I had no idea that I would be writing another of these for the newsletter, but here goes!

The search for the School’s Director continues and its relatively slow pace highlights the determination of the Dean to be certain that the School’s needs are successfully met by either an internal or external candidate.

The planning for the expansion to the building also continues with regular meetings between the University and consulting architects and Gary Marx (school administrator), in particular, producing a number of very interesting plans and 3D models. The details of these are now being refined and it is expected that we will be able to have the expansion completed by early 2008.

There are a number of exciting new developments that are coming to fruition or are in planning stages that promise to have an impact on the School and our ability to deliver complete clinical training. First, we now have an operational clinic as part of a larger health care facility in downtown Kitchener. The Family Health Team or FHT and School’s satellite clinic are housed in a temporary location made available by the City of Kitchener. The creation of our Kitchener satellite clinic is due largely to the efforts of the previous director, Dr. Bill Bobier and the clinic director, Dr. Debbie Jones.

Second, the satellite clinic will relocate to the recently announced University of Waterloo’s Health Science Campus, also in downtown Kitchener, when it is completed, likely sometime in late 2007 or early 2008. The University of Waterloo’s Health Science Campus will be home to the School of Pharmacy, the MacMaster Medical School satellite facility, the FHT and of course our satellite optometry clinic. It is anticipated that details of the campus will emerge within the next few months. Both of these initiatives will provide our students, faculty and staff with the opportunities of working as partners in a truly multidisciplinary health care delivery environment, with the promise of enriched education, professional experience and patient care.

In this newsletter, we are announcing another continuing education series. This is evidence of our strong commitment to our professional colleagues and the programme promises a mix of educational and social activity. This year the emphasis will be on therapeutic pharmaceutical agents and once again, the programme committee, headed in her indefatigable way by Dr. Lisa Prokopich, is to be congratulated!
January saw the opening of a brand new satellite clinic located in the old Victoria School building in downtown Kitchener. This building also houses the city’s new Centre for Family Medicine which opened its doors in September 2005, as well as the University of Waterloo’s new international Pharmacy Graduate Program.

The optometry clinic and the Centre for Contact Lens Research (CCLR) will share this new space, which includes three exam rooms and a full service optical dispensary.

The optometry clinic opened its doors to patients at the end of January and has been booking appointments steadily since then.

The CCLR will use the clinic to further expand its clinical studies of the ocular response to contact lens wear, and anticipates that the central location of this satellite office will make participation in studies even more accessible.

The close proximity to family physicians has already resulted in an excellent working relationship, and the clinic is looking forward to seeing this relationship grow over time – including the possibility of developing ‘shared-care’ opportunities in the future.

Optometry Clinic and Centre for Contact Lens Research Share New Downtown Facility

Optometry Clinic: Expansion of External Programs

The past few months have been very busy for the optometry clinic. In addition to opening a satellite clinic in Kitchener, we have expanded the external programs run from within the main optometry clinic.

The external geriatrics program now runs for three days each week. This program has traditionally covered residential care facilities in the Kitchener-Waterloo area. Two new sites have been added this year: the Woolwich Community Health Centre welcomes a team of students and optometrist to their facility once a month, and eye care is offered at the Wellesley Community Health Centre once every second month. These two Community Health Centres offer facilities and health care to a large proportion of the rural community and the addition of the opportunity for full service eye care has been welcomed.

This year, the third year class has had the opportunity to go out on the external paediatrics program. This program travels to elementary schools and ‘early years’ centres in Kitchener-Waterloo, Cambridge, Elmira and Guelph, performing full eye examinations for children ages six months to six years. It has been a great experience for both patients and students!

The third year students are enjoying their first experience providing eye care outside of the optometry clinic.
In addition to opening a satellite office in downtown Kitchener, the CCLR has had an extremely productive winter season, facilitated by the completion of renovations that left us with two new consulting rooms and a large shared office space.

**Spotlight on CCLR research**
The cornea swells during eye closure (i.e. during sleep) because the eyelid acts as a barrier, preventing oxygen flow. This physiological response is amplified by the presence of a contact lens, which further reduces oxygen flow to the cornea. The increase in corneal thickness can be used as a measure of a lens’s physiological impact on the cornea and, in turn, to compare the hypoxic effects of different contact lenses.

A number of CCLR studies have confirmed that highly oxygen transmissible silicone hydrogel contact lenses induce much less corneal swelling than their conventional counterparts, which have a lower degree of oxygen transmissibility. On average, overnight wear of silicone hydrogel lenses induces levels of corneal swelling similar to that found in eyes wearing no lens overnight. In a longer, six-month study aimed at investigating the cumulative effects of overnight and daytime lens wear, we found that silicone hydrogel lenses induced lower levels of central and mid-peripheral corneal swelling compared to conventional hydrogel lenses, which transmit lower levels of oxygen to the eye.

**Spotlight on technology**
Forget about our new confocal microscope...the CCLR has really hit the 21st century, incorporating the BlackBerry™ into data collection. A number of our studies correlate clinical data with subjective symptoms – reported by participants at various points throughout the day. Recording symptoms on paper, we have no way of monitoring how closely participants follow the schedule we set out for them, which can have a significant impact on the validity of research data. The BlackBerry™ technology allows us to not only remind our participants that it’s time to record subjective data, but also records the time that the data is actually recorded.

**Spotlight on education**
Don’t forget about our online resources for practitioners:
The Official Site of Silicone Hydrogels, offering up-to-date information about all silicone hydrogel contact lenses – [www.siliconehydrogels.org](http://www.siliconehydrogels.org).

Reference Sight, an online database of refereed and professional articles on contact lenses, the anterior eye and refractive surgery – [www.referencesight.com](http://www.referencesight.com).
New Study of Bifocal Provision in Children with Down Syndrome

There is a new research study starting in the School of Optometry. Dr. Susan Leat and a team of researchers will be studying the impact of bifocal correction on visual and perceptual development and educational progress in children with Down syndrome. Dr. Leat has already shown that up to 80% of children with Down syndrome have reduced accommodation and has also shown that they perform well with bifocals when prescribed in a clinical setting. Reading and perceptual skills, visual acuity and accommodation will be measured before bifocal provision, and at 6 and 12 months after bifocal provision. They expect to show that there is a significant improvement in early reading and perceptual skills with bifocal glasses, compared to the usual rate of development in these children. This is a novel study – there are no previous studies of the impact of bifocals on early reading in children with DS and it may have a large impact on the standard of clinical eye care for children with DS. This new project is funded by the Jérôme Lejeune Foundation, France and is in collaboration with Dr. Mary Ann Evans, University of Guelph and Patricia Cleave at Dalhousie University.

Optometry Students Report on In Vitro Eye Irritancy Cosmetics Testing

Ketharini Sivasegaran (3rd year, right side of picture) and Leslie Ho (2nd year, left side) presented a poster of their summer 2005 research investigating the ocular irritability of parabens – a group of chemicals commonly found in cosmetics. The work was presented Feb. 2, 2006 at a meeting of the Society of Cosmetic Chemists in Toronto. The work was carried out in the Sivak lab and was funded by NSERC.

Museum Matters

The Coalition of Canadian Healthcare Museums and Archives and the Virtual Museum of Canada (VMC) invites you to visit The Healing Power of Plants, now available via a link to the VMC from the Coalition’s Web site at www.cchma.ca, or through the VMC at www.virtualmuseum.ca/Exhibitions/Healingplants. This virtual exhibition presents one facet of the healthcare resources held by Canada’s museums of healthcare. Explore plant-based medicine’s rich history! Focusing on Canada, this site has games, interviews with healers and scientists, a map of plants and real places to visit, quizzes and more: resources to satisfy the curiosity of young and old alike.

“CHIN is proud of this outstanding virtual exhibit. It’s rich content and exceptional design presents excellence that makes it worthy of public recognition,” said Namir Anani, Director General of the Canadian Heritage Information Network, the organization responsible for VMC.

The Virtual Museum of Canada (VMC), created by the Department of Canadian Heritage, in collaboration with more than 1200 museums across the country is an important element of the Government of Canada’s strategy to produce Canadian cultural content online. The Coalition of Canadian Healthcare Museums and Archives (CCHMA), created in 1999, brings together some 25 institutions and individuals, including the Museum of Vision Science, that are dedicated to or have an interest in the preservation of the material culture of healthcare in Canada.
Although eBooks duplicate the content of the print versions, the eBook version offers some unique opportunities for the user:

- eBooks are available 24/7, on or off-campus
- Course-specific textbook readings can be directly linked into course Web sites
- In addition to browsing through a table of contents or index, users can use various search features to pinpoint passages on specific topics
- The pages view in pdf or html format and can be saved and consulted at a future time.
- The text size is often larger than the print version
- Material can be printed directly

UW licensed eBooks won’t entirely replace the print book but offer an alternative, especially for students and researchers working away from campus. But there are also some issues with eBooks:

- To view the equivalent of one page of print text it is often necessary to scroll down the page
- eBooks are more expensive than a 1-time purchase of a print book because the library pays an annual access fee
- Some of the licensing limits usage to one user at a time
- Because the license is specific to the university, alumni and community users off-campus do not have access to the eBook version

For alumni and researchers not directly affiliated with a university, there are a number of open access eBook initiatives that provide full text access to contemporary biomedical books.

- UW Optometry Subject Guide Open Access eBooks (http://www.lib.uwaterloo.ca/discipline/opt/openaccess.html) is a selected listing of handbooks and dictionaries of interest to vision science
- Free Books4Doctors (http://www.freebooks4doctors.com/) is a collection of more than 650 free online books covering a variety of medical specialties. Books are arranged by title and specialty.
- The National Academies Press (http://www.nap.edu/) provides free (open access) access to over 3,000 publications dating back to 1977 on a wide range of topics in science, engineering, and health.
- Google Print (http://books.google.ca/) is (still) in its early days but there has been much discussion amongst librarians regarding Google’s plan to digitize large academic collections. Mass digitization may eventually happen, but like electronic journals the question is whether it will be for fee or for free!
As you may recall from our previous newsletter editions, we have been in a long process of selecting, evaluating and deploying the right system that meets the various requirements of our patients’ specialty clinics as well those of our teaching environment. We chose the Clinical Information System (CIS) provided by P&P Data Systems. The P&P CIS is a complete practice management suite with numerous modules such as Billing, Scheduling, EOMR, etc. and fully loaded with many “bells and whistles” that cover various needs of a wide range of users. Our clinics support staff have been using the CIS administrative modules (billing, scheduling, biographic, accounting, etc.) for several years and are quite satisfied. Based upon that satisfaction and success we are confident the implementation of the EOMR will be successful in our patient clinics as well.

Currently, our pre-clinic environment is fully operational. Each of the examination lanes is equipped with a workstation running the EOMR system. A number of our pre-clinic instructors and students were trained to record patient demographics and clinical information electronically through the use of the EOMR. The initial impressions were positive, both students and instructors appreciated the look and feel of the new system.

As a complement to our gradual introduction of the EOMR system into our teaching and patient environment, we have developed a step-by-step training strategy. That is to train end users on how to use the basic functions first and, as they grow more comfortable using the system, they will be introduced to more sophisticated functions and capabilities provided by the system. That way they would have time to comprehend the new tool and learn things gradually rather than all at once.

One of the main benefits of the pre-clinic implementation is to identify and prepare solutions to all the issues that might occur in the “go-live” phase in the public patient clinics. In the intervening time between our pre-clinic implementation and the public clinic implementation we will have more than enough time to train all faculty, staff and students on the features and functionalities of the EOMR as well as refining the product for the public patient use.

We will also be working on measuring end-users’ expectations and satisfaction through the use of surveys, interviews, questionnaires and observation. Measuring users’ expectations and satisfaction may point to a number of areas that might be crucial to be addressed.

Our next step towards complete utilization of P&P CIS system will be the development and implementation of a comprehensive ‘Contact Lens Module’. The contact lens module is designed to meet the entire requirements of the contact lens clinic both patient records needs and teaching needs. We are anticipating that the development will begin in the next few months.
The UW Optometry team is off to Jamaica again this term. We will be spending 3 weeks in Jamaica offering eye care to communities, schools and areas of the island where optometry services are not available with a base at the FISH (Foundation for International Self-Help) clinic in Kingston. It has been a rough year in Jamaica. They have had some hurricane damage although Hurricane Emily missed hitting them directly which was a blessing.

In March 2005 the team consisted of Dr. Murchison Callender as supervising optometrist, Marilyn Smith, optician and two 4th year interns, Alina Gupta and Chad Chattwal. We incorporated school screenings into our time which proved to be extremely successful. We went to both inner city schools in Kingston and some of the rural schools so we could screen as many children as possible. The screenings had the students go through both visual and ocular health checks. If a student appeared to need follow up care the principal was made aware and a letter was sent home to the parent. The team was fortunate enough to have been able to see several of these students at the FISH clinic for their follow up full eye examination. Parents and teachers were very grateful for our service and Dr. Callender was able to impress vision care for school age children as a necessity to the Jamaican Minister of Education. We also visited several community centres that do not have any local eye care including Flankers and Hope Bay. The balance of the time is spent at the FISH clinic offering our services to help ease their tremendous patient load.

The winter 2006 team is an expanded team. Along with Dr. Callender and myself, Dr. Nathan Knezacek, class of 1999, has kindly offered to join us to offer optometric supervision. Also, Dr. Devon Sanderson, class of 2001, will join us for one week. This will allow us to see more people during our time there since the demand is always high. Our 4th year interns this term are Angela Kyveris, Mandy Lalonde and Kelly Tokar.

The supervision of students for this outreach clinic to be viable is imperative. If you are interested in “giving back” and would like to consider joining the UW School of Optometry Jamaica team as a supervising optometrist please let me know. Clinics are currently running twice yearly (March and July) for three weeks.

Marilyn Smith • Clinical Lecturer/Optician  
UW, School of Optometry • masmith@uwaterloo.ca  
519-888-4567, ext. 2983
It’s TPA time, folks!

As we all sit on pins and needles awaiting the government’s review of Ontario’s TPA referral, let’s get together and sharpen our skills! Our programme this year is focussed around Evidence-based Practise in Therapeutic Management, so there will be something for everyone! The main focus of the lectures will be the therapeutic management of ocular disease. New diagnostic pearls and management strategies will be reviewed in the three-day programme. No disease program would be complete without reviewing the advancements in genetics, and the progress in this area is changing our current and future patient management strategies. Resources will be available to guide you through the web of “e”nformation out there to help you to keep up with the emerging evidence-based information and practise standards, and lectures will offer clinical pearls of wisdom for daily patient care.

The Distinguished Dr. Emerson Woodruff and Dr. Clair Bobier Lectures will be presented within the CE program on Friday and Saturday, June 9th and 10th. This year, we are pleased to present two outstanding Canadian speakers and researchers, Dr. Brenda Gallie and Dr. Jocelyn Faubert, who will help us to bridge the gap between cutting-edge research and contemporary and progressive eye care. Please join us to honour these very special events.

The School is pleased to welcome back Optometric Assistants & Staff with their own programme. Lectures on many areas of front-line care will be presented on Saturday, June 10th. Please also join us at the various events including the Distinguished Lectures and the Barbecue and Lost Faculties events.

Is it your UW School of Optometry Class Reunion this year? That depends if you are in the class of 2001 (5 year), 1996 (10 year), 1991 (15 year), 1986 (20 year), 1981 (25 year), or 1976 or earlier (30 and 30+ years!). The School of Optometry and the University of Waterloo are highlighting the “5-year” Reunion classes at a special dinner during the CE programme, on Friday, June 9th. This event is back by popular demand after our very successful first reunion dinner last year. The current “5-year” Reunion classes have a special treat this year as we have enlisted a very famous sommelier to guide our evening of reminiscences with a wine tasting. Think of it – a warm summer evening in a tent on the upper green, great food, mingling with classmates, reviewing old photos and memories, and a guided wine tasting! Don’t miss this great chance to meet with your classmates and professors at your old alma mater for a great evening celebrating your years at Waterloo!

On Saturday, June 10th from 6-11pm, we will once again be entertained by the ever-popular The Lost Faculties, our UW School of Optometry jewel! The larger tent used last year was a hit and will be raised again for this as well as the lovely lunch at the Trade Show, which will be held on Saturday, June 10th from Noon to 2pm.
PAUL M. KARPECKI, O.D., F.A.A.O.

The first on our list is an exclusive and extraordinary professional educator, Dr. Paul M. Karpecki.

Dr. Karpecki is a Northern Ontario raised optometrist who has distinguished himself in many ways, as you will soon see! He not only is a global lecturer in anterior segment eye disease and therapy, but he is also a sommelier! Yes, Dr. Karpecki will wow you all day with his ocular disease and therapeutics knowledge, and will reserve some energy for the Reunion Dinner in the tent where he will conduct a wine tasting as part of the “5-Year Reunion” event on Friday evening, June 9th.

Dr. Karpecki fellowship trained in Cornea and Refractive Surgery at the Hunkeler Eye Center in affiliation with the Pennsylvania College of Optometry in 1994, after graduating from Optometry school from Indiana University. He has lectured in over 300 symposia covering four continents. He has the distinction of being the first optometrist to be invited to the Delphi International Society at Wilmer-John’s Hopkins, a group that includes the top 25 experts in dry eye disease in the world. He is involved in the U.S. Department of Health and Human Services task force through the National Eye Institute’s Dry Eye Committee who are charged with helping to better understand and treat dry eye disease in women. He currently serves as Director of Research for Moyes Eye Clinic in Kansas City.

Dr. Karpecki serves or chairs numerous optometric association committees. He is chair of the Refractive Surgery Advisory Committee to the AOA and is on the AOA Education Committee. He serves on 7 professional journal editorial boards. Dr. Karpecki lectures on numerous areas of eyecare, including New Technology in Eyecare, Surgical Advancements and Therapeutics with an emphasis on cornea and external disease.

As if all of that were not enough, Dr. Karpecki is a member of the Master Court of Sommeliers and is on his second level certification. He works as a wine consultant to various organizations and restaurants in the U.S. focusing on food and wine pairing. Those “5-Year Reunion” classes will be presented with a very special treat as Dr. Karpecki leads a wine tasting in association with our Reunion Dinner in the tent on Friday evening after the Woodruff Lecture. Classes of 2001, 1996, 1991, 1986, 1981, 1976 and earlier, don’t miss the evening of fun and reminiscences at your Reunion dinner and wine tasting with Dr. Paul Karpecki!

BLAIR LONSBERRYY, M.Sc., O.D., M.Ed, F.A.A.O.

In conjunction with the UW Reunion theme, the Committee is also very pleased to present not one but two graduates from one of our reunion classes: Dr. Loretta Ng and Dr. Blair Lonsberry, both from the class of 1996. These two UW grads have been very active in optometric education in the last 10 years and come to us with a wealth of experience and expertise.

Dr. Blair Lonsberry graduated with Bachelors and Masters degrees in Science from the University of Manitoba before completing his Doctor of Optometry at the University of Waterloo in 1996. His Primary Care Optometry Residency was completed at the Illinois College of Optometry the next year. Dr. Lonsberry entered teaching first at Southern College of Optometry in Memphis, Tennessee where he was an Associate Professor and taught in the Primary Care and Advanced Care Ocular Disease Clinics as well as didactically for two courses in the Diagnosis and Treatment of Anterior Segment Disease. During that time, he won Teaching awards in each year from 1999-2004. He was also associated with a vitreo-retinal surgery group where he provided medical optometric as well as low vision services.

In 2005, Dr. Lonsberry took a position as Clinic Director for the Portland Vision Center associated with Pacific University in Portland, Oregon. There he teaches interns in the Primary Care and Ocular Disease clinics and students in both Applied Ocular Therapeutics and
Dr. Lonsberry will present topics including the Ocular Manifestations of Autoimmune Disease, Ocular Genetics, Corneal Dystrophies and Degenerations and the practical application of new Ocular Imaging Technology.

LORETTA NG, O.D., F.A.A.O.

Dr. Loretta Ng started her undergraduate work at Queen’s University where she received her Bachelor of Science in 1992. After graduating from the University of Waterloo with the class of 1996, she entered private practice in Vancouver, British Columbia. There she was active in the profession, serving as President of the Fraser Valley Optometric Association in 1998. Her humanitarian interests led her to several third world eyecare missions in Genada and Jamaica.

In 2000, Dr. Ng reinvigorated her academic pursuits by completing an Ocular Disease and Refractive Surgery Residency at Britton Vision Associations/TLC in Oklahoma City. She has performed numerous anterior segment laser and minor surgical procedures, and has lectured to optometrists in continuing educational programs. She became a Fellow of the American Academy of Optometry in 2000 and maintains membership in both the Canadian and American Optometric Associations.

Dr. Ng recently joined the Southern California College of Optometry and serves as clinical faculty at the Eye Care Clinic in both Primary Eye Care and Ocular Disease Services, also teaching ocular health procedures and clinical medicine laboratories. Dr. Ng will present cross-border topics including the “Top Drops” in anterior segment therapies in Canada and the U.S., Exploring the Posterior Segment with Fluorescein Angiography, Pain Management in Migraines, and LASIK Complications and Legal Ramifications (again with Canadian and U.S. comparisons) and she will be joining her 10-year Class at the Reunion celebration.

Please join us at the School this year for CE and help us to welcome our re-claimed Canadian educators! Those in the “5-Year Reunion” classes also please join us for the Reunion events, including dinner and a wine tasting with Dr. Karpecki. Bring on the red, I say! We look forward to seeing you all and to highlighting our Canadian talent!

Best personal regards,

C. Lisa Prokopich
Chair, Continuing Education Committee

Optometry Building Expansion – draft concept drawing

These architectural renderings illustrate the first draft of the detailed expansion planning. Yet to be finalized or approved, we hope to have completed the design of the expansion by the end of April this year.
**REGISTRATION FORM – CE 2006**

Please complete the following form and submit along with your payment. Please make cheques payable to the UNIVERSITY OF WATERLOO ($CDN). No post-dated cheques please. If more than one form is required (more than one registrant), please photocopy form. Barbeque and Saturday evening entertainment are free for all registrants.

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<td><strong>O.D. Full Program – 3 DAYS</strong></td>
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<td>24 hours of CE</td>
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<td>Saturday, June 10th (Plus 2h Bobier &amp; Woodruff lectures)</td>
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