUGHTS ON NUTRITION -
THE LATEST FROM A-Z”**

2 credit hours COPE approved
23291-PH & 23288-PH

Tuesday, December 9, 2008

6:00 to 8:30 pm

Dinner & Lecture

The Crescent Club Sweetbriar Room

Located in the Crescent Center
6075 Poplar Avenue, Suite 909

Instructors: Jeffrey R. Anshel, OD
Ellen Troyer, MT MA

6485 Poplar Avenue Memphis, TN 38119
901 • 767 • 3937 P / 901 • 767 • 1747 F

RSVP by December 4th - space limited (\$35.00 per person)
Alynda Callies (901) 767-8525



Jeffrey R. Anshel, OD

Author, practitioner, consultant, Dr. Anshel is recognized internationally as a teacher, writer, and lecturer in natural medicine, an independent consultant to industry and a highly respected thought leader in vision science. Dr. Anshel is a 1975 graduate from the Illinois College of Optometry. This former US Navy optometrist is a member of the American Optometric Association, former Assistant Professor, Southern California College of Optometry and a member of the American Society of Safety Engineers. He has written numerous articles and books regarding nutritional influences on vision and computer vision concerns. Dr. Anshel is the principal of Corporate Vision Consulting, where he addresses the issues surrounding visual demands while working with computers. He also offers on-site consultations and seminars to corporations related to visual stress and productivity in the workplace. He lectures nationally to eyecare providers on nutrition and nutritional genomics topics. Dr. Anshel maintains a private practice with the Poinsettia Vision Center in Carlsbad, California.



Ellen Troyer, MT, MA

Co-founder, Chief Research Officer, Executive Vice President, and member of the Board of Directors, has over 30 years experience in medical science and professional education services. Ms. Troyer leads the company's science and education activities as well as product research and development. She was responsible for co-development of the first dry eye formulation in the nutraceutical arena. She has edited or written chapters in a number of health books, co-authored peer-reviewed journal articles, and has published over 250 weekly nutrition science / eye-disease-specific columns called Friday Pearls. Ms. Troyer is an active member of The Association for Research in Vision and Ophthalmology (ARVO), The Tear Film & Ocular Surface Society (TFOS), The International Society of Dacryology and Dry Eye, The Society for Free Radical Biology and Medicine, The American Association for the Advancement of Science (AAAS), Ophthalmic Women Leaders, and The New York Academy of Science, (NYAS). She is a voting member of the Council for Responsible Nutrition (CRN), the Washington DC-based trade association representing the dietary supplement industry, as well as an executive board member of the Optometric Nutrition Society.