

PROGRAM*

Monday 15 March 2021
1:30pm-5:30pm (AEDT)

Session 1: The harms of over-exposure to UV radiation

Current guidelines, development and implementation	Adjunct Associate Professor Craig Sinclair, Cancer Council Victoria
The New Zealand Perspective: similarities and differences	Ms Megan Chapman Health Promotion Agency, NZ
The UV Index and its relationship to UV dose	Emeritus Scientist Richard McKenzie National Institute of Water & Atmospheric Research, NZ
Burden of skin cancer in Australia and NZ	Associate Professor Catherine Olsen QIMR Berghofer Medical Research Institute
How much sun exposure is necessary to cause skin cancer?	Professor David Whiteman QIMR Berghofer Medical Research Institute
Sun exposure and harms to eye health	Mr Gareth Lingham The University of Western Australia
Discussion	All speakers

Session 2: Putting the vitamin D story into context

Vitamin D and musculoskeletal health	Professor Graeme Jones University of Tasmania
Vitamin D and other health outcomes in adults	Professor Rachel Neale QIMR Berghofer Medical Research Institute
Vitamin D during pregnancy	Professor Rebecca Mason The University of Sydney
Prevalence and predictors of vitamin D deficiency in the Australian population	Dr Lucinda Black Curtin University
Vitamin D and diverse populations	Associate Professor Georgia Paxton The Royal Children's Hospital Melbourne
Discussion	All speakers

*Program is an indication of sessions based on the Summit Program from the postponed March 2020 Summit.

Tuesday 16 March 2021
1:30pm-5:30pm (AEDT)

Session 3: It's not all about vitamin D

Benefits of exposure to UV radiation through non-vitamin D pathways Professor Robyn Lucas
Australian National University

Scientific Advisory Committee on Nutrition modelling to prevent vitamin D deficiency in the UK Professor Ann Webb
Manchester University

Time outdoors and myopia Mr Gareth Lingham
The University Of Western Australia

Clocks, sleep, and well-being: other benefits of (day)light Emeritus Professor Anna Wirz-Justice
University of Basel

Discussion All speakers

Session 4: Clinician and consumer perspectives / Panel discussion

Expert perspectives: How are the risks and benefits of Sun Exposure currently balanced in practice?

Panel discussion: Balancing the risks and benefits of sun exposure

Professor Rachel Neale

Rachel Neale completed her PhD working within the Nambour Trial of Sunscreen and Beta-Carotene for skin cancer prevention. She has subsequently launched a research program in vitamin D and runs the D-Health Trial, a large randomised trial of vitamin D supplementation in elderly Australians. She was instrumental in the 2018 Sunscreen Summit, which resulted in the change to national sunscreen policy.



Adjunct Associate Professor Craig Sinclair

Adjunct Associate Professor Craig Sinclair is the Head of Prevention at the Cancer Council Victoria where he is responsible for the development and delivery of population-wide cancer prevention and screening programs. He is also Director of the World Health Organisation's (WHO) Collaborative Centre for UV Radiation and co-chair of the World Meteorological Organisation's (WMO) UV and Ozone Scientific Advisory Group. In 2010, the United States Environment Protection Agency (EPA) awarded Craig with an EPA Montreal Protocol Award for his substantial contribution to human health protection.



Ms Megan Chapman

Megan Chapman is the Manager of the Child and Family Health team at New Zealand's Health Promotion Agency/Te Hiringa Hauora (HPA). This role includes leading New Zealand's national programme for the prevention and early detection of skin cancer. The key objective of this programme is to reduce the number of avoidable skin cancers, caused by ultraviolet radiation, among those most at risk (ie, youth 18-24 years and outdoor workers). Megan is also a member of the Melanoma Network of New Zealand's (MelNet) executive committee. MelNet is a network of professionals working together to reduce the incidence and impact of melanoma in New Zealand.



Emeritus Scientist Richard McKenzie

Dr Richard McKenzie is an atmospheric research scientist with interests in UV radiation, its variability, its environmental impacts, and its interactions with climate change. He has extensive experience measuring and modelling spectral UV irradiance, and measuring trace gases (e.g., ozone) and aerosols that affect UV propagation through the atmosphere. Prior to the inception of NIWA he was DSIR's Lauder site manager, and from 1992 to 2012 he led NIWA's UV radiation research programme (niwa.co.nz/our-services/online-services/uv-ozone). He has authored ~150 papers published in the peer-reviewed literature and has been lead-author in several International Assessments for the WMO and UNEP panels that report back to the parties of the Montreal Protocol on Protection of the Ozone Layer. More recently, his research focus has moved to UV radiation and its effects- both positive and negative - on humans. He works closely with relevant health and environmental agencies in New Zealand and Internationally and has been involved with the use of personal UV dosimeter badges in clinical trials.



Associate Professor Catherine Olsen

Associate Professor Catherine Olsen is a cancer epidemiologist from the Cancer Control Group of the QIMR Berghofer Medical Research Institute in Brisbane. She has research interests in the causes and prevention of cancer particularly skin cancer. Current research activities encompass modifiable lifestyle risk factors and environmental exposures in disease aetiology as well as risk prediction for melanoma and keratinocyte cancer. She currently co-leads a large prospective cohort of over 43,000 Queensland residents established in 2011 with the aim of defining the role of environmental and host/genetic factors in the development of melanoma and other cancers of the skin.



Professor David Whiteman

Professor David Whiteman is a medical epidemiologist with a special interest in the causes, control and prevention of cancer. Professor Whiteman has an international reputation for research into melanoma and skin cancer, and the public health aspects of cancer control. He is Principal Investigator of QSKIN, a large prospective cohort study which has gathered clinical, phenotypic and genetic data on more than 45,000 people to unravel the causes of skin cancer. In addition to his research activities, he is Deputy Director of QIMR Berghofer, a Fellow of the Australian Academy of Health and Medical Sciences, a Fellow of the Australasian Faculty of Public Health Medicine, and Honorary Fellow of the Skin Cancer College of Australasia.



Mr Gareth Lingham

Gareth Lingham is an orthoptist and PhD candidate at the Lions Eye Institute and University of Western Australia in Perth. He graduated from La Trobe University with a Bachelor of Health Sciences and Master of Orthoptics and worked in clinical trials within the Lions Eye Institute before commencing his PhD. His research, primarily epidemiological, focuses on the impact of sun exposure on the eye with a particular emphasis on the relationship between sun exposure and myopia.



Professor Graeme Jones

Graeme Jones is currently Professor of Rheumatology and Epidemiology and Head of the Musculoskeletal Unit at the Menzies Research Institute. He is also in private practice in Hobart for 50% of his working week. He has received grants from competitive and non-competitive sources totalling over \$22 million dollars and has published >430 articles primarily on osteoporosis and osteoarthritis. He was Tasmanian scientist of the year in 2013 and was awarded the University of Tasmania research medal in 2014.



Professor Rebecca Mason

Rebecca Mason is a medical graduate with research interests in vitamin D, bone, and sun damage in skin. She was a member of two Technical Committees of the Commission Internationale de L'Eclairage on Sunlight, Health and Vitamin D and contributed to the "Risks and Benefits of Sun Exposure" documents from the Cancer Councils of Australia. Prof Mason led the working group which developed the most recent consensus Australian and New Zealand position statement on vitamin D in adults and contributed to the position statement on vitamin D issues in pregnant women, children and adolescents. She served on the Editorial Boards of Journal of Bone and Mineral Research and Endocrinology.



Dr Lucinda Black

Lucinda is a nutritional epidemiologist with a particular interest in vitamin D. Lucinda completed a PhD (Nutritional Sciences) in 2012 at University College Cork, Ireland, investigating dietary vitamin D and vitamin D deficiency in the Irish population. Lucinda is currently a Senior Research Fellow at the School of Public Health, Curtin University, in Perth. She is the primary investigator on two vitamin D projects funded by the NHMRC – Investigating dietary vitamin D in the Australian population and Promoting vitamin D sufficiency among Aboriginal people through dietary strategies and safe sun exposure. Her fellowship and grant funding totals approximately \$4M in the past 5 years. She regularly supervises Master of Dietetics students and she supervises a growing number of PhD students.



Associate Professor Georgia Paxton

Georgie Paxton is a general paediatrician who has worked in refugee health since 2005 and led the Royal Children's Hospital Immigrant Health Service since 2007. Georgie is involved in guideline and policy development in refugee health at local, state and national level. Her research interests include the health status of refugee and asylum seeker children and young people. She was Chair of the Victorian Refugee Health Network over 2013-2015 and has previously held advisory roles with the Department of Home Affairs. In 2016, she was inducted to the Victorian Honour Roll for Women for her work in refugee health, and in 2019 she received an OAM for service to community health and to refugees.



Professor Robyn Lucas

Professor Robyn Lucas is an epidemiologist and public health physician. She is head of the National Centre for Epidemiology and Population Health at the Australian National University. Lucas led the Global Burden of Disease due to Ultraviolet Radiation study, and has been an author and lead author for the United Nations Environment Program Environmental Effects Assessment Panel reports, since 2006. Her research has focused on the risks and benefits of sun exposure, particularly involving autoimmune diseases such as multiple sclerosis, and the implications for sun exposure/protection messaging. She is increasingly involved in also considering the potential effects of climate change on the balance of risks and benefits of sun exposure.



Professor Ann Webb

Ann Webb graduated from Reading University with a BSc in Physics and Meteorology, then gained a PhD in Environmental Physics from Nottingham University and, later, a DSc from University of Manchester Institute of Science and Technology (UMIST). She spent 3 years as a researcher in a medical environment in USA, applying her knowledge of sunlight to understanding its effects on human health. She returned to the UK, Reading University and work with a more atmospheric focus before joining UMIST as a lecturer in Physics, and then moving into the School of Earth and Environmental Sciences at University of Manchester. There she is a Professor in the Centre for Atmospheric Sciences and until recently Associate Dean for Graduate Education. Her research work remains at the interface between disciplines with radiation measurement, particularly at UV wavelengths, and (sun)light as a central theme. A topical interest in which she specialises is vitamin D synthesis by the skin after exposure to (solar) UV radiation, while other work explores, for example, the scattering of radiation by ice crystals. The multidisciplinary nature of Ann's work is also apparent in the external positions she holds. In addition to several previous and current roles at the World Meteorological Organisation, she is a Past President of CIE (Commission Internationale de l'Éclairage), and a commissioner of the International Radiation Commission.



Emeritus Professor Anna Wirz-Justice

Anna Wirz-Justice is emeritus Professor and Research Fellow at the Centre for Chronobiology, Psychiatric Hospital of the University of Basel. Born in Christchurch, NZ she received a PhD in Organic Chemistry from University College London. Anna initially worked on circadian rhythms in animals and the effects of psychiatric medications on neurotransmitter receptor and rest-activity rhythms. During a fellowship at the U.S. National Institute of Mental Health, she and Thomas Wehr, MD carried out the first sleep phase advance experiment in a bipolar patient. Anna introduced light therapy to Europe, followed up with more than 20 years of research on seasonal affective disorder and light therapy.



Anna is a former president of the Society for Light Treatment and Biological Rhythms. A prestigious Anna-Monika-Prize with Thomas Wehr recognised their seminal work in the chronobiology of depressive illness. In 2002, she received the Scholar's Prize of the City of Basel, awarded for outstanding scientific career achievement. She has also worked with artists, architects and designers who are inspired by the complexities of neuroscience. Collaborations include Phillippe Rahm's "Light Room" at the Swiss Pavillion in the 2002 Venice Biennale, and light installations by Andreas Horlitz using chronobiological images. Her work has inspired the incorporation of novel lighting regimens in architecture to improve sleep, mood and cognition in Alzheimer's patients. Anna is director of CET's Chronotherapeutics Consultants, formed in 2004 to advise hospital psychiatrists on the implementation of light and wake therapies as adjuncts to drug treatment of major depression. Most recently, she led a team including Francesco Benedetti and Michael Terman to the field's first treatment manual for clinicians, Chronotherapeutics for Affective Disorders.

Professor Joanne Aitken

Joanne Aitken has led a program of research in population-based cancer epidemiology over the last 14 years that has focussed on improving diagnosis and early detection of melanoma, cancer outcomes and survival. She began the world's only randomised trial of the effectiveness of a population skin screening program for melanoma and provided the first evidence that whole-body skin cancer screening significantly reduces the risk of developing thick melanoma. She is Head of Research at Cancer Council Queensland with Honorary and Adjunct appointments at University of Queensland, QUT, and the Menzies Health Institute Queensland. She is Director of Australian Childhood Cancer Registry and President-Elect of the International Association of Cancer Registries.

